

# Building a Program to Stop Smoking Among Health Center Communities Learning Collaborative (Session 1 of 4)

National Center for Health in Public Housing



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# National Center for Health in Public

- This webinar is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$668,800 with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov).
- The mission of the National Center for Health in Public Housing (NCHPH) is to strengthen the capacity of federally funded Public Housing Primary Care (PHPC) health centers and other health center grantees by providing training and a range of technical assistance.



Training and  
Technical  
Assistance



Research and  
Evaluation



Outreach and  
Collaboration

Increase access, quality of health care, and improve health outcomes

# Speakers and Moderators



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# Housekeeping

- All participants muted upon entry
- Engage in chat
- Raise hand if you would like to unmute
- Meeting is being recorded
- Slides and recording link will be sent via email

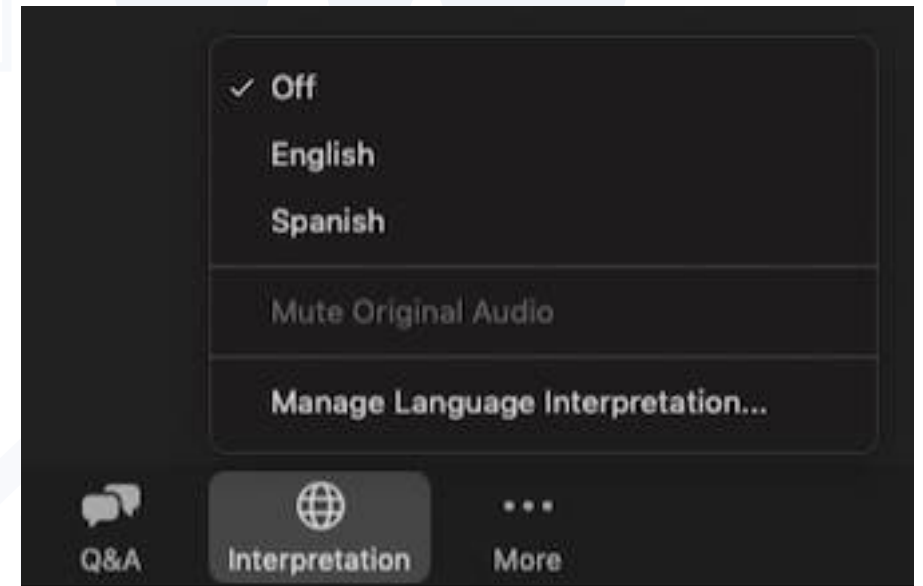



Video Conference via

**zoom**

# Zoom Interpretation Instructions

1. Select the “Interpretation” button at the bottom of the screen. It is shown as a globe icon.
2. Upon selecting the “Interpretation” button, click on “Spanish”, and then click the “Mute Original Audio” option at the end of that list. This will allow for you to hear the Spanish interpreter while other voices are muted.
3. Questions and comments may also be submitted through the chat in Spanish.





**EL TABAQUISMO ES LA PRINCIPAL CAUSA DE ENFERMEDADES Y MUERTES PREVENIBLES EN LOS ESTADOS UNIDOS.**

**APROXIMADAMENTE 480 000**

*personas mueren en los Estados Unidos al año a causa del tabaquismo, lo que representa casi una de cada cinco muertes.*

**16 MILLONES DE PERSONAS**

*en los Estados Unidos tienen una enfermedad grave causada por el tabaquismo.*

*Las enfermedades relacionadas con el tabaquismo le siguen costando a la nación más de*

**\$300 000 MILLONES AL AÑO.**





## Tendencias de la cesación del tabaquismo en los Estados Unidos

### **34 MILLONES DE ADULTOS**

*en los Estados Unidos fuman cigarrillos actualmente*

### **CASI EL 70 % DE LOS ADULTOS**

*que fuman en los Estados Unidos dicen que quieren dejar de fumar*

### **UN POCO MÁS DE LA MITAD DE LOS ADULTOS**

*que fuman en los Estados Unidos tratan de dejar de fumar cada año*

### **TRES DE CADA CINCO ADULTOS**

*en los Estados Unidos que alguna vez han fumado cigarrillos han dejado de fumar*

