

Tobacco Treatment Specialist Community of Practice Bi-Monthly Call

Wednesday, January 20, 2021

12 PM – 1 PM EST



**Indiana Patient
Safety Center**

of the Indiana Hospital Association



Agenda

- Introductions
- A New Year To Be Tobacco Free Discussion Questions
- TTS Quick Reference Guide
- Resources

Reminder call is being recorded – Please avoid sharing any patient health information.

Introductions

Callers please introduce yourselves to others on the line. Feel free to share your video during your introduction. Be sure to include:

- **First and last name**
- **Role/Title**
- **Organization and type of facility**

A New Year to be Tobacco-Free

Discussion Questions

1. What is your **#1 foundational concept** (e.g. screening tools, MI technique, etc.) you use in TTS work?
2. What is your **#1 favorite scripting phrase** you use often?
3. Most common **patient expressed barrier** and your “go-to” response?
4. Favorite **treatment plan goal** you like to use?
5. Most successful **behavioral strategy** you have seen used by a patient?

TTS Quick Reference Guide

- Background/need for guide
- Common themes of treatment
- Collaborative sharing of tools
- Final version to be available on TTS CoP webpage

Policy and Advocacy Updates

- Patient testimonials

Policy and Advocacy Updates: Legislation

- Organization Day – November 17, 2020
 - Representatives begin filing bills
- January 6, 2021 – Senators begin filing bills
- Bill submission deadlines
 - January 8, 2021 – Senate deadline
 - January 13, 2021 – House deadline
- Indiana General Assembly
 - <http://www.iga.in.gov/>



Image Source:
https://en.wikipedia.org/wiki/1%27m_Just_a_Bill

Policy and Advocacy Updates: Legislation

House Bill 1076

- Introduced House Bill (H) – (H) First reading: referred to Committee on Public Policy

Authored by

- [Rep. Carolyn Jackson.](#)

Co-Authored by

- [Rep. Ann Vermilion.](#)

DIGEST

- Ban on sale of flavored tobacco and e-liquids. Prohibits the sale of flavored tobacco products and their components, including: (1) cigarettes, electronic cigarettes, and smokeless tobacco; and (2) tobacco products that have a characterizing flavor. Provides that a person or entity that sells a flavored tobacco product commits a Class C misdemeanor and may have the person's tobacco sales certificate revoked by the alcohol and tobacco commission.

Senate Bill 45

- Introduced Senate Bill (S) – (S) First reading: referred to Committee on Health and Provider Services

Authored by

- [Sen. Ronald Grooms.](#)

DIGEST

- Prohibition on flavored e-liquids. Prohibits the sale of flavored e-liquid to a person of any age. Defines "flavored e-liquid" as e-liquid that contains a constituent ingredient that is added for the purpose of imparting a characterizing flavor. Provides that a manufacturer, distributor, or retailer may not manufacture, distribute, or market flavored e-liquid in Indiana. Authorizes the alcohol and tobacco commission to investigate and enforce penalties for certain violations involving flavored e-liquid.

Policy and Advocacy Updates: Legislation

Senate Bill 142

- Senate Bill (S) - (S) Committee report: amend do pass adopted; reassigned to Committee on Public Policy

Authored by

- [Sen. Jon Ford](#), [Sen. Ronald Grooms](#).

DIGEST

- Age verification for tobacco and vaping sales. Makes it a Class C infraction if a person or retail establishment sells or distributes tobacco, an e-liquid, or an electronic cigarette without performing age verification of the purchaser with scanning technology or an automated software system. Provides that a good faith effort to verify the age of a purchaser of e-liquids includes performing age verification with scanning technology or an automated software system.

House Bill 1396

- Introduced House Bill (H) - First reading: referred to Committee on Public Policy

Authored by

- Rep. Ben Smaltz.
- Co-Authored by
- Rep. Edward Clere.

DIGEST

- Alcoholic beverages and tobacco. Makes the following changes to IC 7.1: (1) Provides that the alcohol and tobacco commission (commission) has additional powers with regard to tobacco. Continued...

Bill excerpt:

SECTION 5. IC 7.1-2-3-11 IS AMENDED TO READ AS FOLLOWS [EFFECTIVE JULY 1, 2021]: Sec. 11 The commission shall have the power to prohibit the sale, transportation, or movement of alcoholic beverages or tobacco when, in the judgment of the commission, it is necessary during a time of public emergency, civil disturbance, riot, or epidemic. The prohibition may be imposed without prior notice or advertisement and may be continued in force as long as the need continues.

