

# Helping Smokers Quit in Indiana: A Fact Sheet for Nurses

*As the largest group of healthcare professionals, nurses can help many smokers quit. If each of Indiana's over 100,000 nurses were to assist four smokers per year to quit, we could reach 400,000, 35%, of the 1,141,000 smokers in the state!*

## Facts & Issues

### Tobacco use is the #1 cause of preventable death and disease.

- ❖ **Adult Smoking Prevalence**<sup>1</sup> 24.1%, 6<sup>th</sup> highest in the U.S. (U.S. median 19.8%) in 2007.
  - **Gender Differences**<sup>1</sup> 22.5% of women, 25.9% of men.
  - **Young Adult Smoking**<sup>1</sup> 29.8% of 18 to 24 year olds.
  - **Adolescent smoking**<sup>2</sup> 22.5% (U.S. average 20.0%) in 2007.
  - **Prenatal smoking**<sup>3</sup> 17.3%.
- ❖ **Tobacco-related deaths**<sup>4</sup> 9,800 (U.S. total/year: 437,902).
- ❖ **Tobacco-related health care costs**<sup>4</sup> \$2+ billion per year.
- ❖ **Smoke-Free laws**<sup>4</sup> Local legislation exists to protect Hoosiers from secondhand smoke in workplaces public places, restaurants and bars, but no statewide legislation.
- ❖ **Cigarette taxes**<sup>4</sup> 99.5¢ per pack in 2007.
  - Ranked #28 in U.S. (U.S. median, \$1.18 per pack).
- ❖ **Tobacco industry spending**<sup>4</sup> \$425 + million in marketing tobacco products per year.
  - Indiana is a “test state” for new tobacco products.

## Resources

- ❖ **Indiana Tobacco Quitline** - [www.indianaquitline.net](http://www.indianaquitline.net)  
*Referral to the Indiana Quitline -- 1-800-QUIT NOW*
  - Smokers receiving telephone counseling are more likely to make a serious attempt to quit than those who rely on self-help materials. Success rates for quitting double.
  - **Referral to a toll-free quitline is simple and easily integrated into routine patient care.**
  - Quitline Hours: Available 7 days-a-week, 8 am to midnight.
- ❖ **Indiana Tobacco Prevention and Cessation (ITPC):** [www.itpc.in.gov](http://www.itpc.in.gov)
  - [www.WhiteLies.tv](http://www.WhiteLies.tv) and [www.Voice.tv](http://www.Voice.tv)
- ❖ **Tobacco Free Nurses** - [www.tobaccofreenurses.org](http://www.tobaccofreenurses.org)
  - Provides nurses with information and resources to help patients with smoking cessation.

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## Where can you get more information?

**HELPING SMOKERS QUIT PROJECT** - UCLA School of Nursing  
Factor Building R4-637, Box 956918 Los Angeles, California 90095-6918  
Phone: 310-825-9802 | Fax: 310-794-7482 | [www.tobaccofreenurses.org](http://www.tobaccofreenurses.org)

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