

Agency Wellness Champions Meeting
May 25, 2010
1:30 pm-3:00 pm
MN Management & Budget

Members Present:

Linda Feltes	MMB	Julie Ann Munson	Housing & Finance
Lynn Frank	MnDOT	Patricia Fox	Century College
Bob Eder-Zdechlik	MMB	Amy Sanda	Mn/DOT
Chris Barth	Corrections	Debbie Lerdahl	Admin
Sandy Stolt	Retirement Systems	Kim Engwer-Moylan	MDH
Tricia Grimes	Higher Education		

Welcome by host Bob Eder-Zdechlik

“Beat the Pack” Pfizer’s smoking cessation program

Bill Steffen, from Pfizer’s medical division, presented.

Beat the Pack materials and train the trainer available to any agency for free upon request.

Is a 4-week/30 minutes per week program with guidance from experts in the field, designed to be easy to implement in the workplace.

Not a drug advertisement.

Totally customizable, can add your own brand.

Can simply share 1 PDF/month to ees.

No outcomes yet to report as program is new, but does have evals built in.

All information is available in a box and on DVD for ease of use, including:

Contains info about health risks:

- 1 year after quitting smoking you reduce your risk for heart disease by 34-40%.
- 5 years after you quit, your stroke risk is back down to the same as someone’s who never smoked.
- The most risky behavior for someone with diabetes is smoking

Focuses strongly on the benefits of quitting

- Food tastes better
- 1 pack per day/year is \$2300—nice vacation!

Nicotine gets into brain in 10 seconds. Activates dopamine which is pleasurable.

Nicotine replacement (gum/patch) leaves out the carcinogens

Why is it hard to quit?

- Physical addictive properties of nicotine
- Behavior, habit of always looking for cigs
- So usually takes two pronged approach to quit and stay quit

Comments:

- Could try Biggest Loser model for quitting.
- Use buddy system.
- Teams?
- May be hard at work as many hide fact that they smoke.

- Smoking at work is reinforced by social connections. Smoking cessation program at work may be very hard sell.
- Or not: it sometimes takes a lot of little voices to get someone to quit. On average try 7-9 times to quit before successful.
- Would it be helpful to have a smoker/ex-smoker implement program?
- CDC has found that those who are successful have support.

Energy Break, led by Chris Barth

Smoking Cessation Benefits and Policies for SOM employees

(Please see presentation and other handouts, prepared by Amy Sanda and Linda Feltes, below, beginning on Page 3.)

Program Updates

- Summary of AWC survey:
 - 40% response rate
 - Split between preferring e-mails from any Wellness Champion vs. coming thru Linda, so will continue with current mix of both.
 - Champions using all sections of the Work Well website
 - Most prefer to keep rotating location of meetings, so will continue
 - Champions appreciate learning about other activities from the website, so please keep submitting your programs when they are open to any state employee (Note: new feature: you may now also submit a PDF with your offering. Be sure your agency's address is included for those who may be less familiar with your location and building.)
 - Majority want 1 hour meetings. Conflict in that we can barely contain content in 1.5 hours. Those who travel prefer longer meetings. One hour not worth travel time.
 - The Survey Monkey results are attached below, beginning on Page 22.
- Judicial is beginning mindfulness-based stress reduction class
- MSRS starting the 10,000 steps program in June
- For other programs, please see Work Well Welcome>Current Offerings
- July and August meetings may be replaced by a 3-hour workshop by a team-building specialist on building healthy wellness committees. Please look for further info and plan to attend. It will be offered by MMB and free to wellness champs and committee members.

Kudos section

Thanks to Bob E-Z for hosting, and note taking. Thanks to Chris B. for leading the energy break.

Next meeting

Tuesday, June 29

1:30-3:00

Hosted by:

Topics:

Please see handouts below:

Smoking Cessation at Work
Presented to Agency Wellness Champions
May 2010
Compiled by Linda Feltes

Statistics

- 10% of SOM employees are self-reported smokers
- One third of smokers are seriously thinking of quitting
- 18% of us are exposed to secondhand smoke

Health Benefits

- Reduce risk of cardiovascular disease, stroke and cancer
- Reduce risky pregnancies
- Reduce change of developing heart disease and lung cancer from secondhand smoke by 30%

Economic benefits

- Reduce health and life insurance claims
- Reduce sick days by 2-4 per year
- Increase productivity by about \$1800 per year
- Reduce risk for accidents and fires
- Reduce maintenance costs due to tobacco litter
- Less property damage from burns
- Reduce risk of legal liability from non-smokers

Three Recommendations

1. Implement Tobacco-free Policies
2. Offer Proven Tobacco-Use Treatment Benefits Through Your Health Plan
3. Offer Access to Telephone Quitlines for Tobacco Users

The State of MN fulfills each of these 3 recommendations.

State of MN Tobacco-free Policies

- All State of Minnesota buildings are smoke-free (see below)
- With regards to the grounds, agencies and the Plant Management building manager's designate the smoking area for the building occupants
- Enforcement falls onto the agency when there is a concern

State of MN Tobacco-Cessation Benefits

- The state is self-insured. The name of our insurance plan is the MN Advantage Health Plan. Each member of the plan has access to a free quit program through their health plan (Blue Cross, Health Partners and PreferredOne). The easiest way to connect to these benefits is by calling the member services number of the back of your health insurance card. (See below.)
- JourneyWell offers a free quit program to those who take the health assessment. Call or login to your JourneyWell account to enroll in the plan. (See below.)
- All MN Advantage Health Plan members are offered free nicotine replacement therapy by prescription.

JourneyWell: A Call to Change... Partners in QuittingSM

Thinking about quitting smoking or smokeless tobacco? Help is just a phone call away! To help you take the first step toward quitting, this innovative course is designed to help you prepare for a quit attempt, set a date and ultimately quit.