Policy and Advocacy Updates: Legislation

House Bill 1434 – Tobacco Tax

- Introduced House Bill (H) – H reading: referred to Committee on Public Health

Authored by

- [Rep. Julie Olthoff](#)

Co-Authored by

- [Rep. Donna Schaibley](#), [Rep. Cindy Ziemke](#)

DIGEST

- Cigarette tax and e-liquids tax. Imposes a tax on e-liquids that contain nicotine at a rate of \$0.08 per milliliter of consumable product. Deposits the revenue from the tax in the state general fund. Increases the cigarette tax by \$1 to \$1.995 per pack of regular size cigarettes and makes a corresponding increase for larger cigarettes.

Policy and Advocacy Updates: Advocacy

Advocacy Mention:

Raise It For Health

Goal: The **Raise It for Health** campaign is seeking to **raise** the cigarette tax by \$2.00 per pack to save lives and money

<https://www.raiseitforhealthin.com/>



CDC's Office on Smoking and Health: New Resources

- [Learn About Quit-Smoking Medicines](#) – website section to include six different topics (e.g. reasons to use meds, ways to quit with meds, why quitting is hard, etc.)
- Short [new video](#) provides an overview of the various health benefits experienced over time after quitting smoking.
- New [infographic](#) provides information on proven treatment interventions, such as counseling and medications to help people quit smoking.



3 Reasons to Use Medicines When You Quit

- Make quitting less painful
- Are much safer
- Help you get through the toughest times



5 New Ways to Quit With Medicines

- Tried to quit before?
- Feel like nothing worked?
- Check out these proven approaches



Why Quitting Smoking Is Hard

- Nicotine and your brain
- Smoking and your daily routines

YOU CAN QUIT SMOKING: HERE'S HOW

Quitting smoking is one of the most important steps you can take to improve your health. This is true no matter how old you are or how long you have smoked.

Many people who smoke become addicted to nicotine, a drug that is found naturally in tobacco. This can make it hard to quit smoking. But the good news is there are proven treatments that can help you quit.

NICOTINE

CN1C=NC2=C1C=CC=C2

Counseling

- Can help you make a plan to quit smoking.
- Can help you prepare to cope with stress, urges to smoke, and other issues you may face when trying to quit.

YOU CAN:

- Talk to a quit smoking counselor individually or in a group
- Get free confidential coaching through a telephone quitline (1-800-QUIT-NOW)
- Use free online resources like CDC.gov/quit and Smokefree.gov
- Sign up for free texting programs like SmokefreeTXT
- Use a mobile app like quitSTART



How Quit-Smoking Medicines Work

- Nicotine replacement
- Quit-smoking pills



Tips for Quitting

- Ideas you might get from a quit coach
- Can help with cravings
- Can help with or without medicines

Medications

Can help you manage withdrawal symptoms and cravings, which helps you stay confident and motivated to quit.

YOU CAN:

CDC Benefits of Cessation Over Time

Over time, people who **QUIT SMOKING** see many benefits to their health.

Copy link

Webinar Opportunity: *“Tobacco Product Use and COVID-19: An Overview of the Science and Public Health Implications”* on **Thursday, January 28, 2021, at 2:00 pm EST (60 minutes).**

Presenter: Brian A. King, PhD, MPH, Deputy Director for Research Translation, Office on Smoking and Health, Centers for Disease Control and Prevention

To register: https://globalmeetwebinar.webcasts.com/starthere.jsp?ei=1414883&tp_key=f7bd7d2a34&sti=attud

FREE CME and CEUs available for the live session!

Additional Resources

- [Intro to Motivational Interviewing \(Prevention Insights\)](#)
 - <https://iprc.iu.edu/training/training.php>
- [Take Down Tobacco National Day of Action \(formerly Kick-Butts Day\): Thursday, April 1st](#)
 - <https://www.takedowntobacco.org/about#:~:text=DAY%20OF%20ACTION-,APRIL%201%2C%202021,together%20to%20Take%20Down%20Tobacco.>
- [COVID-19 & Tobacco factsheet \(American Lung Association\)](#)
 - <https://www.lung.org/lung-health-diseases/lung-disease-lookup/covid-19/covid-19-resources>



Reminders and wrap up

- **TTS Community of Practice**
 - New webpage on TPC website:
<https://www.in.gov/isdh/tpc/2787.htm>
 - Feel free to share with other trained TTS' or tobacco allies
- **Next TTS CoP call March 17, 2021**

