



Northern Health Position on Tobacco Reduction

Northern Health wants to increase health and wellness and improve quality of life by promoting tobacco reduction and prevention. This will be achieved by working with individuals and community partners to promote the following messages:

- Prevent children and youth from starting to use tobacco.
- Brief interventions should be used by all health professionals during every clinic visit; use the 5A's
- Approach to identify tobacco users and support them to quit.
- Promote Stop Smoking Before Surgery.
- The health sector will take responsibility to train staff to manage nicotine withdrawal; everyone needs to be involved.
- Protection from second hand smoke; there is no safe level of exposure.
- To reduce tobacco use through prevention, protection cessation and enforcement and focus on comprehensive approaches such as the Ottawa Charter approach.

For further information, please refer to the complete Northern Health **Position Statement on Tobacco Reduction** available on the Northern Health web site: <http://northernhealth.ca> (About Us/Position Statements Addressing Risk Factors) or by using the following address: <http://northernhealth.ca/AboutUs/PositionStatementsAddressingRiskFactors.aspx>

Of all possible interventions to reduce illness and death in society from any cause, smoking cessation is among the most cost effective.

-Health Canada, 2004

Tobacco use is the single most preventable cause of death, disease, and disability. This year, more than 37,000 Canadians will die prematurely related to tobacco use. Tobacco users are at extra risk of:

Aortic aneurysm	Asthma	Cancer	Cataracts
Chronic bowel disease (Crohn's Disease)	Chronic bronchitis	Chronic obstructive pulmonary disease (COPD)	Common cold
Coronary heart disease (heart attacks)	Emphysema	Fertility challenges	Gum disease
High blood pressure	High cholesterol (LDL)	Impotence	Influenza
Peptic ulcers	Peripheral vascular disease (circulatory problems)	Pneumonia	Sleep problems
Thyroid disease (Grave's Disease)	Tooth decay (cavities)	Osteoporosis	

There is no safe level of exposure to environmental smoke. Exposure puts individuals at an increased risk of some of the same negative health impacts of tobacco use as tobacco users.

Tobacco use increases the cost of providing health care. The direct and indirect costs of tobacco use to the BC health care system each year is approximately \$2.3 billion, including \$605 million in direct costs.

Actively Addressing Tobacco Addiction

Without intervention (counselling or pharmacotherapy), success may be only 10% or less. All health care providers need to address tobacco use with every client during every visit.

Brief Interventions

Brief interventions are when a health care professional addresses a client's tobacco addiction during a direct service interaction; they typically take less than 5 minutes. The **5As Approach** is a systematic and longitudinal approach:

- **Ask:** identify tobacco users.
- **Advise:** in a clear, strong, and personalized manner and advise every tobacco user to quit.
- **Assess:** is the user ready to try to quit using tobacco? Discuss motivation: what is the *relevance* of quitting? What are the *risks* of continuing to use tobacco? What are the *rewards* of quitting? What are potential solutions to *roadblocks*? *Repeat* each visit.
- **Assist:** help the user make plans. Recommend and offer supports, including: pharmacotherapies, programs offering counselling, quit lines and other supportive resources and materials.
- **Arrange Follow-Up:** schedule follow-up, either in-person or on the phone. Provide prevention intervention, including discussing benefits, rewards, congratulations and encouragement to remain abstinent.

Pharmaceutical Interventions

Pharmacotherapy use is another proven cessation strategy, including nicotine replacement therapies and/or medications. Nicotine replacement therapies come in patch, gum, lozenge, and inhaler form. These supports significantly increase chances for success:

- Nicotine replacement therapy alone can increase success rate up to 25%.
- Medication therapy alone can increase success up to 33%.
- Combined, nicotine replacement therapy and medication can increase success up to 37%.
- Combined Interventions

Interventions which combine counselling, nicotine replacement, and medication, can increase success up to 44%.

Other programs exist to support cessation among Northerners, including:

- BC Smoking Cessation Program
- QuitNow Services (www.quitnow.ca)
- Northern Health's Tobacco Reduction Strategy and the Smoke-Free Grounds Policy
- BC Cancer Agency partnership with Northern Health to promote Stop Smoking Before Surgery