

Lesson 6: Live Tobacco Free

Participants will learn the effects of smoking/tobacco on blood pressure and tools and resources to live tobacco free.

Learning Objectives

By the end of the lesson, participants should:

1. Understand the relationship between smoking/tobacco and blood pressure
2. Share tools and resources to support tobacco cessation

Suggested Activities

Learning Objective 1

- Explain that smoking cigarettes and chewing tobacco can cause an immediate rise in blood pressure and long-term narrowing of the arteries, further increasing the risk for heart attack and stroke. (See coach resource: Smoking, High Blood Pressure and Your Health.)
- Share that cigarette smoking harms nearly every organ in the body, causes many diseases and is the leading preventable cause of death in the United States. (See coach resource: Health Effects of Cigarette Smoking.)
- Share the participant resource: Risks from Smoking and provide time for the class to discuss this information and share thoughts. (See participant resource: Risks from Smoking.)

Learning Objective 2

- Share information about QuitlineNC which provides free cessation services to any North Carolina resident who needs help quitting tobacco use. Share the QuitlineNC brochure with the participants. (See coach resource: QuitlineNC. See participant resource: QuitlineNC brochure.)
- Share other tools and resources that are available to quit smoking. (See coach resources: How Can I Quit Smoking?, Create My Quit Plan and Smoke Free Apps.)

Homework

If you use tobacco, talk to a loved one or a health care provider about steps you'd like to explore to help you quit or cut back.

Resources

All resources can be found online at startwithyourheart.com/knowitcontrolit/bpcoach.
Username: **coach**
Password: **knowitco@ch**

Coach resources:

- Smoking, High Blood Pressure and Your Health
- Health Effects of Cigarette Smoking Fact Sheet
- QuitlineNC
- How Can I Quit Smoking?
- Create My Quit Plan
- Smoke Free Apps

Additional coach resources:

- BeTobaccoFree.gov
- Harms of Smoking and Health Benefits of Quitting
- Quit Smoking
- Smokefree60+

Participant resources:

- QuitlineNC brochure
- Risks from Smoking

Additional participant resources:

- Create My Quit Plan
- Smokefree60+
- Smoke Free Apps

Participants can access these resources directly at startwithyourheart.com/knowitcontrolit.