



Live Well Challenge 2008 Points Quit Tobacco Focus Area

HEALTHY BEHAVIOR – QUIT TOBACCO

Weekly goals are provided to help guide you. Everyone will complete the Week 1 activity, but after that, you choose the options and activities that best suit your needs or stage in your quit plan. Every time you learn more about quitting, you're better prepared to quit, so earn Live Well Challenge points for Learning, Preparing, Quitting and Staying Quit.

<p>Week 1 Take a Self-Assessment Take a self-assessment to help you understand how ready you are to quit smoking. Visit: www.way2quit.com/Quit_Place_Readiness.aspx</p>	<p>25 points</p>
<p>Weeks 2 – 6 Choose Your Activity You choose the activity that best suits your stage of readiness. You don't have to choose activities in order – feel free to do the one that best fits your needs. Each option is designed to help you Learn, Prepare, Quit or Stay Quit.</p>	<p>25 points for completing at least two activities within one option 25 points weekly max</p>
<p>Option 1 – Learn About Motivations and Challenges to Quitting The more you know, the better prepared you'll be to quit. So study up.</p> <ul style="list-style-type: none"> • Take the Tobacco Addiction quiz to see if you're addicted – www.way2quit.com/Quit_Place_Dependency.aspx • Build a Decisional Balance chart by writing down all the reasons you want to quit tobacco and all the reasons you do not want to quit. This list will help you anticipate the challenges to quitting and provide resources and motivation you can use to overcome those challenges. Visit: www.motivationalinterview.org/clinical/decisionalbalance.pdf • Use this tool to calculate how much smoking is costing you. www.healthcalculators.org/calculators/cigarette.asp • Learn how smoking affects: <ul style="list-style-type: none"> ○ Your risk of heart attack – www.webmd.com/heart-disease/tc/interactive-tool-how-does-smoking-increase-your-risk-of-heart-attack-what-does-this-tool-measure ○ Your life span – www.webmd.com/smoking-cessation/tc/interactive-tool-how-does-smoking-affect-your-life-span-what-does-this-tool-measure 	
<p>Option 2 – Relax and Manage Stress Find new ways to relieve stress. This will help you avoid using tobacco when you feel stress. Take a walk, listen to music, take a hot bath/shower, read a book, call a friend, go to a movie, or meditate. For more ideas visit: http://quitsmoking.about.com/od/stressmanagement/a/stresstips.htm</p>	
<p>Option 3 – Tame your Triggers Even if you're still using tobacco, identifying your triggers and making different habits will help you avoid using tobacco. Make a list of your top triggers and come up with an alternative for each. Ideas include:</p> <ul style="list-style-type: none"> • Swapping your daily coffee for tea. • Drive a different route to get to work or the store. • Take your break with friends who don't use tobacco. <p>Try to avoid places, people or situations that tempt you to smoke. Take the trigger detector quiz to get more ideas about alternatives to smoking: www.way2quit.com/Quit_Place_Trigger.aspx</p>	
<p>Option 4 – Seek Support and Build Networks You will have a better chance of success if you have help. You can get help in many ways:</p> <ul style="list-style-type: none"> • Tell family, friends and coworkers that you are going to quit and want their support. Ask them not to smoke around you. Ask them if they want to quit with you. • Talk to your health care provider about quitting - they can help. • Get individual, group or telephone counseling. • Call the Washington Tobacco Quitline: 1-877-270-7867 or 1-877-2NO Fume (Spanish) • Visit the Washington Tobacco Quitline's website at: www.quitline.com 	

Option 5 – Healthy Living

Focusing on keeping yourself healthy will help you quit. Take this week to practice:

- Nutrition – make sure you're eating healthy meals
- Physical Activity – regular physical activity will help distract you from using tobacco and will provide many other health benefits. It's also great for stress management
- Sleep – get at least 7 hours sleep each night
- Drink water – drink 8 glasses a day
- Get your teeth cleaned

Option 6 – Create Smoke Free Environments

Getting rid of things that remind you of smoking will help you get ready to quit. Try these ideas:

- In your home –
 - Throw away all your cigarettes, pipes, matches and cans of snuff.
 - Give or throw away your lighters and ashtrays.
 - Wash or dry clean your drapes and clothes and get the carpets cleaned.
 - Make a non-smoking rule for your home.
- In your car –
 - Remove the lighter and the ashtray.
 - Vacuum the inside of your car, wash the windows, and clean the hard surfaces.
 - Make a non-smoking rule for your car.
- Try some methods to reduce the amount of tobacco that you use before your official quit date. Methods to reduce smoking include the following:
 - Each week choose a few specific cigarettes to give up (for example, the ones you smoke in the car on your way to work).
 - Gradually increase the time between cigarettes.
 - Smoke only during odd or even hours.
 - Limit your smoking to certain places (outside, not at work, not in the car).
 - Wait as late in the day as possible to start smoking.

