

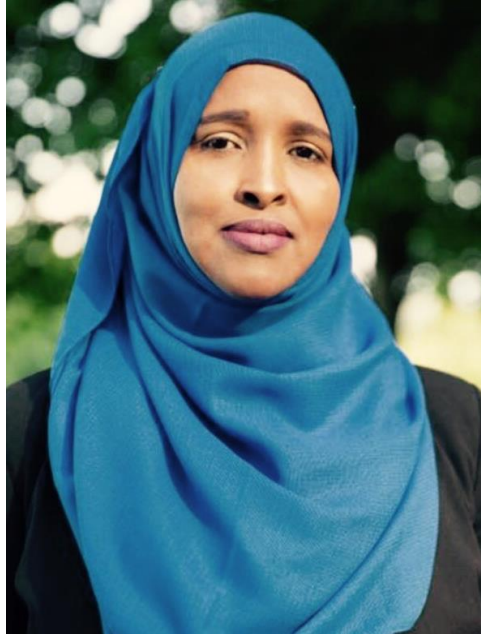


COMMUNITY FORCES DRIVING DOWN DISPARITIES IN TOBACCO



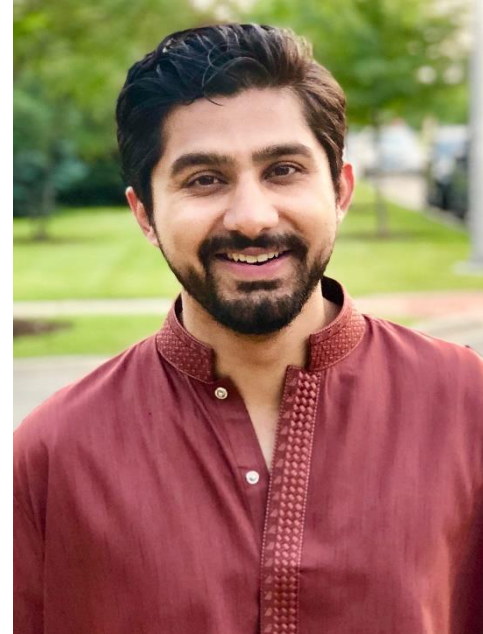
Prevention and Community Health
Tobacco and Vapor Product Prevention and
Control Program

Presenters



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Tobacco

- Burden of tobacco use and nicotine addiction
- Tobacco is still the number one preventable cause of death
- Linked to many other diseases and disorders
- Nicotine is one of the most addictive substances we know of
 - As addictive as cocaine or heroine
 - Modifies reward pathways in developing brains

Disparities in Tobacco

- Overall tobacco use is low, but not for all communities/groups
 - Racial/ethnic groups, sexual and gender minorities, geographic area
 - Education, income, environment, occupation
- Disparities are the result of intentional targeting by tobacco industry and many social inequities
 - Retailer density, marketing exposure
 - Lack of access to healthcare/providers, inadequate education in schools
 - Work environments, housing

Other Tobacco Products

- Hookah/Shisha/Argila
 - Flavors
 - Cultural practices
- E-Cigarettes/Vapor Products
 - Wide variety of flavors
 - High nicotine content
 - JUUL, others
- Smokeless tobacco (Snuff, chewing tobacco, dipping)
- Heat-Not-Burn
 - Tobacco is heated, not burned
 - IQOS, others

Chronic Disease and Effects on Health

- Cardiovascular disease (coronary artery disease and strokes)
- Diabetes
- Respiratory conditions
- Macular degeneration
- Immune system
- Cancers (Lung, Oral, Stomach, Esophageal, others)
- Fertility
- Pregnancy, congenital defects
- Smoking affects nearly **every** organ in your body
 - Quitting tobacco will reduce your patient's risk for other disease

Smoking and Infertility

- Smoking can affect fertility in anyone - male or female
- If a patient smokes, it is likely to take them longer to get pregnant than someone who does not smoke
 - For people who smoke, the chance of getting pregnant is almost halved
- Quitting smoking improves the function of the lining of the womb
 - If a patient quits smoking, their chances of getting pregnant faster will increase
- Women who smoke are twice as likely to be infertile as those who do not
- Smoking can also affect the success rates of fertility treatment, such as IVF (in-vitro fertilization)

