

Smoking Cessation

Community Education Session

Pre-Survey

- Welcome to this community training session on smoking cessation.
- Please take two to three minutes to complete this survey.

Smoking Cessation

- If you think about smoking cessation...
- What comes to mind?
- What does cessation mean?

Today's Learning Objectives

Participants will be able to:

- Discuss the impacts of smoking and vaping on adults.
- Identify how smoking impacts children during and after pregnancy.
- Identify different kinds of tobacco smoke exposure.
- Identify at least one resource to help you stop smoking.

Reminder

- **Quitting smoking before pregnancy is good for you and your family's health**



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“Smoking” Terms



Cigarettes



Vaping



Nicotine

What is Nicotine?

- Very addictive chemical in tobacco plants.
- Makes it very hard to quit smoking or vaping.
- Can cause serious health problems.

Tobacco Smoke Exposure

Firsthand

You inhale smoke.
Smoking.
Vaping.

Secondhand

When someone
inhales smoke
from someone else
vaping or smoking.

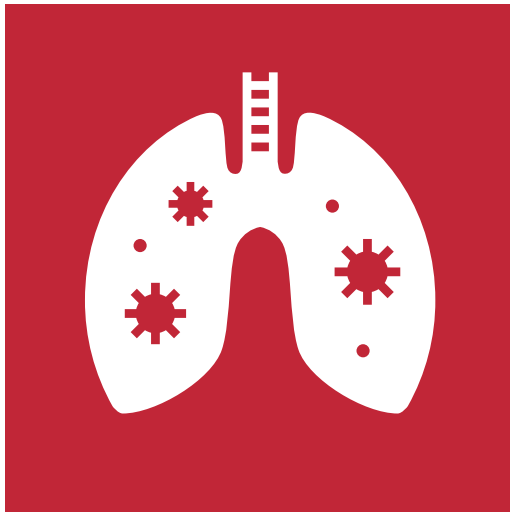
Thirdhand

Exposure to smoke
residue built up over
time.
Walls, carpet, curtains,
etc.



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Effect of smoking on your health