Working one-to-one at your own pace you will learn about:

- Beat cravings
- Relieve stress
- Deal with tempting social situations
- Adjust to life without nicotine

Here's how it works:

- You'll talk one-on-one with a health educator during 15-minute phone calls.
- You may schedule your phone sessions between 7 a.m. and 8 p.m., CT, Monday through Thursday and between 7 a.m. and 6 p.m., CST, Friday - at home, work or any place that's convenient for you.
- Complete workbook activities on your own time to learn more about quitting smoking and to prepare for phone sessions.

Take the first step toward quitting today!

** This course curriculum is evidence-based and intended for current tobacco users who are ready to quit smoking within 30 days.*

For more information and to register, please call **952-967-5128** or **1-866-977-5128** outside the Twin Cities metro area.

If you have a hearing impairment, you may call our TTY line at **952-883-7498**, or toll-free at **1-877-222-2794**.

HealthPartners "Call to Change... Partners in Quitting"

Call to Change... Partners in Quitting is a flexible, personalized phone-based program designed to help participants quit smoking or using smokeless tobacco and teach relapse prevention skills. Program participants work through the curriculum with a health educator who has expertise in tobacco cessation and behavior change. This is a free program for all HealthPartners members.

Here is additional program information which we list on our website for registered users:

If you want to quit smoking but don't know where to begin, the support you need is one phone call away. Take the first step toward quitting smoking with *Partners in Quitting*. Work one-on-one with a health coach to learn how to:

- Prepare for the quit date
- Set a quit date
- Beat cravings
- Relieve stress
- Deal with tempting social situations
- Adjust to life without nicotine

Here's how it works:

- Schedule phone calls with a health coach.
- The sessions can be scheduled Monday through Thursday between 7 a.m. and 10 p.m., and Friday between 7 a.m. and 6 p.m.
- You'll receive program materials and a step-by-step quit smoking calendar. Mail order nicotine therapy, including a nicotine patch, nicotine gum, and nicotine lozenges, is available for a fee.
- You may qualify for quit aids to help you quit smoking. Learn more about quit aids and find out if you're eligible.

It is important to note that should a non-HealthPartners member reach out to us that we would either direct them to their own health plan or to a resource such as the Minnesota Department of Health website which lists many of the programs available to individuals in Minnesota.

Enrollment: Enrollment into the program is most commonly done through a call to Member Services who would provide the phone number and connect the employee with the Partners in Quitting program or the employee may call directly. Here is what we list for employees on our website and also on the attached flyer. *"For more information and to register, please call 952-883-7800, or 1-800-311-1052 outside the metro area. If you have a hearing impairment, you may call 952-883-7498 (TTY)."*

Benefit for Nicotine Replacement Therapy (NRT): In referring to the MN Advantage Health Plan Summary of Benefits for 2010-2011, *"smoking cessation drugs are covered with a prescription from a physician and are listed on the formulary."*

Blue Cross Blue Shield's "Stop-Smoking Support Quit Rate"

Blue Cross' Stop-Smoking Support achieved a **39.5%** (6-month) quit rate for the 2009 calendar year. That means almost 40% of the people who enrolled in the program were still not smoking six months after starting the program. Our quit rate remains strong, though slightly down from the previous year's quit rate of 41.5 percent.

We attribute the slight decline in quit rate to the fact that members participating in Stop-Smoking Support are the more entrenched or "hard to reach" tobacco user. These members have continued to use tobacco despite changes in tobacco policies and increases in tobacco tax.

We helped an additional 1616 individuals* quit tobacco in 2009. During 2009, 4091 individuals enrolled in Stop-Smoking Support. Since the program began in May of 2000, more than 44,000 individuals have enrolled in the program, and we have helped 11,554 individuals quit tobacco.

Those who use quit aids and a tailored phone coaching program are even more likely to succeed at quitting tobacco. The State of MN pays 100% of the cost of nicotine replacement therapy (NRT), with a prescription, for employees covered in the State Advantage Health Plan. An important step that you can take to help members continue to quit successfully and keep our quit rate strong is to encourage promotion of this free NRT benefit.

Program Satisfaction

People that enrolled in Stop-Smoking Support continue to be satisfied with their experience. In 2009, **90.5%** of respondents stated that they were mostly satisfied, satisfied, or somewhat satisfied with the program.

PreferredOne Tobacco Cessation

At this time, the PreferredOne Tobacco Cessation Program is not offered to P1 SEGIP members. We have proposed it, but MMB management has chosen not to include it. (There is an extra cost for the program.)

Any P1 SEGIP members who are interested in tobacco cessation are referred to the Minnesota State QuitPlan. We include the number and web site address on the P1 SEGIP member web site and always include QuitPlan brochures at employee meetings.

Human Resource Policy Manual



SUBJECT: Smoking/Tobacco Use Policy

POLICY # 02

PAGE:
8 of 1

EFFECTIVE DATE: July 1, 2005

SUPERCEDES: May, 1994

This document is available in alternative formats for individuals with disabilities by calling the Human Resources Division 651-201-2626 or through the Minnesota Relay Service

at 1-800-627-3529.

I. POLICY

There will be no smoking in state buildings, loading docks, handicap access ramps, or at front entrances to buildings. Smoking is prohibited at public entrances and public access areas.

Smoking is prohibited in the Office of Enterprise Technology's state-owned or leased vehicles.

II. SCOPE OF COVERAGE

All buildings managed or leased by the State of Minnesota. In cases where only a portion of the building is leased by the State, that portion of the building is covered by this policy.

III. GENERAL PROVISIONS

A. DEFINITIONS

Smoking includes lighted cigarettes, cigars, pipes or any other lighted smoking materials.

B. RESPONSIBILITIES

Employee

1. Smoke only in areas designated for smoking.
2. Submit smoking-related disputes in writing to Human Resources.
3. If interested, contact the Department of Employee Relations, State Employee Health Promotion Program staff for information on smoking cessation classes.

