

Figure 5.1. Tobacco Cessation

### How to Change?

To effectively change your tobacco use, consider all of the factors that contribute to using tobacco. It can be helpful to group these factors into three main categories: physical factors, habits, and psychological (i.e., your thoughts and emotions).

*Physically*, nicotine is the most addictive substance on the planet. Your medical provider will tell you whether it is appropriate for you to use nicotine replacement, such as the patch or gum.

Some medications, like Zyban, can help decrease cravings for tobacco.

*Behaviorally*, you will need to change your habits and the situations that you typically associate with tobacco. Undoubtedly you will experience situations that cause you crave tobacco, but you can learn skills that will help you choose alternatives other than using tobacco.

*Thoughts and emotions* are some of the hardest aspects of tobacco use to change. Often individuals think that they need tobacco to get through a difficult situation. Changing these thoughts to cope with stress and negative emotions is an essential aspect of successful tobacco cessation.

### Preparing to Quit

#### Your Quit Date

When is the last day and time that you are going to use tobacco?

Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_ Time \_\_\_\_\_

#### *Preparing your Surroundings*

What are the things that remind you to use tobacco? It is important to change your surroundings so that you won't be reminded about tobacco use as frequently. Before your quit date consider:

- Don't buy tobacco in bulk (e.g., don't buy cartons).

- Find all of your hidden stashes of tobacco. Check in the couch, the glove compartment, in your drawers at home and at work---it is unwise to keep an emergency stash once you quit.
- Get rid of tobacco-related materials—things like ashtrays and lighters. You may need lighters for candles or fireplaces, but you likely don't need to carry lighters wherever you go.
- Preparing family and friends. Let them know that you are planning to quit and ask for their help. If you have friends and family who do use tobacco, ask them to avoid using tobacco around you.
- Choosing a quit method. There are several ways to consider quitting, but one of the most important considerations is to avoid romanticizing your last tobacco use. If you remember your tobacco fondly, then you may be more likely to go back to tobacco use when you perceive that you need it. Here are some ways to avoid romanticizing your last use of tobacco:

*Nicotine Fading.* Gradually decrease the amount of tobacco you are using. You can do this by decreasing how often you use your current tobacco, or can switch to another brand of tobacco that has less nicotine.

*Brand Switching.* On the day that you are planning to quit, use a different brand of tobacco, preferably a brand that tastes stronger or significantly different from the brand that you use today. Rather than the pleasant sensation you associate with your current brand, you'll remember the more unpleasant taste of the new brand.

*Aversive Tobacco Use.* The last time that you use tobacco, use a lot of it or use it quickly. Again, the idea is to have your last memory of tobacco be an unpleasant memory. So you might decide to smoke your last cigarette very rapidly, or use 2x or 3x as much chewing tobacco as you normally would.

### Using the Four A's to Outsmart Tobacco Urges

*Avoid.* What are situations or places that you need to avoid over the next month?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Alter.* What situations will you need to change to help you be more successful?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Alternatives.* What can you put in your mouth or hands instead of using tobacco?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Action.* When you get an urge, what can you do to be active or busy?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Figure 5.2. Resources for Patients Using Tobacco: Websites, Mobile Application, and Books

<b>Type</b>	<b>Location</b>	<b>Description</b>
<b>Websites</b>	<b>American Lung Association</b> <a href="http://www.lung.org/stop-smoking/">http://www.lung.org/stop-smoking/</a>	Resources to patients to promote tobacco cessation.
	<b>Centers for Disease Control and Prevention</b> <a href="http://www.cdc.gov/tobacco/">http://www.cdc.gov/tobacco/</a>	Provides information and resources for patients and providers about tobacco use, nutrition, physical activity, and obesity.
	<b>National Cancer Institute</b> <a href="http://smokefree.gov">http://smokefree.gov</a>	Resources for patients to assist with smoking cessation, including quit lines
<b>Mobile Applications</b>	<b>UCSF/SFGH Stop Smoking</b> <a href="https://itunes.apple.com/us/app/ucsf-sfgh-stop-smoking/id393637213?mt=8">https://itunes.apple.com/us/app/ucsf-sfgh-stop-smoking/id393637213?mt=8</a>	Determined to have the highest adherence score to existing clinical practice guidelines (Abroms, Westmaas, Bontemps-Jones, Ramani, & Mellerson, 2013)
	<b>quitSTART</b> <a href="http://smokefree.gov/apps-quitstart">http://smokefree.gov/apps-quitstart</a>	Complement to smokefree.gov; designed for teens, but may be appropriate for adults as well.
<b>Books</b>	<b>My Tobacco Workbook</b> <a href="http://www.va.gov/vhapublications/ViewPublication.asp?pub_ID=2946">http://www.va.gov/vhapublications/ViewPublication.asp?pub_ID=2946</a>	Targeted towards Veterans, provides evidence-based guidance and is easy to obtain.



