



Lake County Health Department  
Tobacco Prevention Education  
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Lake County Health Department Tobacco Prevention Program works towards a tobacco free Lake County. A simple goal, a very difficult task.

#### **In Montana:**

- 19% of adults 18 and older smoke cigarettes
- 45% of students grades 9-12 use some kind of tobacco
- 1,434 annual deaths smoking-related
- 15,045 youth will die prematurely of tobacco-related illness if current trend continues
- \$153 million annual health care expenditures related to smoking
- \$28 million Montana government Medicaid payments directly related to smoking
- \$1.10 million annual spending on neonatal health care attributable to smoking during pregnancy
- 23% of youth under 18 are exposed to second-hand smoke at home

Physicians, pharmacists, nurses, physician's assistants, dentists and other health professionals who work with patients that use tobacco are in a unique position to assist adults and youth to stop smoking. As frontline health care providers you have a powerful opportunity to help implement tobacco cessation strategies using two key questions – "Do you smoke?" and "Do you want to quit?" – and then help the patient make it happen. Studies show that when even simple encouragement to quit is offered by respected health care professionals, cessation rates increase

The Montana Quit line has been available as a cessation resource since 2004. Through the Montana Quit line cessation questions are answered, personal quit plans are developed and can be either self-administered or scheduled as on-line counseling sessions.

On-line materials available for your use with patients are:

- Montana Tobacco Quit Line Fax Referral Forms
- Nurses Guide to Helping Patients with Cessation
- Tobacco Health Risks Information

For additional information contact:

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