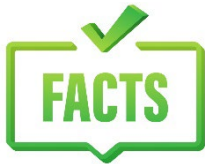


Facts about Tobacco Use



Everyone deserves the opportunity to be as healthy as possible, free from the harm that commercial tobacco can cause. Tobacco use continues to be the leading cause of early death and disease in the United States and leads to over 11,000 deaths annually in Indiana.

The following are resources for the recommended actions hospital and healthcare systems can take to support tobacco treatment.

- Ensure a 100% tobacco-free/vape-free grounds policy
- Implement process for asking every patient about tobacco use, advising on treatment and, referring to services
- Connect and promote Quit Now Indiana services

Tobacco-Free Grounds Policy



The U.S. Surgeon General confirms that exposure to secondhand smoke is a serious health hazard, and there is no safe level of exposure. Implementing a comprehensive **100 Percent Tobacco-Free Grounds Policy** is crucial for providing a healthy and safe environment for employees, patients, and visitors and for promoting positive, healthy behaviors.

Resources for Developing and Implementing a 100% Tobacco-Free Grounds Policy

- [Rethink Tobacco Indiana Tobacco-Free Grounds Toolkit](#)
- [TPC Tobacco-Free Health Care Facilities Policy List](#)

Tobacco Treatment Interventions

Ask, Advise, Refer (AAR)



Brief interventions with patients who use commercial tobacco products are effective. When time or logistics do not permit comprehensive tobacco cessation counseling during a patient visit, clinicians are encouraged to use the **AAR Model**:

Ask about commercial tobacco use.

Advise the patient to quit.

Refer patients who are ready to end nicotine dependence to Quit Now Indiana or another tobacco treatment resource.

Quit Now Indiana Tobacco Treatment Resources for Medical Providers

- [Tobacco Cessation Guidelines](#)
- [Pharmacotherapy Chart](#),
- [Medicaid Covers It](#)

Quit Now Indiana Tobacco Treatment Services



[Quit Now Indiana](#) (QNI) offers free and confidential tobacco treatment services to help Hoosiers ages 13 and up end nicotine dependence.

Quit Now Indiana Features

Individualized Coaching: Non-judgmental, member-focused coaching services via phone, text, and online chat

Medication: Access to Nicotine Replacement Therapy (NRT) products (patches, gum, lozenge) for eligible members while supplies last

Online Support: Online Dashboard designed to support and assist members with managing their quit journey

Tailored Programs for Pregnancy, Behavioral Health, and Youth: Special programs designed to serve the unique tobacco treatment needs of these populations.

Referral Services for Medical Providers and Employers: Available [online](#), by [fax](#), or e-referral. Contact [Indiana TPC](#) for more information about QNI referral EMR Integration.

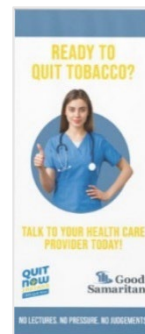
Easy Enrollment

- 1-800-Quit-Now (784-8669)
- 1-855-DÉJELO-YA (Spanish)
- 1-877-777-6534 (TTY)
- Text READY to 34191
- Text LISTO to 34191 (Spanish)
- quitnowindiana.com



Free Educational Materials: Palm cards, posters, business cards, and other resources are available to order and/or download on the QNI website. Materials are available in both English and Spanish

Quit Now Indiana Co-Branding Opportunities: Indiana Tobacco Prevention and Cessation (TPC) strongly believes in community partnerships, and we encourage co-branded pieces such as brochures, informational flyers, and other public-facing materials. Contact the [TPC Communications Coordinator](#) for more information.



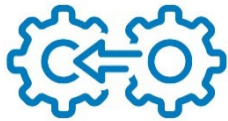
Quit Now Indiana Champions: The Quit Now Indiana Champions Program recognizes Indiana health organizations that are addressing tobacco use and exposure by implementing strategies that support tobacco treatment.



Other Tobacco Treatment Resources

- [Quit Now Indiana Quick Reference Guide](#)
- [Tobacco Use Fact Sheets](#)
- [Tobacco Treatment Specialist Training](#)
- [This is Quitting Youth Vaping Cessation Program](#)
- <https://rethinktobaccoindiana.org/videos-for-clinicians/>

Integrating Tobacco Dependence Treatment



Systems change for tobacco treatment involves strategies implemented at the organizational/ system-level that support health systems and providers to address tobacco use consistently and effectively by integrating comprehensive tobacco dependence treatment into routine clinical care.

Key components for effective Tobacco Dependence Treatment integration include the following.

- Implement a standardized tobacco use identification and intervention system and workflow.
 - Identify and document tobacco use status at every appointment.
 - Offer evidence-based treatment (pharmacotherapy and counseling).
 - Document treatment recommendations.
- Identify and engage tobacco cessation champions within your practice or organization.
- Offer annual training/technical assistance for staff on evidence-based tobacco dependence treatments, current protocols, and other available cessation resources.

Quit Now Indiana E-Referral Integration: 23 Indiana health systems have completed Quit Now Indiana Electronic Health Record (EHR) integration. Click [here](#) for more information.

Tobacco Treatment and Health Systems Change Resources

- [Million Hearts Tobacco Cessation Change Package](#)
- [Million Hearts Tobacco Cessation Protocol](#)