Human Resources

1. Investigate all smoking-related disputes.
2. Review investigative data/recommendation and take necessary action.

REFERENCES

MN Stat. 16B.24, Subd. 9

Resources

Fight Cancer.org
www.fightcancer.org

National Cancer Institute
www.cancer.gov

Partnership for Prevention
www.prevent.org

Quit Net
www.quitnet.com

Mayo Clinic Stop Smoking Services
www.mayoclinic.org/stop-smoking/

SmokeFree.gov
www.smokefree.gov/

Sources

Partnership for Prevention Investing in Health May 2008
www.prevent.org/workplaceguide

State of MN Advantage Health Plan Summary of Benefits
<http://www.mmb.state.mn.us/doc/ins/adv-ee/summ-bene.pdf>

Health Plan Account Representatives

Quit Guide Compiled by Amy Sanda

<http://www.smokefree.gov/>

From those of us at Smokefree.gov: Congratulations! You are taking the first step to quitting cigarette smoking.

We wrote this guide with the help of ex-smokers and experts. It can help you prepare to quit and support you in the days and weeks after you quit. It also describes problems to expect when you quit, and help prepare you for the hard times.

Are you... Thinking about quitting? Preparing to quit? Quitting? Staying quit?
View the complete **Quit Guide** or **Download** or order a free print copy of the **Quit Guide**

Overview of the Basic Steps to Quit Smoking

Just thinking about quitting may make you anxious. But your chances will be better if you get ready first. Quitting works best when you're prepared. Before you quit, **START** by taking these five important steps:

S = Set a quit date.

T = Tell family, friends, and coworkers that you plan to quit.

A = Anticipate and plan for the challenges you'll face while quitting.

R = Remove cigarettes and other tobacco products from your home, car, and work.

T = Talk to your doctor about getting help to quit.

Reasons for Quitting

Here are some examples of reasons to quit:

- I will feel healthier right away.
- I will have more energy and better focus.
- My senses of smell and taste will be better.
- I will have whiter teeth and fresher breath.
- I will cough less and breathe better.
- I will be healthier the rest of my life.
- I will lower my risk for cancer, heart attacks, strokes, early death, cataracts, and skin wrinkling.
- I will make my partner, friends, family, kids, grandchildren, and coworkers proud of me.
- My children will be healthier (fewer ear infections, coughs, and severe asthma attacks).
- I will be proud of myself.
- I will feel more in control of my life.
- I will be a better role model for my children.
- I will have more money to spend.
- I won't have to worry: "When will I get to smoke next?" or "What do I do when I'm in a smokefree place?"

Learn more

[Smoking's Impact on Others](#)

[Pregnant or thinking about having a baby?](#)

Why is quitting so hard?

Many ex-smokers say quitting was the hardest thing they ever did. Do you feel hooked? You're probably addicted to nicotine. Nicotine is in all tobacco products. It makes you feel calm and satisfied. At the same time, you feel more alert and focused. The more you smoke, the more nicotine you need to feel good. Soon, you don't feel "normal" without nicotine. It takes time to break free from nicotine addiction. It may take more than one try to quit for good. So don't give up too soon.

Quitting is also hard because smoking is a big part of your life. You enjoy holding cigarettes and puffing on them. You may smoke when you are stressed, bored, or angry. After months and years of lighting up, smoking becomes part of your daily routine. You may light up without even thinking about it.

Smoking goes with other things, too. You may light up when you feel a certain way or do certain things. For example:

- Drinking coffee, wine, or beer
- Talking on the phone
- Driving
- Being with other smokers

You may even feel uncomfortable not smoking at times or in places where you usually have a cigarette. These times and places are called "triggers." That's because they trigger, or turn on, cigarette cravings. Breaking these habits is the hardest part of quitting for some smokers.

Quitting isn't easy. Just reading this guide won't do it. It may take several tries. But you learn something each time you try. It takes willpower and strength to beat your addiction to nicotine. Remember that millions of people have quit smoking for good. You can be one of them!

Managing Cravings: When you really crave a cigarette

Remember: The urge to smoke will come and go. Try to wait it out. Or look at the plan you made last week. You wrote down steps to take at a time like this. Try them! You can also try these tips:

- Try other things instead of cigarettes. Try carrots, pickles, sunflower seeds, apples, celery, raisins, or sugar-free gum.
- Wash your hands or the dishes when you want a cigarette very badly. Or take a shower.
- Learn to relax quickly by taking deep breaths.
- Take 10 slow, deep breaths and hold the last one.
- Then breathe out slowly.
- Relax all of your muscles.
- Picture a soothing, pleasant scene.
- Just get away from it all for a moment.
- Think only about that peaceful image and nothing else.
- Light incense or a candle instead of a cigarette.
- Where you are and what is going on can make you crave a cigarette.
A change of scene can really help. Go outside, or go to a different room. You can also try changing what you are doing.
- No matter what, *don't* think, "Just one won't hurt." It *will* hurt. It will undo your work so far.
- Remember: Trying *something* to beat the urge is always better than trying nothing.

See also: [Find new things to do](#) [Remember the instant rewards of quitting](#) [Finally...the long-term rewards of quitting](#)

Helping Smokers Quit –A Guide for Clinicians

"Even brief tobacco dependence treatment is effective and should be offered to every patient who uses tobacco."

—Public Health Service (PHS) Clinical Practice Guideline, *Treating Tobacco Use and Dependence: 2008 Update*

Ask about tobacco use at every visit.

Implement a system in your clinic that ensures that tobacco-use status is obtained and recorded at every patient visit.

Vital Signs				
Blood Pressure:	_____			
Pulse:	_____	Weight:	_____	
Temperature:	_____			
Respiratory Rate:	_____			
Tobacco Use:	Current	Former	Never	(circle one)

Advise all tobacco users to quit.

Use clear, strong, and personalized language. For example:

"Quitting tobacco is the most important thing you can do to protect your health."

Assess readiness to quit.

