

70% of current tobacco users want to quit!

Tobacco **FACT** Sheet

www.tobaccoprevention.org

Brief Tobacco Intervention Skills

The Brief Tobacco Intervention Skills Training

The trainings we provide will help you to intervene with tobacco users. Whether someone is thinking about quitting or not even close, you can impact their tobacco use. Through a BTIS training we can demonstrate the tools you need to have meaningful, effective conversations with tobacco users.

The BTIS is based on the Five A's (Ask, Advise, Assess, Assist and Arrange) as defined by the Department of Health and Human Services publication Treating Tobacco Use and Dependence: Clinical Practice Guideline.

The 1-hour and 4-hour training both include the following:

- Tobacco basics/tobacco addiction
- Intervention essentials
- Working with people ready to quit/not ready to quit
- Creating systems change
- Local resources and technical assistance available

Brief Tobacco Intervention Skills trainings (1-hour and 4-hour) are available to all King County agencies through the Public Health - Seattle & King County Tobacco Prevention Program.

4-Hour BTIS training

This full 4-hour training is ideal for agencies ready to commit to using the BTIS and to continue or begin systems change.

The training includes teach back opportunities, time for discussion on site specific issues and planning for systems change component.

This training can be shortened if necessary to accommodate scheduling issues.

1-Hour BTIS training

This condensed 1-hour training is designed for agencies that may already be implementing the BTIS and are in need of a refresher course, agencies that are not able to schedule the full 4-hour version, or for those sites that just want an introduction to the possibilities.

Contact the Tobacco Prevention Program for more information about training options or to schedule training.

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**Free
Trainings
Available!**

Why intervene?

Tobacco users want to quit! Data suggests that 70 percent of the 50 million smokers in the United States have made a serious quit attempt, and approximately 46 percent try to quit each year (Fiore, 2000).

This rate holds true across all sub-populations including folks who have become homeless, are/have been chemically dependent, or have a history of mental illness.

***Asking and Advising
someone to quit
will double their
chances of success!***

Brief interventions delivered by several different people (including medical and non-medical staff) significantly increase quit rates (25.5%) compared to quit rates from minimal interventions such as free literature (8.1%) (Fiore, 1992).

Brief interventions really do take only a few moments of your time—30 seconds to 3 minutes!

We also recommend:
www.Quitline.com
www.doh.wa.gov/tobacco
www.cdc.gov/tobacco

Tobacco PREVENTION Program

Mission:

To prevent tobacco use, addiction, exposure to secondhand smoke and to support effective cessation efforts.

Vision:

We will partner with community organizations to provide innovative and evidence based tobacco control programs to all people of King County.

King County:

- 87.6% of King County residents do not smoke
- Over 70% of King County hospitality workers would rather work in a smoke free environment.
- Nearly 75% of smokers profess that they would like/or plan to quit.
- Over 75% of King County voters prefer smoke free dining and drinking.

Tobacco use is the single leading cause of preventable death in the United States, Washington State, and in King County.

Eliminating tobacco use would save 10,000 lives per year in our state. Since 1991, the Tobacco Prevention Program has been working to reduce the impact of tobacco in King County by preventing people from starting to smoke, providing access to cessation treatment, and protecting people from secondhand smoke with education, enforcement, and community-based interventions.

The Washington State Department of Health is the lead agency coordinating tobacco prevention efforts state-wide. The Department partners with local health agencies, tribes, schools, and community-based organizations to deliver a comprehensive, integrated approach to preventing tobacco use in our state.

Recent milestones

- 2005: Voters of Washington State overwhelmingly pass the strongest statewide smoking ban in the nation.
- 2006: King County begins the Smokefree Housing Campaign.
- 2007: King County smoking rate drops to 12.4%, among the lowest in the nation.

Key strategies

Change social norms

Half a million people die every year because of mass marketed tobacco products. There is no safe level of smoking or use of tobacco products for anyone no matter what their age. Keeping these facts in the forefront of our efforts to change policy and support cessation is critical to our long term success.

Promote systems change

The most effective way to help reduce tobacco use rates is to create changes within systems . This includes changes in clinics, hospitals, social service agencies, and employers to address tobacco use.

Engage partnerships

The Tobacco Prevention Program partners with agencies and clinics in King County that provide services to people for whom tobacco addiction causes the most harm to give their clients access to effective cessation treatment.

Develop and support policy

The Tobacco Prevention Program enforces, develops, and supports local and state policies that improve access to cessation treatment, protect people from exposure to secondhand smoke, and curb tobacco industry marketing of its deadly product in King County.