- Hurts your lungs



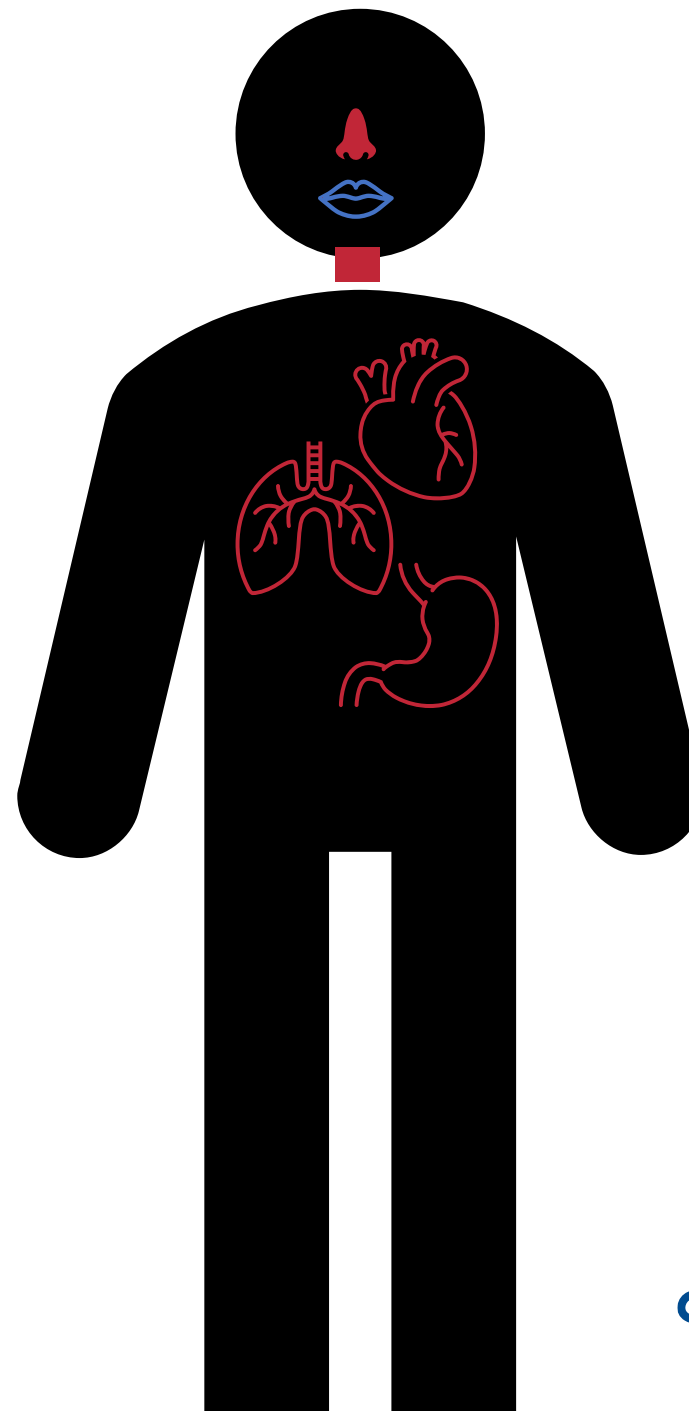
- Hurts your lungs



- Hurts your lungs

Smoking can cause...

- Many types of cancer.
- Heart disease.
- High blood pressure.



Smoking can make it hard to get pregnant.

- **For Women:**

- Changes hormones.
- Damages your eggs.

- **For Men:**

- Damages sperm.
- May result in miscarriage.

Smoking while pregnant causes damage

You CAN get pregnant while smoking.

