

## SUPPORTING SMOKING CESSATION

***BUILD SUCCESS BY*** supporting cessation among smokers for whom a smoke-free housing policy may provide motivation to quit.

### Planning for success

Identify available resources, both local and national, that can help support cessation among residents interested in quitting. At the national level, you may find resources like [www.Smokefree.gov](http://www.Smokefree.gov) for web- or text-based support. At the local level, community health centers, physicians, or pharmacists can support smokers who would like to quit smoking.

### Supporting cessation efforts

By making it less convenient to smoke, smoke-free policies may encourage some people to quit. PHAs can encourage residents interested in quitting by:

- Promoting evidence-based tools and programs, such as those available at [www.Smokefree.gov](http://www.Smokefree.gov)
- Encouraging residents to work with their doctors or local community health centers on ways to quit smoking
- Developing a list of available cessation resources and distributing it with other information about the smoke-free policy

Building Success research showed that there was low uptake of onsite smoking cessation group classes. Similarly, feedback from PHA residents who participated in the research suggests that, in general, they prefer one-on-one cessation counseling rather than group cessation counseling.

### Nicotine replacement therapy (NRT)

NRT, usually available in the form of patch or gum, has been shown to help smokers quit smoking because it reduces the cravings that smokers feel when they are not getting nicotine into their system. NRT products can be purchased without a prescription in all states. In many states, they are available at a much lower cost when covered by Medicaid or another health plan. The American Lung Association's State Cessation Coverage Database lists state-by-state cessation coverage: [www.lungusa2.org/cessation2/](http://www.lungusa2.org/cessation2/).

It is advisable that residents consult their health care providers to make sure there are no special concerns before starting to use NRT. Health care providers can also recommend the correct dosage for each smoker's situation.

### Affirm cessation efforts

To encourage and support residents and staff who are attempting to quit, consider ways to affirm their efforts, for example:

- Organize a party to celebrate everyone who quits smoking within the first year of policy implementation
- Provide perks for staff who quit
- Encourage residents to support people who are considering or attempting to stop smoking, or to serve as role models for others if they are former smokers

Residents can help their neighbors who smoke by:

- Championing the policy and sharing personal stories of the health benefits of reduced secondhand smoke
- Letting people know about resources for cessation support or nicotine dependence aids
- Providing encouragement and support to people who are considering or attempting to stop smoking
- Serving as role models for others if they are former smokers

## Resources

**Get Help Quitting Tobacco (American Cancer Society)** [www.cancer.org/healthy/stay-away-from-tobacco.html](http://www.cancer.org/healthy/stay-away-from-tobacco.html)

**Information and professional assistance for people trying to quit smoking (Smoke-free.gov)**  
[smokefree.gov/](http://smokefree.gov/)

**LiveHelp Online Chat (NCI)** [livehelp.cancer.gov/app/chat/chat\\_launch](http://livehelp.cancer.gov/app/chat/chat_launch)

**National Cancer Institute Quitline (NCI)** 877-44U-QUIT (877-448-7848)

**SmokefreeTXT (NCI)** [smokefree.gov/smokefreetxt](http://smokefree.gov/smokefreetxt)

**State Telephone Quitlines (NCI)** 800-QUIT-NOW (800-784-8669)

**State Tobacco Cessation Coverage Database (American Lung Association)**  
[www.lungusa2.org/cessation2/](http://www.lungusa2.org/cessation2/)

**The Building Success project** supports efforts to implement smoke-free policies by sharing practical ideas and insights from housing providers and residents who went smoke-free. Learn more at [www.BuildingSuccessSmokefree.org](http://www.BuildingSuccessSmokefree.org).