Ask every tobacco user if he/she is willing to quit at this time. If **willing** to quit, provide resources and assistance (go to [Assist](#) section). If **unwilling** to quit at this time, help motivate the patient: Identify reasons to quit in a supportive manner. Build patient's confidence about quitting.

Assist tobacco users with a quit plan.

Assist the smoker to:

Set a quit date, ideally within 2 weeks.

Remove tobacco products from their environment.

Get support from family, friends, and coworkers.

Review past quit attempts—what helped, what led to relapse.

Anticipate challenges, particularly during the critical first few weeks, including nicotine withdrawal.

Identify reasons for quitting and benefits of quitting.

Give advice on successful quitting:

Total abstinence is essential—not even a single puff.

Drinking alcohol is strongly associated with relapse.

Allowing others to smoke in the household hinders successful quitting.

Encourage use of medication:

Recommend use of over-the-counter nicotine patch, gum, or lozenge; or give prescription for

varenicline, bupropion SR, nicotine inhaler, or nasal spray, unless contraindicated.

Select for [Suggestions for the Clinical Use of Medications for Tobacco Dependence Treatment](#).

Provide resources:

Recommend toll free 1-800-QUIT NOW (784-8669), the national access number to State-based quitline services.

Refer to Web sites for free materials:

Agency for Healthcare Research and Quality:

www.ahrq.gov/path/tobacco.htm

U.S. Department of Health and Human Services:

www.smokefree.gov

Arrange follow-up visits.

Schedule follow-up visits to review progress toward quitting.

If a relapse occurs, encourage repeat quit attempt.

Review circumstances that caused relapse. Use relapse as a learning experience.

Review medication use and problems.

Refer to 1-800-QUIT NOW (784-8669).

For more information on prescribing, precautions, and side effects, go to the Public Health Service Clinical Practice Guideline, *Treating Tobacco Use and Dependence: 2008 Update*,

www.ahrq.gov/path/tobacco.htm.

U.S. Department of Health and Human Services - Public Health Service

Find Tools to Help You Quit

- **Learn about smoking in your state** - Learn about smoking in your state using our interactive map
- **Take a quiz** - The Smokefree quizzes can help you learn about a variety of topics:
- **Depression Quiz** ; **Medications Quiz** ; **Secondhand Smoke Quiz** ; **Stress Quiz** ; **Withdrawal Quiz**
- **Find out how much you can save when you quit smoking** - Use our online savings calculator to find out how much you can save.
- **Put a stop to smoky thinking** - If you are giving yourself a reason to smoke, you are probably experiencing an attack of *smoky thinking*.
- **Discover your reasons for quitting** - They can remind you why you want to stop smoking.
- **Use the Craving Journal** - If you know when *you* are tempted to smoke, plan for how to deal with the urge before it hits.
- **Be aware of your smoking triggers** - Decide now how you will cope with them when they come up.
- **Get More Free Resources** - For cutting-edge, evidence-based tools designed to help specific audiences quit smoking and remain smoke-free, look no further.
- **Find a Study Near You** - View all active smoking cessation research studies around the world.

10 ways (in no particular order) to get started with adjusting your attitude for success:

Compiled by Amy Sanda

1. Create a post at the smoking cessation support forum asking people to share the positive experiences they've had since quitting. Read it for inspiration.
2. Read through the forum messages from others. You will be surprised at the motivational power it will have for you. When you take a break from posting about yourself, you shift your focus and give yourself some space for clarity.
3. Celebrate the victories of fellow forum members. Go to Dot Milestones and celebrate someone's new dot. Go to the Star Milestones and celebrate a new star, especially a first or second star. You will find it uplifting and motivational. If you are new to quitting, the Dot and Star milestones, which celebrate weeks and months smoke-free respectively, will be close enough for you to feel you can reach those goals too. If you are able to feel that a year is not hopelessly out of reach, jump in to the One Year and Beyond Milestones and celebrate someone's one year anniversary. These folders are designed to help you focus on the positive aspects of quitting.
4. Keep a journal and write down positive things that you've noticed that day about quitting. This will help keep you focused on being successful. Even if you can only come up with one thing, that's okay. You will find more and more each day that you don't smoke. Entries can be something like "I am proud of myself for not smoking today" or "My clothes smell nice and fresh".
5. Get a copy of Allen Carr's "Easy Way To Stop Smoking".
6. Take control of your quit program, don't let your quit take control of you. Tell your inner junkie/nicodemon that you are stronger than that and he won't win. Sometimes having an inner dialogue with your junkie/demon is helpful. This is a fantasy conversation where you get to be Sheena Warrior Princess, Wonder woman, or whomever your superhero is. Living well is the best revenge...stick it to the junkie/nicodemon and enjoy your new smoke-free life.
7. Try to keep yourself busy, well-rested, well-fed and well-hydrated. Managing nicotine withdrawal is much harder when you are tired, hungry, dehydrated, bored, etc. Take care of yourself - just as much as you take care of your family, or others.
8. If all else fails, post an S.O.S. at the forum for help if you can't cope with an urge to smoke, or you're having a rough time. It really does work. Promise yourself you'll wait for three answers to your message before you run out to buy smokes. Read the inspiring things people say to you. Focus on the positive.
9. Take a break from the support forum if it's increasing rather than decreasing your urge to smoke. That can happen. It might be time to distract yourself with something different for the moment. When you are feeling stronger, come back and go to point #3 from above.

10. Laugh: Every day!

Quit Links, Phone Lines and Programs

American Cancer Society (<http://www.cancer.org>)

American Lung Association, Minnesota (<http://www.alamn.org>)

Call (651)-227-8014 or 1-800-642-LUNG

A Call to Change: Partners in Quitting—Offers a personalized, 7-session phone course to prepare you to quit smoking and help you through the process. Cost: Health Partners members, \$25; non-members, \$105.

Centers for Disease Control and Prevention (<http://www.cdc.gov/tobacco>) — Includes a guide for youth to quit smoking.

