



Cigarettes and Smoking

Health Risks and How to Stop

Facts about the Behavior

- Smoking greatly increases the risk of heart disease and different types of cancer
- Contrary to popular belief, hookah is not a healthy alternative. One hour of hookah smoking can equal about 100 cigarettes
- Smoking while pregnant can cause birth defects such as low birth weight, cardiovascular system problems, respiratory system problems, cleft lip, or SIDS (Sudden Infant Death Syndrome).
- Smoking can cause males to have low sperm count.

Statistics

- Tobacco use is the leading preventable cause of death in the United States
- 48% of people asked said they have used tobacco products. Cigarettes are the most common first tobacco product used amongst them (38%), but after the age of 18 (college age), the most common first product is hookah or cigars.
- 65% of current smokers asked started with cigarettes.
- Smoking a pack a day can cost over \$5,000 a year. If you smoke for 20 years, you spend almost as much money as you would on tuition and fees to get a degree at Plymouth State University.

Other Resources

1. 1-800-QUIT-NOW (1-800-784-8669)
2. [Healthy PSU Website](#)
3. [TobaccoFree.org](#)
4. [TheTruth.com](#)
5. [Cancer.org](#)
[Guide to Quitting Smoking](#)

Tips For Behavior Change

1. Pavlovian Pairing
 - a. Avoid situations that trigger you to smoke
 - b. Every time you get the urge to smoke chew gum
- i. oral fixation
2. Different walking patterns to class to avoid spots where you usually stop to smoke
3. Nicotine patch or gum
4. Allocate the money you would have spent on cigarettes to donate to a charity or something more meaningful to you
5. Practice stress-relieving activities such as yoga



Theory Application

Health Belief Model

People are unlikely to change their behavior if their perception of the seriousness is low, or they don't believe it will harm them. They also take into account their perception of how beneficial the behavior change will be and how hard it is to change. The first step is to inform the individual of the risks using facts and statistics that they can relate to.

Here is a timeline obtained from the [CDC](#) explaining the timeline of health benefits from quitting smoking.

20 Minutes After Quitting

- Decrease in heart rate

2 Weeks to 3 Months After Quitting

- Decrease in risk of heart attack

1 Year After Quitting

- Coronary Heart Disease risk decreased by half

5-15 Years After Quitting

- Stroke risk is the same as a non smoker's

10 Years After Quitting

- Your lung cancer death rate is about half that of a smoker's.
- Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

15 Years After Quitting

- Your risk of coronary heart disease is back to that of a non-smoker's.



Sources

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