Hookah/Shisha/Argilah

- Hookah, or waterpipe tobacco, is commonly used in many ethnic communities
 - The use of this product has increased across the United States.
 - Most common in the United States among young adults ages 18 to 24
 - Flavors make a huge difference in attracting youth and adults to these products
- There are many myths surrounding hookah and its effects on health
 - **Hookah is more harmful than smoking cigarettes**
 - One hour of hookah is the same as 100 cigarettes
- Associated strongly with oral, lung, bladder cancers, clogged arteries, and heart disease
- Shared mouthpieces during smoking sessions can spread infectious diseases such as tuberculosis, herpes, influenza, and hepatitis

Cultural Humility (and Competencies) in Tobacco Prevention

- Individuals of certain cultural, racial, or ethnic backgrounds may feel shame or guilt while discussing tobacco (or any substance) use with a healthcare provider
- Asking about, and discussing treatment options in a way that does not cause these feelings, or may address such existing feelings is critical to addressing disparities in tobacco use, and many other health issues

Resources

- Washington State Tobacco Quitline
 - 1-800-784-8669 / 1-800-QUIT-NOW / 1-855-DEJELO-YA
- 2Morrow Health
 - Smartphone Application for Quitting Tobacco
- Washington State Partners
 - Public Health Seattle-King County
 - El Centro de la Raza
- National Partners
 - National Alliance for Hispanic Health
 - Nuestras Voces (Our Voices Network)
 - American Lung Association
 - American Cancer Society

Key Takeaways

- Community Forces Driving Down Disparities in Tobacco
 - Certain communities are more likely to experience disparities
 - Community Health Workers are well positioned in communities to impact tobacco use while addressing chronic disease and other health concerns that may be worsened by tobacco use or exposure to smoke.
 - Assessing and counseling people who use tobacco in ways that are culturally appropriate, with cultural humility, is critical.

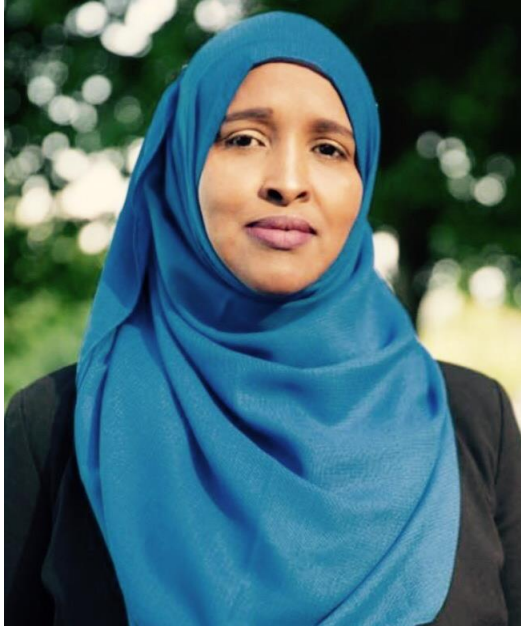
Key Takeaways

- The Vaping Epidemic: The Evolution of Vapor Products in WA State (Angela Boyer, Stacia Wasmundt)
 - The vapor industry is growing rapidly and constantly evolving with innovative products.
 - We need community support to help educate and inform about the harms of nicotine and new products
 - Youth addiction to nicotine is especially on the rise due to diversity of and access to vapor products

Key Takeaways

- Become a Tobacco Cessation Champion (Shannon Beasley-Bailey, Nick Fradkin)
 - Most people who use tobacco want to quit, but cessation is uncommon and people continue to smoke because nicotine is extremely addictive and difficult to quit on one's own.
 - Anyone can provide tobacco cessation counseling (e.g., the 5 A's); doctors are typically no more qualified to provide cessation counseling than CHWs.
 - There are several low- or no-cost cessation resources to which CHWs can refer clients, notably the Washington State Tobacco Quitline (1-800-QUIT-NOW); e-cigarettes are not recommended for cessation.

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