Clean Break (<http://www.cleanbreak.com>) — Five sessions lasting two hours each the first week plus three months of in-depth telephone counseling. Clean Break incorporates a cognitive approach to help you re-frame your thinking about smoking and use your learned skills to peacefully co-exist with your cravings. Fee is \$420.00 payable at the end of the first week. Health Partners and Medica members can receive a 20% discount.

Freedom from Smoking (<http://www.cleanairchoice.org/mn/tobacco/quit.asp>) — Sponsored by the American Lung Association. Includes 8 sessions/ 7 weeks. Fee \$90. Insurance may cover some of the fee. Call for locations: 651-227-8014.

Hazelden Foundation (<http://www.hazelden.org>) — Provides a 5- to 7-day residential program. Call either 1-800-262-4882 or 651-257-4010.

Mayo Nicotine Dependence (<http://www.mayoclinic.org/ndc-rst/>) — 200 First St. SW, Rochester, MN. Individual/Group/Residential programs with relapse prevention. Call either 1-800-344-5984 or (507) 266-1930.

Minneapolis Department of Health (<http://www.health.state.mn.us>) —Public Service Department, Minneapolis, MN 612/673-2301.

Nicotine Anonymous (<http://www.nicotine-anonymous.org/>) — A free 12-step recovery program; donations accepted. Call 952-404-1488 for other locations, dates and times. South Hennepin area locations include...

- Linden Hills Congregational Church—4200 Upton Ave. S, Minneapolis, MN 55410. (612) 927-4603.

- Christ Presbyterian Church—6901 Normandale Road, Edina, MN 55435.
- St. John the Baptist Episcopal Church—42nd & Sheridan Ave. S., Minneapolis, MN 55412.

Park Nicollet Clinic/St. Louis Park (<http://www.parknicollet.com>) —3800 Park Nicollet Blvd., St. Louis Park, MN. 952/993-3123.

Professional Assisted Cessation Therapy (<http://www.endsmoking.org>) — An independent consortium of smoking cessation therapy professionals

Quitnet (<http://www.quitnet.org>) —Provides proven scientific methods for quitting and lists a national directory to connect you to local smoking cessation programs.

QUITPLAN Helpline — The QUITPLAN Helpline, 888-354-PLAN (7526) is a toll-free telephone service for Minnesotan's ready to quit tobacco. Callers receive one-to-one professional counseling, help with creating a plan, and support and tools to help them quit tobacco. Para ayuda en español, llámenos 877-2NO-FUME (877-266-3863). Hearing impaired call 877-777-6534.

Redeemer Lutheran Church — 3770 Bellaire, White Bear Lake, MN. Call (651) 429-5411 for more information.

Smoking Cessation Clinic at Hennepin County Medical Center — Provides one-on-one counseling with physicians or nurses using one of four types of plans; nicotine gum, nicotine patches, nasal spray or zyban. Visits are on Wednesday afternoons. Fees may be covered through insurance. Call 612-347-2300.

United Hospital (<http://www.allina.com/ahs/united.nsf/>) — 333 N Smith Ave., St. Paul, MN. Call (651) 220-8000.

Blue Cross/Blue Shield Members (<http://www.blueprint.bluecrossmn.com>) Provides Blueprint for Health, a phone counseling tobacco cessation program. Call (651) 662-6299 (press option 2) to learn more about other cessation programs.

Health Partners (www.healthpartners.com) Members may call Partners for Better Health Phone Line to find out about cessation classes and A Call to Change phone course: (952) 883-7800 or 1-800-331-1052, TDD: (952) 883-7498.

SELECTED QUITTING RESOURCES

Compiled by Amy Sanda

Free Live Phone Support

Whether you are ready to quit or just thinking about it, **call 1-800-QUIT NOW** for free support with a trained counselor. When you call, a friendly staff person will offer a choice of free services, including mailed self-help literature, a referral list of other programs in your community, and one-one-counseling over the phone.

Another quit line is the National Cancer Institute's Smoking Quitline, 1-877-44U-Quit, which also offers proactive counseling by trained personnel.

BecomeAnEX.org

"Re-learn life without cigarettes." That's the motto of a new bilingual website championed by Former US Surgeon General Koop in 2007 that aims to help smokers kick the habit for good. At BecomeAnEX.org, smokers can create free, personalized quit plans while tracking the "triggers" that lead them to light up (i.e., stress, alcohol, parties, or a "jerk-face" boss). And when those cravings start to mount, a live virtual support group will be there to help.

12 Reasons to Quit

This December, 2008 [US News and World Report article](#) begins, "Never mind cancer or heart disease for a moment. Here are some non-obvious reasons to snub cigarettes."

Boilerplate Points

It's not enough simply to use a product. Counseling, and as well as utilizing the classic, [boilerplate points](#) for quitting, are critical to succeeding. Our [Quitting Tips](#) page includes a useful guide to these critically important [boilerplate points](#). These will empower you with valuable techniques, and will also strengthen your motivation and resolve.

One excellent [WebMD page](#) covers the anti-depressant smoking cessation pill, Zyban, and the pros and cons of this prescription medication. **If you are thinking of using Zyban, reading this page is important.**



The American Lung Association's [Freedom From Smoking Online](#)

This popular smoking cessation program is now available free. Quitting smoking can evoke a lot of feelings: fear, resentment, relief, and so on. If you stay committed to this online program, and complete all of the assignments, you have a good chance of remaining smoke-free for good. Millions of people have quit smoking and you can too!

This [CDC webpage](#) is also quite useful. IT offers links to what happens within 20 minutes after smokers inhale their last cigarette, and other useful support tools for quitting successfully.



The venerable [Mayo Clinic](#) offers its [Nicotine Dependence Center](#), including a very pricey in-patient program for quitting. They offer individual counseling, an 8-day residential program, and a work site program for companies. They report a success rate after one-year of 23 to 45 percent, depending on the program. That is well above the average. With locations in Arizona, Minnesota and Florida, this is perhaps the Rolls Royce of stop smoking programs.

