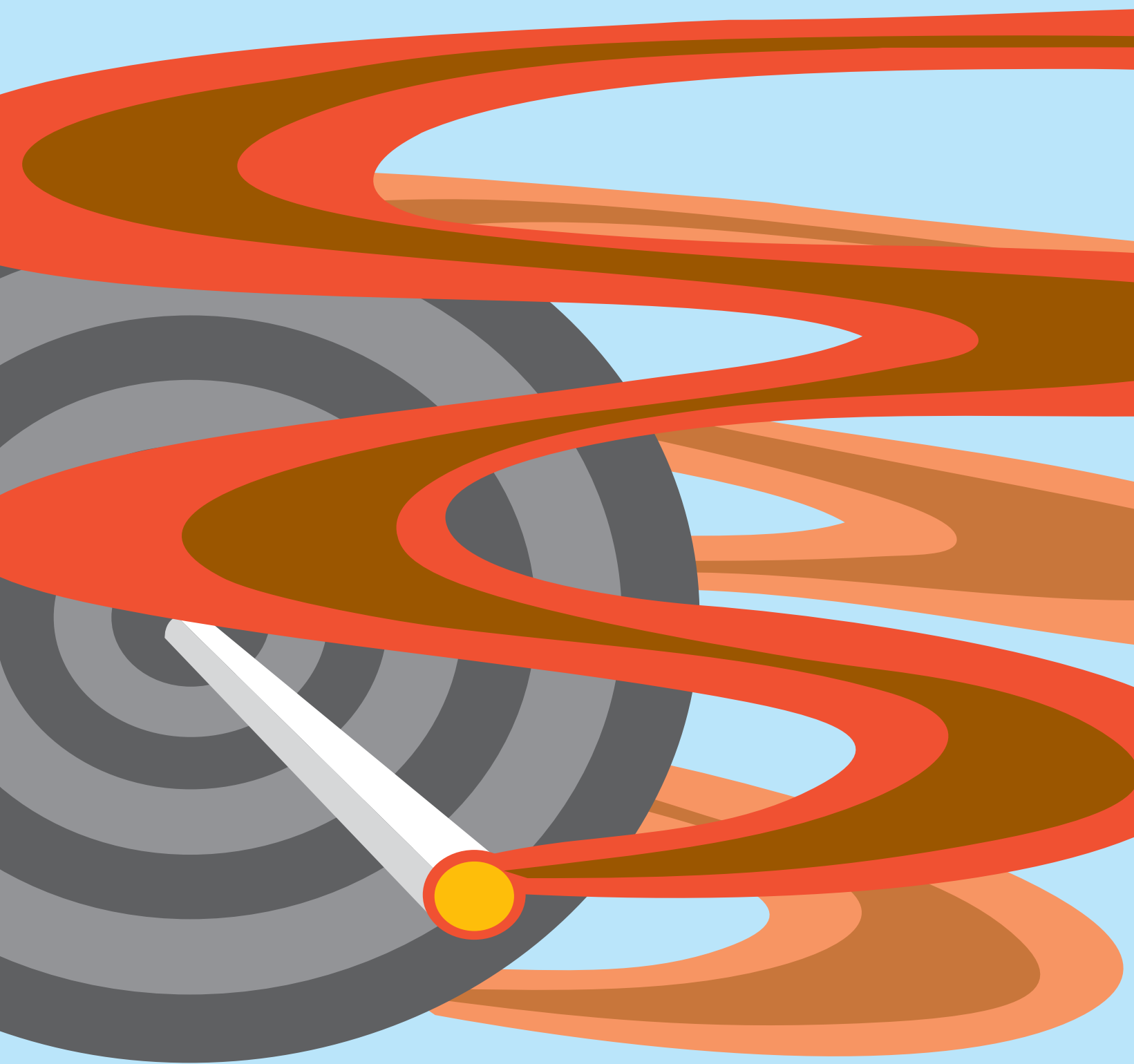
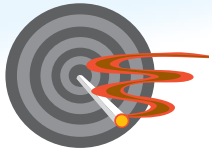


WHAT IS THE MOST IMPORTANT QUESTION YOU CAN ASK YOUR PATIENTS?



SMOKING CESSATION RESOURCES FOR CAMPUS HEALTH SERVICE PROVIDERS



TOBACCO ON CAMPUS: THE FACTS

- One third of all young adults in Canada smoke—the highest prevalence among any age group.
- 1 out of every 5 post-secondary students in Canada smoke.
- Recent trends suggest that fewer students may be quitting and as many as 10% of students try their first cigarette while at college or university.
- University and college students make up 30% of all young adult smokers and 7% of all smokers in Canada.
- In a 2004 survey, every university and half of the colleges in Canada received money to market tobacco products.

WHAT CAN YOU DO?

The most important question you can ask your patients is: “Do you smoke?”

Every student, faculty, and staff member who smokes at your institution should have **access to smoking cessation resources and expertise.**

All Health Services staff should be following **Clinical Practice Guidelines** for tobacco interventions.

If you do not offer any formal cessation services, **ensure that smokers receive concrete information** about community resources, such as the Smokers' Helpline.