Option 7 – Review your Resources

Try out some of the resources available to you including:

- Try some of the smoking cessation services and products covered under your health benefit plan. For details visit: www.metrokc.gov/employees/esmm/smokecessation.aspx
- Learn about pharmacological options and if they're right for you
- Enroll in a tobacco cessation support system such as:
 - QuitNet – www.quitnet.com/kingcounty (Call BROS at 206-684-1556 for your access code first)
 - King County Tobacco Quit line: 877-279-0624
 - Washington State quit line: 800-Quit-Now
 - American Lung Association free online program *Freedom from Smoking* – www.lungusa.org/site/c.dvLUK9O0E/b.4061173/apps/s/content.asp?ct=66708
- Use free community resources such as:
 - Free Quit Kit – Contact Public Health Seattle and King County at 206-296-7613
 - American Cancer Society – 800-ACS-2345
 - Daily log – Set a goal to cut back on how much you smoke and track your progress www.preventionfirstchallenge.com/documents/Health%20Log_Quitting%20Tobacco%20Use.pdf

Option 8 – Get Ready

- Talk to your health care provider about quitting
- Review your past quit attempts. Think about what worked and what didn't.
- Make a list of reasons to quit.
- Develop a quit plan. Use this tool to help create your personal quit plan – www.quitline.com/become/quit_plan/index.php
- Complete a Quit Checklist to ensure that you are fully prepared for quit day. www.determinedtoquit.com/quit_day_checklist_page.php
- Set your quit date. Have a quit ceremony the night before. The first few days, focus on changing your habits, congratulating yourself each day and keeping up with your healthy habits such as sleep, exercise, good nutrition and stress management. If you smoke at work, quit on the weekend or during a day off. That way you'll already be cigarette-free when you return.



<p>Option 9 – Relapse Prevention</p> <p>Slips sometimes happen. The important thing is to get back on track. If you have a slip:</p> <ul style="list-style-type: none"> • Forgive yourself and get back on your quit plan. • Identify what went wrong and ask yourself what you learned from the experience. Do you need more support, more stress management training? Then decide what changes can help you succeed next time. • Revisit the reasons you decided to quit smoking. They are no less true today. • Use this tool for suggestions on how to prevent a relapse: www.way2quit.com/Quit_Place_Slip.aspx 	
<p>Weekly Bonus Activities (choose a different one each week)</p> <ul style="list-style-type: none"> • Talk to your health care provider about quitting • Make a wallet reminder card • Go to a restaurant or bar and DON'T take a smoke break • Start saving. If you've already quit, put the money you used to spend on tobacco in a piggy bank or jar. If you haven't quit yet, every time you buy more tobacco, put the same amount of money in your piggy bank. Watch it add up and make a list what you will do with the money you save. • Listen to a podcast (select "Smoking and Tobacco Use" as the topic) – www2a.cdc.gov/podcasts/browse.asp • Review historic tobacco advertising – http://lane.stanford.edu/tobacco/index.html • Learn more about why cigars, chew, hookas, and bidis are not a safe alternative to cigarettes. Visit http://nosafealternative.com/main.html# • Watch the movie "Thank You For Smoking" or "The Insider" • Watch a video about tobacco use on You Tube (search for "anti-smoking") – www.youtube.com • Watch the "Take it Outside" television ads – www.seconddhandsmokesyou.com/resources/index.php • Send an e-postcard to a friend announcing your quit day – www.cancer.org/docroot/ECD/ECD_1_QuitSmoking.asp?sitearea=PED • Read a success story or submit one of your own – www.metrokc.gov/employees/esmm/quit_success.aspx 	<p>5 points each time 5 points weekly max 30 points max for Challenge</p>
STRESS LESS AND GENERAL HEALTH	POINTS PER ACTIVITY
<p>Engage in a stress reduction activity for at least 15 minutes daily</p> <p>Examples: meditate, do deep breathing exercises, keep a journal, read a book, soak in a hot bath, write a letter, listen to relaxing music, play a game, get a massage, practice yoga or tai chi.</p>	<p>1 point daily 7 points max per week</p>
<p>Drink 8- 8oz glasses of water per day</p>	<p>1 point daily 7 points max per week</p>
<p>Brush teeth twice daily and floss at least once daily</p>	<p>1 point daily 7points max per week</p>
<p>Sleep 7 hours or more each night</p>	<p>1 point daily 7 points max per week</p>
WORKSITE HEALTH PROMOTION	POINTS PER ACTIVITY
<p>Participate in a Worksite Activity</p> <ul style="list-style-type: none"> • Host or attend a healthy lunch or breakfast potluck • Use the Healthy Meeting Guidelines to provide healthier food choices and add activity • Lead or join a lunch time walk • Lead or join a stretch break at work <p>Use an Eat Smart, Move More or Stress Less tool on the Focus on Employees website: www.metrokc.gov/employees</p> <p>Eat Smart</p> <ul style="list-style-type: none"> • Try a new fruit or vegetable and share it with a co-worker • Sign up for the recipe of the week and try a new healthy recipe • Use an Eat Smart Tool to: test your food label knowledge, assess the nutrients in your diet, take the Portion Distortion quiz, or use the MyPyramid Tracker tool. <p>Move More</p> <ul style="list-style-type: none"> • Try a "Local Events" activity • Take the Fitness Type quiz to learn about resources for your fitness level • Complete a free exercise diary and track your progress towards a goal • "Discover" a walking trail by your home or work 	<p>5 points per activity 5 points max per week</p>