Another excellent inpatient program is offered, at [St. Helena Hospital](#) in Northern California's Napa valley. Or just call them at (707) 963-6360. You check in for a week, and it's not cheap! But the wealthy may need a bit of extra support in quitting, as they do not always have the strongest self-denial muscles.

Are you able to easily put off getting a brand new car, or going to a \$60 per head restaurant? How about postponing that vacation in Monte Carlo, Aspen, or Florida?

If you can do those things, chances are you won't need an inpatient program, and you'll have all the self-denial muscles you'll need to quit smoking. But you'll need to flex them. And yes, it might hurt a bit.



At www.quitnet.org you can go to a chat room where those quitting are doing it together, not alone. It can be a great source of support -- like a [Nicotine Anonymous](#) meeting, but online. This site was put together by the Massachusetts Department of Public Health's Tobacco Control Program.

Unlike a chat room, at [Nicotine Anonymous](#) meetings, you'll find warm bodies, which can be more comforting than a computer screen. If this appeals to you more, pick up your telephone and ask directory assistance for the phone number of your local Nicotine Anonymous chapter. These are based on the classic 12-steps, borrowed from



AA. The meetings are free and run entirely by volunteers. If there are no meetings in your city, try calling (800) 642-0666, call a nearby city's directory assistance, or check the website. There you can also find out how to start your own [Nicotine Anonymous](#) meeting. That's how it spread all over the U.S.

Also check out these cool youth-oriented QUITTING sites



<http://www.quit4life.com>

Follow the stories of four young people as they try to kick their habit in "Quit 4 Life," a unique interactive site that offers important advice for those trying to quit smoking. This is a very cool site, in the extreme.

QUESTION IT

<http://www.questionit.com>

The opening animated page says it all -- YOU are a target. But your mind is a weapon. "Question It" provides tips to help smokers win their personal battle against tobacco. Their Kickin' Tips are truly excellent.



<http://whyfiles.news.wisc.edu/024nicotine/index.html>

The Nicotine Junkies investigate the effects of nicotine on the body while offering tips on how to win the war against tobacco.



The California
Smokers' Helpline

800 - QUIT NOW

A great -- and fun -- new website and phone line to help you out, if you're ready to quit smoking or even just thinking about it. There's lots of free stuff, and there are animations at the site -- but they can only send you the free stuff and accept 800-number calls if you live in California, because of limitations on their grant funding. But even if you're not from California, this website -- www.nobutts.ucsd.edu -- is still a lot of fun.

QUIT COMMUNITIES AND CHAT



At this huge and well known site from Boston University, anytime you visit you will find ten to thirty people who are chatting live. It's also an excellent and supportive quit program, with thousands of graduates who have quit

successfully.

Visit this community of caring and supportive people, all in various stages of quitting. Post a message, chat, and read what others are going through. This is a real grassroots site.



What products quit smoking programs work best?

- With no program at all, 95% of quitters fail, and only 5% succeed. So it's wise to get help. Get into a program. Consider one -- or more -- of the products and programs below.
- Print out this page now, as well as our [Quitting Tips](#) page. These will serve as a useful and very valuable guide when you quit. Print out these pages now.

Study compares Zyban, nicotine replacement and a *combination* of both treatments

- A large **recent study** of 900 patients compared Zyban and nicotine replacement therapy (NRT) alone, and in combination.
- With the prescription anti-depressant **Zyban**, the initial success rate was 36% upon completion of therapy. **A follow-up study showed a 30% success rate for Zyban, after one year.** Zyban is by prescription.
- **With Nicotine Replacement Therapy the initial success rate was less -- 23%, and only 15% after one year.** Nicotine replacement products like the patch and gum are sold over-the-counter, except the nicotine inhaler.
- When NRT and Zyban were used in combination under a physician's care, the success rate was 39%, and 35.5% at one year. This study was published in the NEW ENGLAND JOURNAL OF MEDICINE in March, 1999 was funded by the makers of Zyban.
- Remember: with no program, there is only a 5% success rate after one year. With a program, your chances will at least triple (to 15% success rate, with nicotine replacement).
- More useful information on programs follows below.

Combining the nicotine patch and the nicotine inhaler

Two hits of nicotine are better than one if you want to quit smoking, new research shows. A French study suggests smokers may have a better chance to beat their bad habit with a nicotine inhaler and a patch instead of just an inhaler.

At six weeks, 60.5 percent of those who used the combination had quit, while only 47.5 percent of those who used an inhaler alone had stopped, the study finds. At 12 weeks, the numbers were 42 percent and 31 percent, respectively.

After a year, 19.5 percent using the combination had stayed quit, but only 14 percent who used the inhaler alone had remained smokefree.

The study, conducted at the French National Institute of Health and Medical Research, appears in a recent issue of the Archives of Internal Medicine.

Nicotine Replacement Therapy (NRT)

Patch, gum or inhaler?

This Cochrane Review [study](#) done in 1996 and updated in November, 2007, found that nicotine replacement therapies like the patch, gum or inhaler increased chances of quitting by 50% to 70%.

Bear in mind that with no program, only 5% of quitters are still smokefree at the end of 12 months. A 50% increase in the quit rate would mean that 7.5% of those using NRT were successful after 12 months.

Laser treatment is a newly available method. It's for the adventurous; as of November, 2005, we know of no university studies published in mainstream medical journals which provide reliable data on their success rate 12 months after treatment. But with the patch and nicotine gum at an 85% failure rate after 12 months, it might be something to try. Freedom Laser Therapy's laser treatment claims to alleviate nicotine withdrawal symptoms. They also offer a 30 minute video on the psychological aspects of the addiction, and a 30 day vitamin detoxification regimen.



