

The TRUTH Network

Treating Nicotine Dependence

Utah's Healthcare Provider Guide

For Provider or **The TRUTH** Network questions please contact your local health department tobacco prevention & control program.

Some facts about tobacco use:

- Tobacco use is still the **leading cause of preventable death** and illness in the U.S.
- There are more than 190,000 smokers in Utah; **81.5%** report they would like to quit.
- **Research shows that people are more likely to quit when a healthcare provider advises them to do so.**
- According to data from the BRFSS report, fewer smokers were advised to quit in 2004 than any previous year.

What can healthcare providers do?

Ask: Identify all tobacco users at every visit.

Advise: Strongly urge all tobacco users to quit.

Assess: Determine willingness to make a quit attempt.

Assist: Aid the patient in quitting.

Arrange: Schedule follow up contact.

What resources are available?

Utah Tobacco Quit Line & Utah QuitNet

English Line: **1.888.567.TRUTH**

Spanish Line: **1.877.629.1585**

www.utahquitnet.com

All services are free and confidential.

- Free telephone counseling.
- Free quit kit.
- Free nicotine replacement therapy for those who qualify.
- Individualized quit plan.
- Tailored resources for Utah residents.
- Personalized support and resources.

Fax Referral System - *The fastest way to change lives!*

When your patient is ready to quit you can connect them to the Utah Tobacco Quit Line to provide the resources they need to help them quit successfully. Join the network of providers who are changing lives in two minutes or less! Personalized fax referral forms can be made at: www.tobaccofreeutah.org/utq|profax.html.