Speak with your administration about prohibiting tobacco sales and marketing on campus.

HOW CAN WE HELP?

Health Canada has organized a team of researchers to help you address tobacco use on campus. We have compiled a list of resources for health professionals including background on stop-smoking medications and additional information on Clinical Practice Guidelines. We have also created a list of cessation resources that can be posted in your waiting areas or handed out directly to smokers.

We can also answer any questions about these resources, community organizations, or tobacco use in general. Our contact information is on the back page—please tell us how we can help.

RESOURCES FOR HEALTH PROFESSIONALS

Clinical Practice Guidelines - The FIVE A's:

- 1 Ask** • Ensure that EVERY student or client is asked about tobacco-use.
- 2 Advise** • In a clear, strong, and personalized manner, urge every smoker to quit. Advice from a physician is one of the strongest motivators for many smokers to make a quit attempt.
- 3 Assess willingness to make a quit attempt** • Ask every smoker if he or she is willing to make a quit attempt.
- 4 Assist in quit attempt**
 - Help the patient with a quit plan.
 - Provide practical counseling (anticipating challenges/managing stress).
 - Discuss the use of approved pharmacotherapy.
 - Provide information on community resources (*see list on back page**).
- 5 Arrange follow-up** • For additional information on Clinical Practice Guidelines, consult the following website:
http://www.rnao.org/bestpractices/completed_guidelines/BPG_Guide_C3_smoking.asp

Where Can I Get Information on Helping Patients Trying to Quit?

Health Canada: Physicians and Clinical Tobacco Intervention—A Guide for Evaluation and Planning
<http://www.hc-sc.gc.ca/hecs-sesc/tobacco/prof/clinical/intervention/index.html>

Physicians for a Smoke-free Canada:
Y2Quit "Smoking Cessation Guidelines—How to treat your patient's tobacco addiction."
http://www.smoke-free.ca/pdf_1/smoking_guide_en.pdf

National Cancer Institute (US)
<http://www.smokefree.gov/hp.html>

Where Can I Learn About Stop-Smoking Medications?

Health Canada: Nicotine replacements and medications for quitting smoking
<http://www.hc-sc.gc.ca/hecs-sesc/tobacco/quitting/road/nrt.html>

Ontario Medical Association: Rethinking Stop-Smoking Medications—myths and facts
<http://www.oma.org/phealth/stopsmoke.htm>

New Treatments for Smoking Cessation
<http://caonline.amcancersoc.org/cgi/reprint/50/3/143.pdf>

THINKING OF QUITTING SMOKING?

There are effective ways of quitting smoking. Using any of the following types of assistance increases your chances of quitting, even if you're already motivated or you've tried them before. Mix and match for the best results.

NEED REASONS TO QUIT?

WhyQuit.com

<http://whyquit.com>

Truth Campaign

<http://www.thetruth.com>

Health Canada: Benefits of Quitting

<http://www.hc-sc.gc.ca/hecs-sesc/tobacco/quitting/road/benefits.html>

SELF-HELP MATERIALS

Get on Track: Smoking Cessation Program

<http://www.on.lung.ca/getontrack/getontrack.html>

Quit4Life

<http://www.quit4life.com>

WEB-BASED PROGRAMS

Health Canada: E-Quit

<http://www.e-quit.ca>

You Can Quit Smoking Now!

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

Stop Smoking Centre

<http://www.stopsmokingcenter.net>

STOP-SMOKING MEDICATIONS

Health Canada

<http://www.hc-sc.gc.ca/hecs-sesc/tobacco/quitting/road/nrt.html>

The BC Doctors' Stop-Smoking Program (BCDSSP)

<http://www.bcdssp.com/medications.htm>

PHONE: SMOKERS' HELPLINES

Call for advice, counseling, or for general information.

Alberta

[http://tobacco.aadac.com/...](http://tobacco.aadac.com/)

Smokers' Helpline: 1-866-33A-ADAC
(1-866-332-2322)

British Columbia

[http://www.cancer.ca/...](http://www.cancer.ca/)

Smokers' Helpline: 1-877-455-2233

Manitoba, New Brunswick,
Nova Scotia, Ontario, Saskatchewan

[http://www.cancer.ca/...](http://www.cancer.ca/)

Smokers' Helpline: 1-877-513-5333

Newfoundland and Labrador

[http://www.smokershelp.net/...](http://www.smokershelp.net/)

Smokers' Helpline: 1-800-363-5864

Nunavut

Smokers' Helpline: 1-866-877-3845

Prince Edward Island

[http://www.cancer.ca/...](http://www.cancer.ca/)

Smokers' Helpline: 1-888-818-6300

Quebec

[http://www.cancer.ca/...](http://www.cancer.ca/)

La ligne j'arrête: 1-888-853-6666

<http://www.pq.poumon.ca/index.php>

Ligne Poumons 9: 1-888-768-6669 ext. 232

Yukon

Smokers' line: Whitehorse: (867) 667-8393
1-800-661-0408 Local 8393

(Message should be left)



Please contact us:

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