

Supporting Someone to Quit Tobacco

- Quitting tobacco is the best investment someone can make to improve their health
- Making the decision to quit is a big one
- If you're supporting someone to quit, it's important to recognize that they have to want to do it for their own reasons, and not because of pressure from a friend or family member
- To offer the best support, it's helpful to understand what a person goes through when they are trying to quit



Understanding Why People Want to Quit

There are many reasons why people want to quit using tobacco. Some reasons to quit include:

- To save money
- To live a healthier & better quality of life
- To be more available to their friends & family

The main thing to remember is that tobacco users have to figure out *their own reasons for quitting.*

Two of the most important factors in successfully quitting tobacco are the person's motivation and preparation.



Do's and Don'ts About Helping Someone Quit Tobacco

- DO respect that the person quitting is in charge of their behavior change
- DO ask the person if they want you to check in on how they are doing
- DO let the person know that it is OK to talk to you whenever they need encouragement
- DO spend time doing things with the person to keep their mind off tobacco
- DO make your home tobacco-free
- Do celebrate along the way – Quitting tobacco is a BIG DEAL!
- DON'T doubt the person's ability to quit
- DON'T take the person's attitude personally during their nicotine withdrawal. Tell them you understand, and that their symptoms will get better in about 2 weeks.



The Five R's

Use the "Five R's" as talking points and advice for encouragement and motivation.

RELEVANCE

Talk about how important it is to quit, relating information to your loved one's life.

RISKS

Talk about the social and health risks of smoking.

REWARDS

Talk about the benefits of quitting.

ROADBLOCKS

Identify things that can get in the way of quitting.

REPETITION

Deciding to quit is a process and can require repeated attempts. Patience is important. Continue to offer your motivational words each time your loved one tries to quit.

It may take as many as 11 times for a person to quit tobacco. Your encouragement can really help them be successful.



To support a friend or family member, refer them to

1-866-NEW - LUNG

639 - 5864



for FREE HELP IN
QUITTING TOBACCO

How to
Support Someone to
Quit Tobacco



CALIFORNIA STATE UNIVERSITY
FULLERTON



AHMC ANAHEIM
Regional Medical Center



Funded By County of Orange HCA/TUPP