Figure 5.4. Personal Food Diary

Date: \_\_\_\_\_

<b>Time of Day</b>	<b>Food or Beverage Item</b>	<b>Serving Size</b>	<b>Estimated Calories</b>	<b>Comments (e.g. stressors, eating due to boredom or emotions, high risk eating situations)</b>

## Exercise &amp; Activity Log

<b>Type of Exercise or activity</b>	<b>Total duration in minutes</b>	<b>Intensity (low, medium, high)</b>	<b>Estimated calories burned</b>	<b>Comments</b>

Figure 5.5. The C.A.M.E.S.<sup>TM</sup> Principle for Improvement

(CUT -- ADD --MOVE --ELIMINATE -- SUBSTITUTE)

Evaluate the foods in your diet. Make decisions about what you would like to do with those foods in order to meet your calorie goals.

**TOP TEN FOODS / MENUS IN MY DIET**

<b><u>LIST OF FOODS</u></b>	<b><u>C.A.M.E.S.</u></b>
Example: 1. Donuts	1. C & S
2. Vegetables	2. A
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

---

The CAMES<sup>TM</sup> Principle for Improvement handout. From Obesity Management in Family Practice (p. 33) by T. L. McKnight, 2006. Copyright 2006 by Springer Publishing Company. Reprinted with permission.

Figure 5.6. Modifying Eating Habits

**1. Do Nothing Else While Eating**

**2. Eat in the Same Place Each Time**

**3. Do Not Clean Your Plate**

**4. Eating on a Schedule**

**5. Slow Your Eating Rate:** Put your fork down between bites; Pause during the meal

**6. When Shopping for Food:** Shop on a full stomach; Shop from a list and get foods that require preparation

**7. When Storing Foods:** Store high-calorie foods out of sight (*out of sight, out of mouth*); Keep healthy snacks available

**8. When Serving and Dispensing Food:**

- Remove serving dishes from the table
- Leave the table after eating
- Serve and eat one portion at a time
- Wait 5 minutes before getting second servings
- Avoid dispensing (serving) food

**9. When Eating Away from Home:**

- Order a la carte meals
- Watch the salad dressing
- Beware of the breadbasket
- Be wise with dessert
- Share your meal with your friend/spouse/partner
- Take a portion of the meal home to eat at another time



Figure 5.7. Resources for Patients Wanting to Lose Weight: Websites, Mobile Applications, and Books/Documents

<b>Type</b>	<b>Location</b>	<b>Description</b>
<b>Websites</b>	<b>Centers for Disease Control and Prevention</b> <a href="http://www.cdc.gov/obesity/">http://www.cdc.gov/obesity/</a>	Provides information and resources for patients and providers about tobacco use, nutrition, physical activity, and obesity.
	<b>National Heart, Lung, and Blood Institute</b> <a href="http://www.nhlbi.nih.gov/health/educational/lose_wt/">http://www.nhlbi.nih.gov/health/educational/lose_wt/</a> <a href="http://www.nhlbi.nih.gov/health/educational/wecan/">http://www.nhlbi.nih.gov/health/educational/wecan/</a>	Provides information and resources for patients and providers about weight loss for individuals and families.
	<b>Office of Disease Prevention and Health Promotion</b> <a href="http://health.gov/dietaryguidelines/">http://health.gov/dietaryguidelines/</a>	Provides resources and guidelines for physical activity and diets.
<b>Mobile Applications</b>	<b>MyNetDiary</b> <a href="http://www.mynetdiary.com/">http://www.mynetdiary.com/</a>	Allows tracking of food and physical activity.  Determined to incorporate the most number of evidence-based behavioral weight-loss strategies. (Pagoto, Scheider, Jojic, DeBiasse, & Mann, 2013).

