Overview

- Tobacco use is the single largest cause of death and disease, causing a variety of serious health consequences, including twelve different types of cancer\(^1\)
  - Each year, one in five deaths is caused by smoking\(^1\)
  - Cessation of tobacco use reduces the risk of many negative health effects, including reproductive health outcomes, cardiovascular diseases, and chronic obstructive pulmonary disease (or COPD)
- Quitting the use of cigarettes and other tobacco products is one of the hardest things a person can do, but also one of the most important things they can do for their health\(^1\)
  - There are benefits from cessation no matter how old you are or for how long you have smoked
  - Quitting smoking reduces the risk of an early death and can add up to ten years to your life
- Although there has been a decline in cigarette use over the past several years, there are an estimated 336,000 adults in Connecticut who still smoke cigarettes\(^2\)
  - Smoking a pack a day costs CT smokers over $4,000 per year for their cigarettes alone
  - Tobacco-caused health costs in CT are $2.6 billion each year, with $686.7 million in Medicaid expenditures\(^3\)
    - Each member who uses tobacco costs insurers an additional $3,962 per year\(^3\)
    - For every person who quits, CT can save $10,468\(^3\)

ENDS* and Vapor Products

- Some smokers report that ENDS and vapor products helped them to stop using combustible cigarettes
- 5.6% of CT adults\(^2\) report use of ENDS and vapor products, while nearly 30% of high school youth nationally use them
- There remains inadequate evidence that ENDS and vapor products are successful for tobacco use cessation
- Certain types may be associated with quitting, however with the wide variety of devices, brands, and ingredients on the market, more testing is needed to determine what works best for tobacco use cessation
- Additional research is also needed on the potential harm and long-term health effects of ENDS and vapor products

Key Points:

- More than 60% of smokers have quit successfully\(^1\)
- Quitting is hard but has immediate benefits
- Behavioral counseling and Food and Drug Administration (FDA) approved tobacco use cessation medications increase the chances of quitting successfully\(^1\)
- More research is needed to determine if ENDS are effective for quitting smoking and to understand the health effects of ENDS\(^1\)

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*ENDS=Electronic Nicotine Delivery Systems and Vapor Products, also called vaping, e-cigarettes
Medical Advice

- People are more likely to try quitting when advised by their health care providers.
- Those who smoke, or even quit smoking right before surgery, have increased risk for a range of postsurgical complications when compared with non-smokers, but those who quit smoking at least 4 weeks before surgery have a reduced risk of postsurgical complications.4

Tobacco Use Cessation Resources

For Free Help or Information to Quit:

- Call the CT Quitline at 1-800-QUIT-NOW
- Visit CommitToQuitCT.com
- For the hearing impaired - TTY number is 1-877-777-6534
- To enroll online, visit www.QuitNow.net/Connecticut or www.CommitToQuitCT.com
- Services are available in English, Spanish (1-855-DEJELO-YA), and other languages.

❖ The Become an EX online program is also available to help you re-learn life without cigarettes or vapes.
❖ Face-to-face "in person" programs are available: Local Community Cessation Directory (available at www.ct.gov/dph/tobacco)
❖ Smartphone apps and more information are available at smokefree.gov

RESOURCES FOR YOUTH

- TEXT “DITCHJUUL” to 88-709 [Cessation Program from TRUTH Initiative]
- Get the QuitStart APP [Downloadable at https://www.teen.smokefree.gov or in either App Store]
- For parents (or other adults) who want to help their kids to quit; text “QUIT” to (202) 899-7550. This same number can also give them assistance with their quitting.
References


Beatrice also said “Each day is a new day to quit smoking” January 24, 2020