Aversion Therapy

The [Schick-Shadel Treatment Centers](#) offer aversion therapy -- self-administering a mild electric shock from an ordinary 9 volt battery as one smokes a cigarette. Studies show a 95% initial success rate, and 50% after a year -- better than all the other programs! But most pharmaceutical companies today are reluctant to add an aversion therapy option to their helpful products. Sadly, they regard aversion therapy as being "not consumer friendly." The Foundation for a Smokefree America hopes that one company will soon get behind this important and proven method of quitting smoking.

Alternative therapies

Alternative therapies such as hypnosis, acupuncture and herbs have been shown to be far less effective than the above methods. Several controlled studies found they were ineffective.

Survey of Agency Wellness Champions May 2010 Response Summary

Total Started Survey: 36
Total Completed Survey: 29 (80.6%)

IMPROVING WORK WELL RESOURCES

1. Communication Preferences (Check all that apply.)

	answered question	36
	skipped question	0
	Response Percent	Response Count
I would like to continue to receive information and inquiries from other Wellness Champions.	58.3%	21
I prefer that the Work Well project manager (Linda Feltes) sort and compile all e-mails and route them to me as appropriate.	52.8%	19
 Show replies I would like our group to use other communications media.	11.1%	4

1. the work well website

2. Put information on the website rather than sending emails.

3. More website based rather than attachments to e-mails

2. Work Well website (Please answer one or more.)

	answered question	35
	skipped question	1
	Response Percent	Response Count
 Show replies I go to the Work Well website for the following:	68.6%	24
 Show replies I do not go to the website because:	40.0%	14
 Show replies I would like to see the following on the Work Well website:	17.1%	6

1. General Information

2. To see what's new and what is being offered by other agencies.

3. meeting agendas

4. Meeting minutes, wellness activities at other agencies, highlighted events and people

5. I haven't been lately (too busy), but in the past for resources and updates

6. class listings

7. Information on what other agencies are doing

8. To find out about general info., events, classes, etc.

9. worksite wellness initiatives happening in the Capitol complex

10. featured employee, agendas, meeting notes

11. events and names

12. Information on Agency Wellness Champions

13. Learning what's happening and getting health information.

14. minutes, agenda, wellness activities

15. tools and info

16. reviewing meeting minutes, new links

17. improve wellness skills in our employees

18. meeting minutes from past meetings

19. Resources for wellness at work

20. information on Champion meetings and other agency activities

21. Ideas from other Champions

22. Items of interest

23. Meeting agenda, minutes

24. agendas, see what's new

25 responses per page

1. Information is Outdated
2. I forget to.
3. I use other resources
4. My fault. haven't made the time.
5. I haven't heard much about the site and didn't know what was on it.
6. I'm not sure I've been invited to this site
7. I'm not sure I've been invited to this site
8. I don't have the URL and can't find a link.
9. normally lack of time
10. It is not up-to-date in regards to classes
11. Mostly because of time or lack thereof and because there are so many other wellness venues.
12. time restrictions and little too much information to look through to find what I'm looking for
13. time restrictions and little too much information to look through to find what I'm looking for
14. It is not user friendly, and doesn't have enough wellness information, for the regular state employee that needs wellness information.

-
1. resources

 2. Continued expansion and networking with other agencies.

 3. what wellness events others are doing at their worksites

 4. Up-to-date classes and activities

 5. Dedicated statewide wellness site, rather than the current extranet site, with more information on wellness activities and information for state employees.

 6. what other agencies are doing to promote wellness

WORKPLACE SUPPORT

3. Rate the support you receive for your role as a Wellness Champion. (Support may refer to giving you time from your regular job to work in this topic; providing other staff/budget resources as necessary to work on a wellness project; or having the ability to communicate to colleagues on wellness topics.)

							answered question	30
							skipped question	6
	Strong support	Support	Unsupported	Discouraged	Strongly Discouraged	Rating Average	Response Count	
Upper management/leadership	24.1% (7)	44.8% (13)	31.0% (9)	0.0% (0)	0.0% (0)	0.93		29
My supervisor	33.3% (10)	60.0% (18)	6.7% (2)	0.0% (0)	0.0% (0)	1.27		30
My department's Human Resources office	21.4% (6)	57.1% (16)	21.4% (6)	0.0% (0)	0.0% (0)	1.00		28
My co-workers	24.1% (7)	62.1% (18)	13.8% (4)	0.0% (0)	0.0% (0)	1.10		29
							 Show replies	Comments? 9

1. No budget for activities

2. still some confusion as to support from mgmnt

3. My supervisor has never encouraged or discouraged my involvement

4. I do not have the time to pursue many wellness initiatives.

5. The agency is pro-wellness, but has no resources or staff dedicated to the effort.

6. Very supportive environment at this time.

7. Some co-workers support it but many don't care or don't support it.

8. at this time and location, employee wellness is still not considered a top priority

9. Wellness initiatives unfortunately just don't seem to be valued by most other than the same 10 - 15 people who repeatedly attend planned events and support wellness.

4. How has your role as a Wellness Champion benefited you? Benefited your agency? (Please take your time; data is silver but stories are gold.)

answered question 26

skipped question 10

Response
Count

 [Show replies](#) 26

1. Keeping it on the horizon

2. Help employees better their health. Sick time has gone down.

3. It has awaked me as to what other agencies are doing or have done. The efforts by Linda and others to be able to provide some insurance for instructors was awesome!

4. It's good to hear what other agencies are doing, although most have much more extensive programs and facilities.

5. It keeps me focused on topics that are very important to me - overall well-being. I believe many of our employees are actively trying to better themselves and having activities available at work has been a plus. Have received great response to many of our activities and I think employees would like to continue to have more info and activities.

6. A benefit to the agency is bi-weekly Pilates classes attended by 15-25 folks.

7. Has helped me get to know others across the agency who I would not normally come in contact with.

8. I get to have the programs I want--like yoga at noon and I love yoga. My coworkers enjoy the programs and find them valuable. I have made some nice professional friendships.