<b>Books/ Documents</b>	<b>Managing Overweight and Obesity in Adults</b> <a href="http://www.nhlbi.nih.gov/sites/www.nhlbi.nih.gov/files/obesity-evidence-review.pdf">http://www.nhlbi.nih.gov/sites/www.nhlbi.nih.gov/files/obesity-evidence-review.pdf</a>	Provider resource summarizing current evidence related to weight management.
	<b>The Cognitive Behavioral Workbook for Weight Management: A Step-by-Step Program</b> Laliberte, M., McCabe, R., & Taylor, V. (2009)	Workbook for helping patients reduce weight using evidence-based strategies.
	<b>Slim by Design: Mindless Eating Solutions for Everyday Life</b> Wansink, B. (2014)	Evidence based strategies for modifying environmental cues to reduce eating.

Figure 5.8. Weight Maintenance

Zones for timely intervention before weight is regained.

**Green Zone: Minimal monitoring** (within 4 lbs of your target weight)

If your weight is in the green zone, then simply monitor your weight periodically (e.g., once a week). Maintain your current eating and physical activity habits.

**Yellow Zone: Adjust *either* eating behavior or physical activity** (within 7 lbs of your target weight)

If your weight enters the yellow zone, then it is time to consider modifying your calorie intake or your physical activity levels, to use more energy.

**Red Zone: Adjust *both* eating behavior and physical activity; consider follow-up appointment with provider.** (more than 7 lbs above your target weight)

If your weight enters the red zone, consider modifying your calorie intake and your physical activity level. You may want to consider coming back to the clinic to get assistance if you have difficulty making these changes.

-----  
My Zones:

**Green**        \_\_\_\_\_ to \_\_\_\_\_ (Maintain current eating and physical activity habits)

**Yellow**      \_\_\_\_\_ to \_\_\_\_\_ (Decrease calorie intake **or** increase physical activity)

**Red**         \_\_\_\_\_ or higher        (Decrease calorie intake **and** increase physical activity)

---

Weight maintenance handout. Adapted from *Obesity Management in Family Practice* (p. 132) by

T. L. McKnight, 2006. Copyright 2006 by Springer Publishing Company. Reprinted with permission.

Figure 5.9. Increasing Physical Activity

***Do you need to change?***

Overall, individuals who engage in at least 30 minutes of moderate physical activity, at least 5 days a week are healthier overall compared to those who do less physical activity. If keeping extra weight off is important, then 60 to 90 minutes of moderate activity might be an important goal. Examples of moderate physical activities include, brisk walking, riding a bicycle, and raking leaves. You might think it would be difficult to find 30 minutes, much less, 90 minutes to engage in physical activity or exercise.

***How do you change?***

**Check with your physician.** Make sure your physician has given you the OK.

**Have fun.** Choose an activity that you enjoy.

**Set goals—short term and long term.** Specific days, times activities, duration.

**Start slow and gradually increase.** Generally you don't want to increase by more than 10% each week.

**Track your progress.** Helps you to know whether you are staying on your plan.

**Have a plan B.** If you are planning to do your physical activity outside, what are you going to do if the weather is bad outside? What about on vacation? How about during the holidays? Think ahead about the week and consider what you can do to meet your goals if something (e.g., bad weather) gets in the way.

**Reward yourself:** When you meet your goals reward yourself

Figure 5.10. Resources for Patients Who Want to Increase Physical Activity: Websites, Mobile Application, and Books/Documents

<b>Type</b>	<b>Location</b>	<b>Description</b>
<b>Websites</b>	<b>Office of Disease Prevention and Health Promotion</b> <a href="http://health.gov/paguidelines/">http://health.gov/paguidelines/</a>	Provides resources and guidelines for physical activity and diets.
	<b>American Academy of Family Physicians Americans In Motion- Healthy Interventions</b> <a href="http://www.aafp.org/patient-care/public-health/fitness-obesity/aim-hi.html">http://www.aafp.org/patient-care/public-health/fitness-obesity/aim-hi.html</a>	Provides resources for providers and patients to implement health behavior changes.
<b>Mobile Applications</b>	<b>Sworkit Lite Personal Trainer</b> <a href="http://sworkit.com/">http://sworkit.com/</a>	Determined to be most consistent with existing evidence-base for physical activity (Modave, Bian, Leavitt, Bromwell, Harris, & Vincent, 2015).
<b>Books/ Documents</b>	<b>2008 Physical Activity Guidelines for Americans</b> <a href="http://health.gov/paguidelines/pdf/paguide.pdf">http://health.gov/paguidelines/pdf/paguide.pdf</a>	Patient and provider resource for physical activity guidelines.