

EVERY Person. EVERY Time.

Prioritize Tobacco Use Screening for New and Expecting Mothers

NEBRASKA TOBACCO QUITLINE

Practice "The 5 A's"



ASK about tobacco use: "Do you currently smoke or use other forms of tobacco, including e-cigarettes?"



ADVISE the patient to quit: "Quitting is one of the best things you can do for your health. I strongly encourage you to quit."



ASSESS readiness to quit: "Are you interested in quitting tobacco?"



ASSIST the patient in quitting. If they're ready to quit, provide counseling and quit medication and refer them to support services that can complement care.

If they are not ready to quit, encourage them by using motivational messages and let them know you are there to help when they are ready.



ARRANGE for follow-up: Follow up regularly with patients who are trying to quit.



Any healthcare setting is the right place to bring up quitting!

- Annual physicals and primary care
- Prepregnancy, pregnancy, and postpartum care
- Pediatric appointments
- Medical treatment and surgery
- Dental appointments
- Behavioral health appointments
- Eyecare and more.

Help new and expecting mothers quit tobacco for a healthier future!

Prevent Bias in Tobacco Counseling.

DID YOU KNOW? Among adults without health insurance who smoke, non-Hispanic Blacks are **65% less likely** to receive quitting advice than non-Hispanic Whites. Remember: **Every person. Every time.**



To refer patients to the Nebraska Tobacco Quitline for coaching and support:

Call 1-800-QUIT-NOW (784-8669):

- Resource for providers
- Live referral option
- Patients can call without a referral
- Spanish line 1-855-DÉJELO-YA (335-3569)

Visit [QuitNow.ne.gov/providers](https://quitnow.ne.gov/providers) to:

- Make referrals online or via fax
- Get more information about the Quitline
- Access the Quitline Order Form, where providers can order or download free quitting materials
- Find information about continuing education credits (CNE, CME, CPE or certificate of completion)

Nebraska Tobacco Quitline services:



24/7 Quitline access to all Nebraskans (excluding some holidays).



Services available in over 200 languages.



Free help offered regardless of health insurance.



Free 'quit smoking medication' starter kits for qualified participants.



Coaching, information, and resources designed to help you quit.



Sign up for text or email quit date reminders and extra craving support.

The Quitline will start calling referred patients within 24 hours to get them enrolled and connected to a counselor.

Three ways to refer patients:

- **Fax Referral Form**

- ▶ Recommended referral method for patients who are pregnant or breastfeeding.
- ▶ With the patient, complete and fax the form to the Quitline at 1-800-261-6259.
- ▶ Download the form at:
QuitNow.ne.gov/providers

- **Provider Web Referral Form**

- ▶ With the patient, complete and submit the online form to the Quitline.

- ▶ Access the online form at:
QuitNow.ne.gov/providers

- **Live Referral**

- ▶ With the patient in the room, make a referral on the phone and then have the patient complete the enrollment. Residential facilities can use a live handoff for residential patients who do not have access to their own phone or internet.
- ▶ Call 1-800-QUIT-NOW (1-800-784-8669).



DID YOU KNOW?

Combining counseling and quit medication can double your chance of successfully quitting tobacco.

NEBRASKA
TOBACCO
QUITLINE

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(784-8669)

Text QUITNOW to 333888

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