# Conozcamos a Felicita

UN CONSEJO  
— DE UNA —  
EXFUMADORA





# Why is smoking so addictive?

- "Out of every three young smokers, only one will succeed in quitting, and one of the other two remaining smokers will die of smoking-related causes. Most of these young people never considered the long-term health consequences associated with tobacco use when they started smoking; and nicotine, a highly addictive drug, causes many to continue smoking into adulthood, often with deadly consequences."
- Source: American Cancer Society

# Why should I quit smoking? (Interactive exercise)

- Caring for the health and well-being of the family
- Improve my health immediately
- Avoiding health problems in the future
- Improve my physical appearance

# How does smoking affect health?

- Lung cancer
- Heart attacks
- Stroke
- Emphysema
- Stomach ulcers
- Dependence
- Stains on the teeth
- Problems during pregnancy

# What types of cancer are associated with smoking?

- Oropharyngeal
- Laryngeal
- Lung
- Oesophagus
- Stomach
- Colorectal
- pancreas
- Kidney
- Bladder
- Acute myeloid leukemia
- Breast
- Cervical

# Let's meet Beatriz

Beatrice, who once served in the U.S. Navy and is the mother of two, lives in New York. He tried his first cigarette at age 7, his second at age 11, and then began smoking menthol cigarettes on a regular basis at age 13. I had friends who smoked and I wanted to be "fashionable" like them.

After more than 25 years, Beatrice was still smoking menthol cigarettes. I didn't smoke much and I hadn't been diagnosed with any smoking-related health problems, but I wanted to quit. His family also wanted him to quit smoking.

"When my son turned 11, he wrote me a letter asking me to quit smoking," Beatrice says. "And when I was in the process of quitting, that letter was very motivating for me. I want to be here for my family."

Source: Tips from ex-smokers

<https://www.cdc.gov/tobacco/campaign/tips/spanish/index.html>



# How does smoking affect my loved ones?

- Children
- Neighbors
- Co-workers

# Introduction

- Enter the person who will lead the session
- Make it easy for participants to get in
- Develop a Calendar
- Discuss the group's goals
- Review the following topics:
  - Nicotine Addition
  - Habit
  - Psychological dependence

# Introduction

- Importance of choosing a quit day
- Review the medications to use
- Emphasize Relief Techniques
- Check What's in a Cigarette
- Questions & Answers



# Preparation

- What did we learn?
- Discuss ambivalence
- Preparing is key
- Review medication use

# Preparation – Key Points

- Get rid of any motivation to smoke
- Understand Your Motivations
- Break down barriers
- Anticipate – Plan – Practice
- Have a plan against smokers in your home
- Individualize Relief Techniques
- Encourage participants to find as much support as possible
- Suggest a quitting ceremony

# Clinical Case

A.R.L. is a 53-year-old woman who is asking for help to quit smoking. He says that he smokes about seven or eight cigarettes a day and that on weekends and holidays he smokes a little more (about twelve, cigarettes approximately). He has been smoking since he was 14 years old. He says he wants to quit smoking because it's bad for his health and because tobacco packs are becoming more expensive. Her relatives also support her and want her to quit smoking. The situations in which she usually smokes the most are when she is alone at home, when she feels nervous and in the morning, when she goes to the bathroom.

The patient explains that she has tried to quit smoking on several occasions but has not been able to do so. Most of the time he has tried of his own volition, without any help and he lasted without smoking for about two weeks. The last time he tried of his own volition, he went without smoking for a month, but relapsed again after a visit from his sister-in-law in Atlanta, who smoked. He also tried to quit smoking by attending a talk offered by the outpatient clinic once a week for a month, but it did not help either. 7 Do moderate physical exercise. She goes to the gym three days a week (half an hour each day). She lives in Los Angeles, in a house with her husband and two children, although the youngest son is studying at university during the week.

# Q & A Session



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# Upcoming Trainings

Session 2 03/27/2025 at 1:00 pm EDT

Session 3 04/03/2025 at 1:00 pm EDT

Session 4 04/10/2025 at 1:00 pm EDT

Use the same Zoom link to join



# Contact Us

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Thank you!

