

## **FIGURE 6.1. Tobacco Cessation (*continues*)**

### **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, behavioral, and psychological (i.e., your thoughts and emotions).

*Physically*, nicotine is one of the most addictive substances on the planet. Your medical provider will tell you whether it is appropriate for you to use nicotine replacements, 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 to 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.

**FIGURE 6.1. Tobacco Cessation (continued)**

### Preparing to Quit

#### Your Quit Date

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

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

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 the following recommendations:

- Don't buy tobacco in bulk (e.g., don't buy cartons).
- Find all of your hidden stashes of tobacco. Check in the couch, in 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.
- Prepare family and friends. Let them know that you are planning to quit and ask for their help. If you have friends and family who use tobacco, ask them to avoid using tobacco around you.
- Choose 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 switching 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 twice or three times as much chewing tobacco as you normally would.

#### Using the Four As to Outsmart Tobacco Urges

*Avoid.* What situations or places will 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 tobacco?

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

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

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

**FIGURE 6.2. Resources for Patients Using Tobacco: Websites, Mobile Applications, and Books**

Type	Location	Description
Websites	American Lung Association ( <a href="https://www.lung.org/stop-smoking/">https://www.lung.org/stop-smoking/</a> )	Provides resources to patients to promote tobacco cessation
	Centers for Disease Control and Prevention ( <a href="https://www.cdc.gov/tobacco/">https://www.cdc.gov/tobacco/</a> )	Provides information and resources for patients and providers about tobacco use, nutrition, physical activity, and obesity; free quit help is available at 1-800-QUIT-NOW
	National Cancer Institute ( <a href="https://smokefree.gov">https://smokefree.gov</a> )	Provides resources for patients to assist with smoking cessation, including quit lines
Mobile applications	QuitNow! (Apple iOS and Android)	Provides tools to support quitting smoking and connects users with a community
	quitSTART ( <a href="https://smokefree.gov/apps-quitstart">https://smokefree.gov/apps-quitstart</a> ; Apple iOS and Android)	Serves as a complement to smokefree.gov
Book	<i>My Tobacco Cessation Workbook</i> ( <a href="https://www.va.gov/vhapublications/ViewPublication.asp?pub_ID=2946">https://www.va.gov/vhapublications/ViewPublication.asp?pub_ID=2946</a> )	Targeted toward veterans, provides evidence-based guidance and is easy to obtain

**FIGURE 6.3. 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 and 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 6.4. The C.A.M.E.S.™ 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

List of foods		C.A.M.E.S.
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.

*Note.* From *Obesity Management in Family Practice* (p. 33), by T. L. McKnight, 2006, Springer. Copyright 2006 by Springer Publishing Company. Reprinted with permission.

**FIGURE 6.5. Modifying Eating Habits**

1. **Do Nothing Else While Eating.**
2. **Eat in the Same Place Each Time.**
3. **Do Not Clean Your Plate.**
4. **Eat 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 bread basket.
  - 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 6.6. Resources for Patients Wanting to Lose Weight: Websites, Mobile Applications, and Books/Documents**

Type	Location	Description
Websites	Centers for Disease Control and Prevention ( <a href="https://www.cdc.gov/obesity/">https://www.cdc.gov/obesity/</a> )	Provides information and resources for patients and providers about tobacco use, nutrition, physical activity, and obesity
	National Heart, Lung, and Blood Institute ( <a href="https://www.nhlbi.nih.gov/health/educational/lose_wt/">https://www.nhlbi.nih.gov/health/educational/lose_wt/</a> and <a href="https://www.nhlbi.nih.gov/health/educational/wecan/">https://www.nhlbi.nih.gov/health/educational/wecan/</a> )	Provides information and resources for patients and providers about weight loss for individuals and families
	Office of Disease Prevention and Health Promotion ( <a href="https://health.gov/dietaryguidelines/">https://health.gov/dietaryguidelines/</a> )	Provides resources and guidelines for physical activity and diets
Mobile application	MyNetDiary ( <a href="https://www.mynetdiary.com/">https://www.mynetdiary.com/</a> )	Allows tracking of food and physical activity; determined to incorporate the highest number of evidence-based behavioral weight-loss strategies (Pagoto et al., 2013)
Books/ documents	<i>Managing Overweight and Obesity in Adults: Systemic Evidence Review From the Obesity Expert Panel</i> ( <a href="https://www.nhlbi.nih.gov/sites/www.nhlbi.nih.gov/files/obesity-evidence-review.pdf">https://www.nhlbi.nih.gov/sites/www.nhlbi.nih.gov/files/obesity-evidence-review.pdf</a> )	Summarizes current evidence related to weight management for providers
	<i>The Cognitive Behavioral Workbook for Weight Management: A Step-by-Step Program</i> (Laliberte et al., 2009)	Helps patients reduce weight using evidence-based strategies

## FIGURE 6.7. Weight Maintenance

### Zones for Timely Intervention Before Weight Is Regained

**Green Zone: Minimal monitoring** (within 4 lb 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 lb 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 lb 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.

