

Quitting tobacco and how you can help

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Tobacco use remains the leading preventable cause of disease and death in the United States. About half of the people who do not quit smoking will die prematurely due to a smoking related health issue. For tobacco users, quitting is the best thing that they can do for their health. Many people experience barriers to quitting tobacco, but having a support system to help them overcome some of these barriers can increase their success in quitting.

If someone you know is trying to quit smoking, take the time to see how you can help support them in this journey. It is important to know if they are okay with you asking questions about their tobacco use like, “When is the last time you smoked?” or “How many cigarettes are you smoking a day?”. Being able to help keep your loved one busy doing things that you both enjoy together could also be very beneficial to their quitting journey. Nicotine withdrawals can cause people to become moody and agitated, remind them that this is temporary and that the long-term benefits will outweigh this temporary side effect.

Having a supportive person to lean on during a difficult time in a person’s quitting journey can be very beneficial. Nicotine withdrawals are severe during the first two weeks after quitting and may feel difficult to overcome. It is important to be there for your loved one who may be trying to quit smoking and encourage them however you can. Your loved ones successful quit attempt will benefit more than just themselves, eventually it will also have a positive impact on their family, community, and environment!

If you or someone you know needs help quitting, call 800-300-8086 or 800-600-8191