Stress Less <ul style="list-style-type: none"> Take one of two interactive quizzes to evaluate your stress level Take the Stress Smarts quiz to learn more about symptoms and effects 	
SPECIAL ACTIVITIES/EVENTS (75 POINTS MAXIMUM FOR THE CHALLENGE)	POINTS PER ACTIVITY (REPORT POINTS IN WEEK 6)
Take a healthy cooking class <ul style="list-style-type: none"> Puget Sound Fresh http://dnr.metrokc.gov/wlr/farms/partners-cooking-schools.htm Whole Foods www.wholefoodsmarket.com/stores/index.html Cooking class held at a local community center or community college. 	10 points per class 20 points max for Challenge
Take a new physical activity class Classes are available through: <ul style="list-style-type: none"> Local Parks and Recreation Departments – for example, www.seattle.gov/PARKS/ Community colleges – for example, www.conted.bcc.ctc.edu/health/index.asp YMCA – www.seattlemca.org/page.cfm Gyms – Check out the list www.metrokc.gov/employees/kcgym/default.aspx 	10 points per class 20 points max for Challenge
Take the Puget Sound Community Checkup Survey Visit: www.zoomerang.com/Survey/survey.zgi?p=WEB227ZM5HQAUG	10 points 10 points max for Challenge
Register for the Puget Sound Heart Walk Visit: http://www.pugetsoundheartwalk.org	10 points 10 points max for Challenge
Choose a Healthy Commute Commuting by transit, biking, or walking is both greener and healthier! If you are not already using transit, try it out. Already a transit user? Get off a stop early and walk the rest of the way or try biking. Visit: http://www.metrokc.gov/employees/ (My Transportation)	1 point per day 10 points max for Challenge
“Know Your Numbers” Find out and record your “numbers”. Then use an on-line tool to understand what they mean. <ul style="list-style-type: none"> Blood glucose - www.msdh.state.ms.us/msdhsite/static/43,1161,91,214.html Blood pressure - www.webmd.com/hypertension-high-blood-pressure/hypertension-health-check/default.htm Body Mass Index - www.mayoclinic.com/health/bmi-calculator/NU00597 Cholesterol - www.mayoclinic.com/health/dl-cholesterol/CL00034 	5 points per measurement 20 points max for Challenge
Create a Personal Health Record (PHR) A PHR can help you understand and manage your medical information to improve your well-being and the quality of health care you receive. <ul style="list-style-type: none"> Aetna – Register or log in to Aetna Navigator, www.aetna.com/ Group Health – Register or log in to MyGroupHealth, www.ghc.org/ 	20 points 20 points max for Challenge
Participate in a “challenge activity” - any organized physical activity event which challenges you <ul style="list-style-type: none"> Bicycle rides, various event dates: www.cascade.org/Community/Bike_Rides.cfm Hikes, various event dates: www.issaquahalps.org/schedule.html Street Scrambles, various dates: www.streetscramble.com Triathlons, various dates: www.trifreak.com/ or www.uswts.com/wa/welcome.htm Volkmarches, various event dates: http://ava.org/clubs/esva/2008_nw_events.html Any other organized physical activity event (bike ride, run, hike etc.) 	20 points per event 20 points max for Challenge
Be a Health Hero Submit a personal success story or testimonial to: livewellchallenge@kingcounty.gov	20 points per story 20 points max for Challenge
TOTAL POSSIBLE POINTS FOR CHALLENGE	POINTS
Quit Tobacco	180
Stress Less and General Health	168
Worksite Health Promotion	30
Special Activities/Events	75
Goal Points (50 points for reaching goal in weeks 1-3, 50 points for reaching goal in weeks 4-6)	100
TOTAL POSSIBLE POINTS	553

*To be eligible to win weekly prizes, points must be entered by 11:59 p.m. by the Team Captain on the Tuesday following the week during which the points were earned.