



TOBACCO
CONTROL
STRATEGIES

FOR MISSISSIPPIANS
WITH DISABILITIES

- ▶ Heart Disease
- ▶ Depression
- ▶ Red Dress Day



THE UNIVERSITY OF
SOUTHERN MISSISSIPPI

Institute for Disability Studies

February 2017

TCS News

Tobacco Cessation Information for All Mississippians, Including People with Disabilities

Women, Depression and Quitting Smoking

Quitting smoking is hard, and women can expect to feel down. But be aware; if sadness and irritability last more than two weeks, it could be depression.

Talk with your doctor or a qualified mental health professional if you have concerns about depression when quitting smoking.

1. Depression is common in smokers.
2. Watch for symptoms—feeling blue, changes in sleep, feeling tired.
3. Don't start smoking again if you feel depressed.
4. Get treatment for depression.
5. Remember there are options for treatment.

From online article "Depression and Quitting: Five Important Things Every Woman Should Know"

women.smokefree.gov/depression-quitting-5-important-things-every-women-should-know

The Heart of the Matter—Don't Use Tobacco

A TIP FROM A FORMER SMOKER

DON'T WAIT FOR OPEN HEART SURGERY TO STOP SMOKING.

Mariano, Age 55
Illinois

Smoking can damage more than just your lungs. Mariano needed open heart surgery to save his life. You can quit. For free help, call 1-800-QUIT-NOW. #CDCtips

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
www.cdc.gov/tips

Smokers are two to three times more likely to die from heart disease than nonsmokers. The risk of heart disease is directly related to the number of cigarettes smoked per day and the number of years a person smokes. Heart disease in nonsmokers is caused by second-hand smoke, with 33,000 nonsmokers dying annually because of secondhand smoke.

February is American Heart Month. The American Heart Association chooses the month of hearts to remind Americans about heart disease and its preventable causes, such as smoking. Love your heart!

www.heart.org

www.cdc.gov/tobacco/campaign/tips

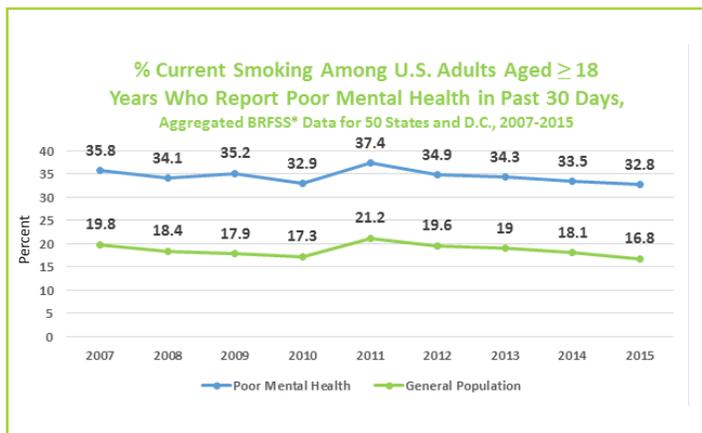
healthfinder.gov/nho/FebruaryToolkit

Mariano, featured on this TIPS poster, smoked two packs a day for 30 years. One morning, at age 47, he woke up sweating, dizzy. A visit to the doctor revealed that he had extremely high blood pressure and blocked arteries in his heart. Within days, Mariano had open heart surgery.

Every year, thousands of Americans die from heart disease, the leading cause of death for both men and women. Heart disease kills more than 800,000 people a year in the United States.

Smoking is a major cause of heart disease.





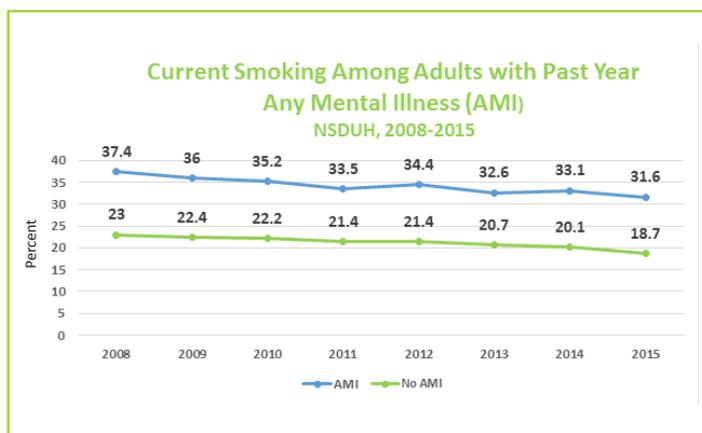
Behavioral Health Data Snapshots

National health care and public health leaders gathered in Atlanta in October 2016 to develop a national plan for decreasing the smoking rate among people with behavioral health conditions. This behavioral health population, which includes people with mental illness or substance abuse disorder, has an extremely high smoking prevalence. At 34%, this rate is more than double the national average of 16.8%.

The graphs, above and below, were two taken from the series of posters presented to participants. This summit was hosted by the American Cancer Society and the Smoking Cessation Leadership Center (SCLC) at the University of California, San Francisco. This summit was the first national meeting to address this priority population, which has been the focus of state summits. A national action plan was developed to reduce smoking prevalence from 34% to 30% by the year 2020.

smokingcessationleadership.ucsf.edu/news/national-behavioral-health-summit-tobacco-free-recovery

smokingcessationleadership.ucsf.edu/sites/smokingcessationleadership.ucsf.edu/files/Tobacco-Free-Recovery-Summit-Action-Plan-121216web



Tobacco Treatment Specialist Certification Workshop

February 27-March 3, 2017
Jackson/Flowood, Miss.

This nationally accredited workshop is designed to prepare professionals for the delivery of an evidence-based, high-intensity, cognitive-behavioral plus pharmacotherapy treatment program for tobacco dependence. The fee is \$650 for Mississippi residents. For more information, call the ACT Center at 601.815.1180 or visit act2quit.org/education/certified-tobacco-treatment-specialist.



**American
Heart
Association®**

life is why®



Go Red for Women—February 3

The message is as simple and elegant as a classy red dress: women should take care of their hearts to prevent heart disease and stroke.

Heart disease is the number one killer of women. To prevent heart disease, women should get their blood pressure under control, eat healthy, exercise, and lower their cholesterol. First and foremost, don't smoke.

www.goredforwomen.org/home/get-involved/national-wear-red-day/

TCS News is published and emailed monthly by the Institute for Disability Studies at The University of Southern Mississippi through the Tobacco Control Strategies (TCS) project. TCS is funded by the Mississippi State Department of Health Office of Tobacco Control.

www.usm.edu/disability-studies/tobacco-control-strategies-mississippians-disabilities



Tobacco Cessation for People with Disabilities
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