

Tobacco Cessation Resource Toolkit

The contents of the tobacco cessation toolkit are available for health care providers to assist their patients with stopping tobacco use. The toolkit contains resources that are available for the provider to give the patient to assist with successful tobacco cessation. The toolkit materials include:

Tobacco Cessation Fridge Fact

This resource provides activities for the patient to consider when beginning their tobacco cessation journey. This piece should be used as a resource for those who are not ready to stop their tobacco use or are considering stopping.

Within 20 Minutes of Quitting Flyer

This resource explains the series of healthy physiological changes that occur in the body as early as 20 minutes and as long as 15 years after someone has their last cigarette or tobacco product. This piece should be used as a resource for someone who is contemplating stopping tobacco use.

Tobacco Cessation Resource Guide

This resource guide contains tobacco cessation programs that are available to residents of Virginia. This guide lists group, individual and web-based programs as well as other valuable and convenient resources. *Patients can contact the program of interest for more information. This piece should be used as a resource for those who are contemplating stopping tobacco use or those who have indicated they want to stop their tobacco use and are looking for resources.

*Some programs may have fees associated.

Tobacco Cessation Action Plan

This resource serves as a contract between the tobacco user and the health care provider/partner. It establishes an action plan for tobacco cessation. The patient and provider/partner should together specify the tobacco cessation resources and activities that the patient will engage in to meet the quit date specified in the plan. This plan allows the patient and their provider/partner to work together to keep the patient accountable and responsible for their tobacco cessation actions. The patient will have a goal to work towards and a plan in place to reach their goal. This piece should be used as a resource for those who are ready to stop using tobacco products.

“Quitting for Life” – Self-Care Handbook – Channing Bete Company

This resource is a self-care handbook designed to assist the tobacco user in working through the 4 phases of quitting (preparing to quit, choosing your quit date, coping with withdrawal, fighting relapse) and provides information on making healthy choices to remain tobacco free. This piece should be used as a resource for those who are ready to make a quit attempt.

These materials are not a substitute for the advice of a qualified health-care provider.