



**Mission:**

*To improve Kentucky's health by protecting Kentuckians from secondhand smoke and other tobacco emissions, and by reducing the high rate of smoking and tobacco use in the Commonwealth.*

**Steering Committee:**

*American Cancer Society  
Cancer Action Network*

*American Heart Association  
American Stroke Association*

*American Lung Association*

*Baptist Health*

*Campaign for Tobacco-Free Kids*

*Foundation for a Healthy Kentucky*

*Humana*

*Kentucky Cancer Foundation*

*Kentucky Center for Smoke-free  
Policy*

*Kentucky Chamber of Commerce*

*Kentucky Council of Churches*

*Kentucky Equal Justice Center*

*Kentucky Health Collaborative*

*Kentucky Health Departments  
Association*

*Kentucky Hospital Association*

*Kentucky Medical Association*

*Kentucky Nurses Association*

*Kentucky School Boards  
Association*

*Kentucky Voices for Health*

*Kentucky Youth Advocates*

*Learn More:*

[www.smokefreetomorrow.org](http://www.smokefreetomorrow.org)



## **Tobacco Cessation Education**

The Coalition for a Smoke-Free Tomorrow is working to educate the public and health care providers about cessation resources and ensure effective policy implementation by payers.

### **Most Smokers Want to Quit**

- Nearly 7 in 10 (68.9%) adult cigarette smokers want to stop smoking.
- More than 4 in 10 (42.7%) adults who smoke cigarettes made a quit attempt in the past year.
- More than 4 out of 10 (45.5%) of all high school students who smoke have tried to quit.

### **Health Benefits of Quitting**

- Within 12 weeks of quitting smoking, a person's circulation improves and lung function increases.
- Within 1 year, the risk of coronary heart disease decreases by half.
- People who quit smoking after having a heart attack reduce their chances of having another heart attack by half.
- Quitting smoking decreases the excess risk of many diseases related to second-hand smoke in children, such as respiratory diseases (e.g., asthma) and ear infections.
- Quitting smoking reduces the chances of impotence, difficulty getting pregnant, premature births, babies with low birth weights and miscarriage.

### **Quitting is Possible**

- With good tobacco cessation programs, 20 to 40 percent of participants are able to quit smoking and stay off cigarettes for at least one year.
- Quitting tobacco is hard and may require several attempts because of nicotine, which is as addictive as heroin and cocaine.
- Smoke-free policies make it easier to quit by de-normalizing smoking.
- Counseling and medication are both effective for treating tobacco dependence; using them together is more effective than using either alone.

### **Senate Bill 89**

In 2017, the state legislature passed Senate Bill 89, which requires health insurance plans in Kentucky, including Medicaid, to cover barrier-free access to U.S. Food and Drug Administration-approved tobacco cessation programs.

### **Source**

Centers for Disease Control and Prevention

[https://www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/benefits/index.htm](https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/index.htm)

[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/cessation/quitting/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm)

**Cessation Resources for Consumers:**

Quit Now Kentucky:

<https://www.quitnowkentucky.org/en-US/>

Kentucky Medical Association Commit to Quit KY:

[www.committoguitky.com](http://www.committoguitky.com)

American Lung Association Freedom from Smoking:

<http://www.freedomfromsmoking.org/>

American Cancer Society How to Quit Smoking or Smokeless Tobacco:

<https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking.html>

Kentucky Cancer Program Plan to Be Tobacco Free:

<http://www.kcp.uky.edu/about/RCCS%20Offices%20State.pdf>

American Cancer Society Benefits of Quitting Over Time: <https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quit-smoking-over-time.html>

Pfizer Quitter's Circle Website:

<https://www.quitterscircle.com/>

Centers for Disease Control and Prevent – Tips from Former Smokers

[https://www.cdc.gov/tobacco/campaign/tips/stories/index.html?s\\_cid=OSH\\_tips\\_D9388](https://www.cdc.gov/tobacco/campaign/tips/stories/index.html?s_cid=OSH_tips_D9388)

Food and Drug Administration – The Real Cost Campaign

<https://www.fda.gov/tobaccoproducts/publichealtheducation/publiceducationcampaigns/therealcostcampaign/default.htm>

**Resources for Health Care Professionals:**

American Lung Association:

<http://www.lung.org/stop-smoking/join-freedom-from-smoking/>

Smokefree.gov:

<https://smokefree.gov/help-others-quit/health-professionals>

Kentucky Quit Line:

<https://www.quitnowkentucky.org/en-US/Just-Looking/Health-Professional>

National Comprehensive Cancer Network Guidelines:

[https://www.nccn.org/professionals/physician\\_gls/pdf/smoking.pdf](https://www.nccn.org/professionals/physician_gls/pdf/smoking.pdf)

Kentucky Medical Association Commit to Quit:

<https://kyma.org/your-health/commit-to-quit/>

Kentucky Medical Association 7 Myths about SB 89:

COALITION FOR A  
**SMOKE-FREE  
TOMORROW**

<https://kyma.org/shared/content/uploads/2015/11/SB-89-myths-and-facts.jpg>

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Tobacco Treatment Specialist Training:

<http://www.uky.edu/breathe/tobacco-treatment/tobacco-treatment-specialist-training>

Medical Pharmacology Chart:

<https://www.kentuckyleads.org/wp-content/uploads/sites/7/2016/01/Provider-Pharmacotherapy-Chart.pdf>

Treatment of Tobacco Addiction Resources for Lung Cancer:

<https://www.kentuckyleads.org/wp-content/uploads/sites/7/delightful-downloads/2016/03/KY-LEADS-Tobacco-Treatment-Resource-Final.pdf>

Provider Education:

<https://www.kentuckyleads.org/team/project-components/provider-education/>

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