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#### My Zones

<b>Green</b>	_____ to _____	(Maintain current eating and physical activity habits)
<b>Yellow</b>	_____ to _____	(Decrease calorie intake <i>or</i> increase physical activity)
<b>Red</b>	_____ or higher	(Decrease calorie intake <i>and</i> increase physical activity)

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*Note.* Adapted from *Obesity Management in Family Practice* (p. 132), by T. L. McKnight, 2006, Springer. Copyright 2006 by Springer Publishing Company. Adapted with permission.



**FIGURE 6.8. Resources for Patients Who Want to Increase Physical Activity: Websites, Mobile Applications, and Books/Documents**

Type	Location	Description
Websites	Office of Disease Prevention and Health Promotion ( <a href="https://health.gov/paguidelines/">https://health.gov/paguidelines/</a> )	Provides resources and guidelines for physical activity and diets
	Centers for Disease Control and Prevention ( <a href="https://www.cdc.gov/physicalactivity/">https://www.cdc.gov/physicalactivity/</a> )	Provides resources for providers and patients to implement health behavior changes
	American College of Sports Medicine ( <a href="https://www.exerciseismedicine.org/">https://www.exerciseismedicine.org/</a> )	Provides resources for providers and professionals for supporting physical activity counseling
Mobile application	Sworkit Lite Personal Trainer ( <a href="https://sworkit.com/">https://sworkit.com/</a> )	Determined to be most consistent with existing evidence base for physical activity (Modave et al., 2015)
Book/ document	<i>Physical Activity Guidelines for Americans</i> , 2nd ed. ( <a href="https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines">https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines</a> )	Serves as a patient and provider resource for physical activity guidelines

**FIGURE 6.9. Examples of Moderate and Vigorous Activities**

	<b>Moderate activity</b> <b>3.0–6.0 METs<sup>a</sup></b> <b>(3.5 to 7 kcal/min)</b>	<b>Vigorous activity</b> <b>&gt; 6.0 METs</b> <b>(&gt; 7 kcal/min)</b>
Individual activities	Walking briskly (3–4.5 mph) Cycling 5 to 9 mph on level ground Yoga Home exercises Trampoline jumping Weight training	Jogging/running (> 5 mph) Cycling at > 10 mph Hiking uphill or with a heavy backpack Push-ups Pull-ups Karate Jumping rope Energetic dancing
Sports	Softball Basketball (shooting hoops) Golf Swimming (recreational) Canoeing/rowing < 4 mph	Tennis (singles) Football Basketball Soccer Lacrosse Squash Swimming (paced laps) Canoeing/rowing > 4 mph
Household activities	Pushing power lawn mower Shoveling light snow Scrubbing the floor/bathtub General household tasks Active playing with children	Pushing nonmotorized lawn mower Heavy/rapid snow shoveling Carrying heavy bags (25 lb or more) Vigorously playing with children
Occupational activities	Waiting tables/dishwashing Operating heavy vehicles Homebuilding tasks (e.g., electrical work) Farming (e.g., feeding and grooming animals, milking cows) Packing boxes Mail carrier duties Patient care (e.g., bathing, dressing, moving patients)	Heavy construction Firefighting Manually shoveling/digging Farming (e.g., forking straw, baling hay) Loading and unloading a truck

*Note.* Adapted from *Promoting Physical Activity: A Guide for Community Action*, by Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, and Division of Nutrition and Physical Activity, 1999, Human Kinetics. In the public domain. List of physical activities adapted from *Activity Categories*, by Compendium of Physical Activities, n.d., Lippincott Williams & Wilkins (<https://sites.google.com/site/compendiumofphysicalactivities/>). Copyright Lippincott Williams & Wilkins.

<sup>a</sup>One metabolic equivalent of task (MET) is the energy expended when resting or sitting still (i.e., resting or basal metabolic rate).

## **FIGURE 6.10. 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 with 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 okay.

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

**Set goals—short term and long term.** Select specific days, times, activities, and durations.

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

**Track your progress.** Keeping track helps you 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? 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.