**You're
Pregnant**



**Umbilical cord
shares everything
with baby
(Smoke too!)**

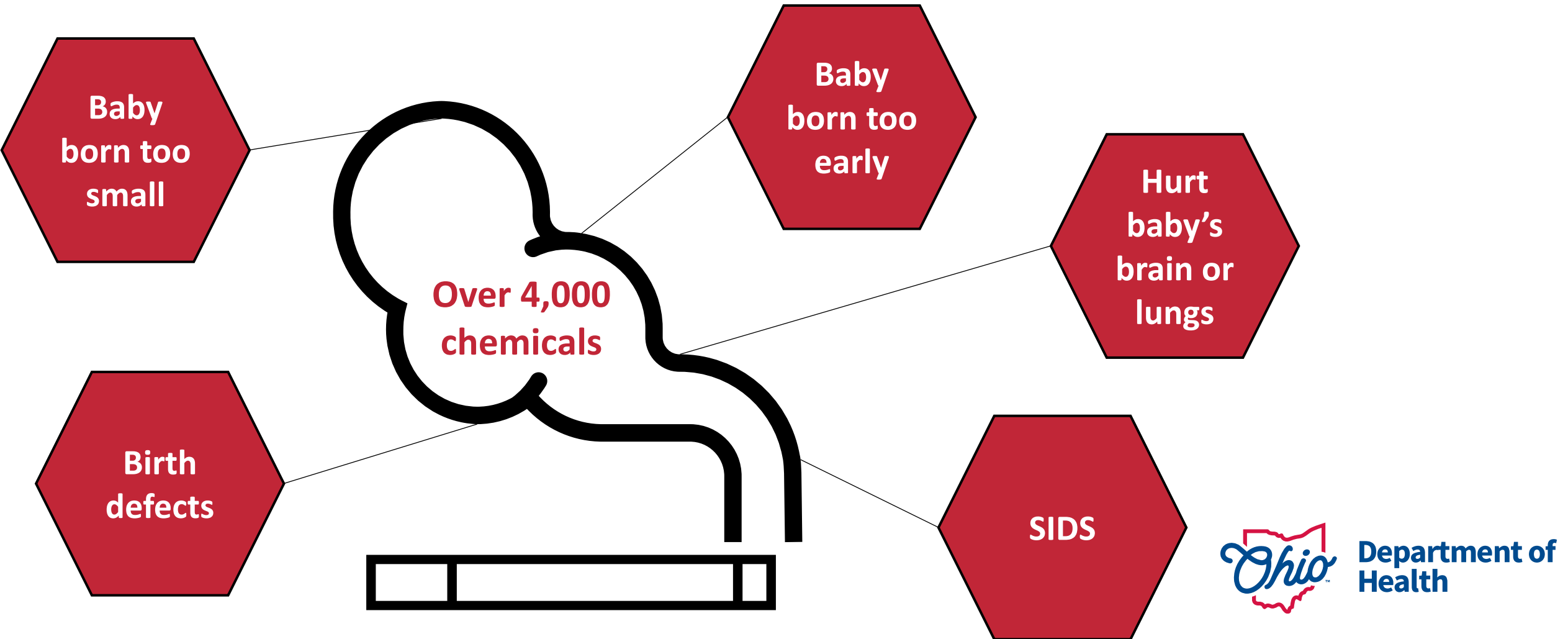


**Causes
damage to
baby!**



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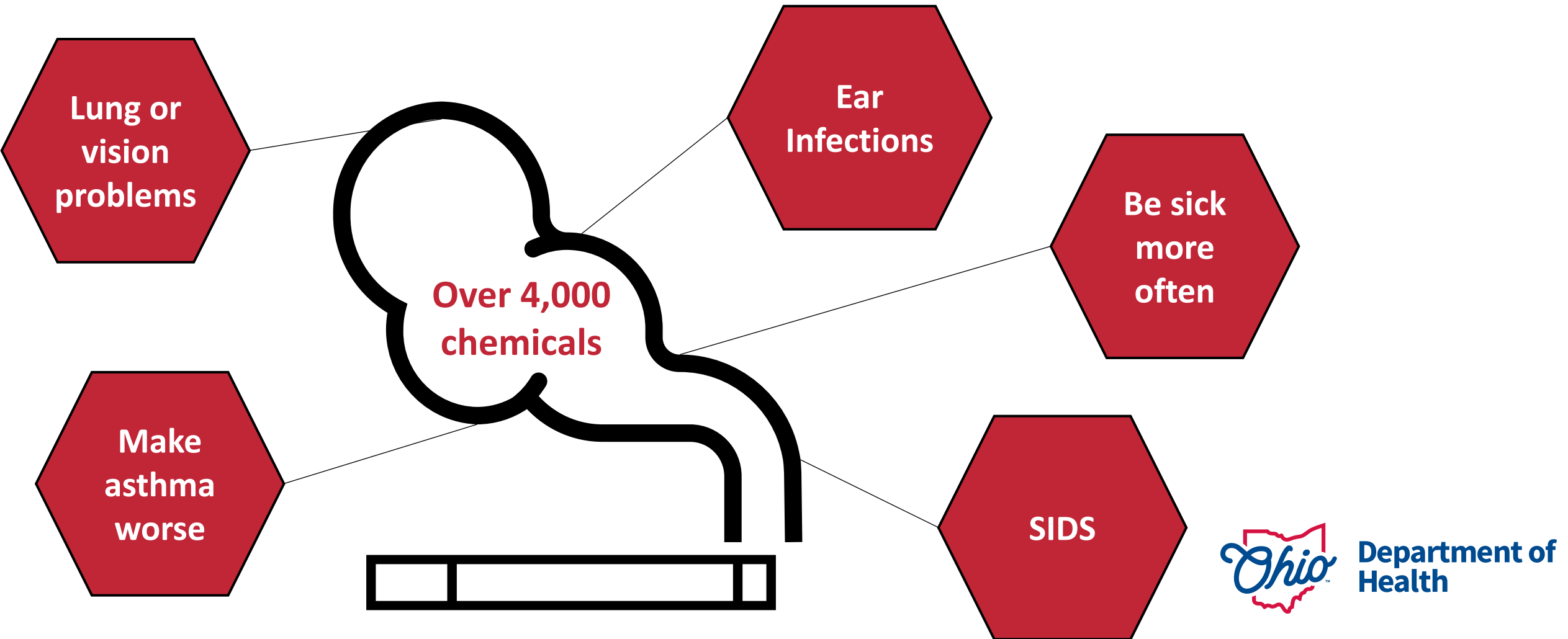
How does smoking affect unborn babies?