9. I am learning a lot. The agency is benefitting as people are healthier.

10. Our collective role as wellness champions here at MDH has increased the visibility of Work Well, enabling it to continue and even expand to include building management. I've also been told by colleagues that I'm keeping them well-informed.

11. Modeling wellness benefits me and hopefully inspires other employees within our agency.

12. currently not very active except on request

13. It has benefited our agency by providing me with ideas to bring back to the agency

14. With the state of the nation, momentum has been generated for wellness opportunity. Budget still an issue.

15. It has been a great source for gathering ideas and resources - has created new ideas and kept me focused

16. I have learned a lot working with the Wellness committee for many years. We are happy to offer more classes and brown bag information sessions. It's exciting working as a team and seeing more participation. It's so vital for management to support employees. I know a few people who can't participate because of their positions/schedules, so it's important for management to understand that all employees should have the right to participate. With employees paying annual dues, we saved enough to purchase new equipment, and our fitness room has gone under a metamorphosis! We can offer more variety for people, and it serves more employees.

17. It has enabled me to learn and our team to bring wellness activities/events to our organization.

18. Makes me continue to strive for good health to be a good role model to others.
Getting information to employees, ex. info. on the CSA farm. I think the CSA farm is a great benefit to the agency and its employees.

19. The benefits are so many for our employees. For example, how to encourage people to eat healthy food at work.

Also, we have been able to improve our people life style.

-
20. Heighten awareness for myself. Hopefully, improved mental and physical health, less illness/injuries for staff.
-
21. Our Biggest Loser Challenge has been very well received and our Commissioner was the first to sign up! As for myself, my walking buddy and I have been walking 2 miles at lunch for over 6 years. I'm living proof of the difference a prolonged level of high intensity exercise makes!
-
22. I know that people who join me for stretch breaks really appreciate the opportunity to relax and get energized, but other than that I haven't heard much. My life and choices have remained the same since becoming a champion.
-
23. I have gained an enormous amount of wellness information and the sharing of wellness activities from other depts.
-
24. It has benefited me in that I do take time to review and research variety of health related topics. As to benefiting others- Not sure.. hope I have in some way.
-
25. Being a Wellness Champ has made me more aware of the importance of wellness in the workplace. I have brought back many ideas to our building wide committee for new lunch & learns ideas and physical activities.
-
26. Yes. It has benefitted me personally, my facility and my agency by providing information and ideas that can be shared at my facility, agency and personal life.

5. What information, technical assistance or support would you like from Work Well and/or the Agency Wellness Champions team?

answered question 20

skipped question 16

Response
Count

 [Show replies](#) 20

25 responses per page

1. Keep on doing what you are doing--very helpful.
2. Monthly meetings and presentations
3. Just keep sharing great ideas for events/activities and how we can provide at no cost.
4. I'd like for all state agencies to be directed to support a wellness committee. As it is, this agency has some things, like a fitness room and showers, but does not support increased efforts.
5. I would like a meeting where it is all sharing, and everyone really gets a chance--meaning enough time for all. suggestion--give each person 10 minutes--they can go shorter but no longer--we never seem to have enough time for these updates
6. More of what we have been getting.
7. More organized information about what wellness programs in other state agencies are doing.
8. Just continue to be informed of what's the latest with Work Well.
9. unsure at this time
10. Can't think of any
11. No cost, or other ways to provide wellness information to my agency without requiring a large monetary or time commitment.
12. Continued communication between agencies is important, and we're glad Linda is building this network. Our website has been updated and other agencies should also ask for help, since the technical assistance is important.
13. More sharing of wellness events with all agencies.
14. Maybe a newsletter or some sort of monthly wellness topic that can be sent out to interested people.
15. Work Well is doing an excellent work with the state employees at this point. However, we can continue gathering information about wellness best practices in the future.
16. I like to read the types of health initiatives created by other agencies.
17. I'm very happy with my current situation.
18. The infrastructure for Work Well was never fully developed and thus it is really difficult to find the time or interest from others to do anything because it takes too much time and effort to maintain that change. In times of budget shortfalls people are not willing to take on extra work when their time is already stretched way too thin. I know that doesn't answer the question, but that's all I can say.
19. I would request that the importance of health and wellness for state employees is a top priority and that agency-wide events be made available and known to out-state locations so that they too can participate in them.

- 20. Create a wellness internet site for all state agencies to access that is dedicated to employee wellness. We need to create a statewide informational structure for wellness and the statewide site is the key foundation.

MEETING PREFERENCES

6. To date, our meetings have moved between state agencies, with the advantage that different hosts can feature their wellness program and invite their wellness committee to attend. Yet it might be frustrating to locate and park at different sites, and difficult to set up alternative ways to participate (e.g. by phone, videocon or webinar). With those considerations in mind, please share the following. My preferred meeting location is:

	answered question	31
	skipped question	5
	Response Percent	Response Count
Always at the same site on the capitol complex.	9.7%	3
Continued rotation among agencies.	35.5%	11
No preference.	32.3%	10
 Show replies Other preference. (Please explain.)	22.6%	7

1. I'm open to whatever works for the rest of the group.
2. continued rotation, but more convenient for me at capitol
3. I have a conflict with the meeting times and cannot attend.
4. Maybe a main site and different hosts when new programs are spotlighted.
5. continue making the meetings available accessible for out-state locations
6. website so those of us in outstate can view and participate
7. At a site that does not charge for parking and is consistent each month

7. The best time of day for me to attend an Agency Wellness Champions Team meeting is:

		answered question	31
		skipped question	5
		Response Percent	Response Count
	Early morning	16.1%	5
	Late morning	12.9%	4
	Early afternoon	16.1%	5
	Late afternoon	22.6%	7
	Doesn't matter	32.3%	10

8. Most months, I am available to meet for:

	answered question	29
	skipped question	7
	Response Percent	Response Count
1 hour	41.4%	12
1½ hours	20.7%	6
2 hours	10.3%	3
Any of these options is fine.	27.6%	8