SIDS

- **S**udden **I**nfant **D**eath **S**yndrome
- A baby dies suddenly before they turn 1 year old
- **SIDS** risk is higher if you smoke

How does smoking affect **kids**?



Effects of Vaping

- Does similar damage as smoking.
- Contains harmful nicotine and other toxins.
- Second and thirdhand smoke exposure concerns.
- Very dangerous for children.



Other Substances



There is no safe substance use during pregnancy.

Alcohol Use

- Can cause birth defects.
- Babies can have disabilities.
- Developmental problems as they get older.

Marijuana Use

- Exposes baby to THC, toxins, and chemicals found in cigarette smoke.
- Baby born too small.
- Developmental issues (hard to learn or behave well).

Opioids and other Illegal Substances

- Babies born with drug withdrawal symptoms.
- May needs medicine or stay in the hospital after birth.
- May have developmental problems.

Substance use during pregnancy

- Pregnancy loss (miscarriage).
- The baby might die during pregnancy (stillbirth).
- Lifelong mental or physical problems.
- Higher chance of **SIDS**.

Need substance use help?

- **9-8-8 Addiction Crisis**
 - Call or text 988 for help
- **National Rehab Hotline**
 - 877-276-6364
- **Ohio Consumer and Family Toll-Free Bridge**
 - 877-275-6364 or email askMHAS@mha.ohio.gov

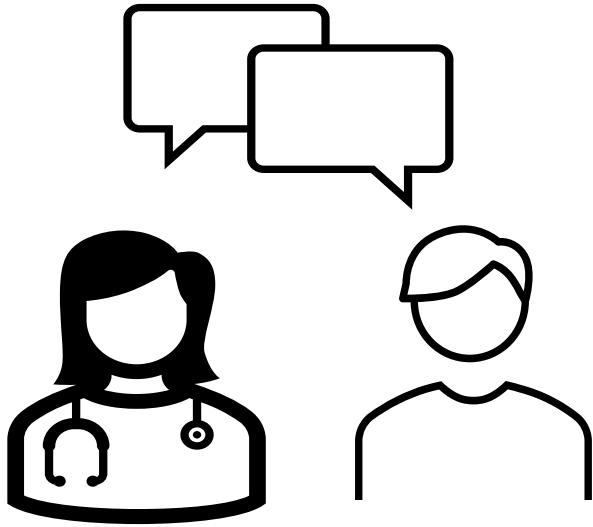
Smoking Cessation

Benefits of quitting smoking

- **Health**
- **Family**
- **Money**

What can I do to quit?

- **Get Support**



- **Set Goals**



Ohio Tobacco Quit Line



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Tobacco Prevention and Cessation
Quit Line: ohioquits.org

Quit medications
double or triple
your chances of
quitting for good!



Community Resources: **Exercise and Nutrition**

I tried to quit before, and it didn't work...



**Maybe it's time
to try again?**

Wrap Up

- Discuss the impacts of smoking and vaping on adults.
- Identify how smoking impacts children during and after pregnancy.
- Identify different kinds of tobacco smoke exposure.
- Identify at least one resource to help you stop smoking.

Post-Evaluation Survey

- Thank you for attending this community training session on smoking cessation!
- Please take two to three minutes to complete this survey.

QUESTIONS?

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Acknowledgement

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