

Title: Creating a Webpage to Encourage Tobacco Cessation among People with Disabilities and Support Staff

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THE OHIO STATE UNIVERSITY
NISONGER CENTER

Webpage Goals

- To support **everyone** involved in the quit process of individuals with disabilities who use tobacco while allowing them to play an active role in the education process.
- To engage website visitors with tailored content specific to their personal or professional interests and needs.

FOR PROFESSIONALS

Health trainings for individuals with disabilities must be accessible. The LIFT program provides accessible instruction materials to support participants in their quit journey.

FOR PEOPLE WITH DISABILITIES

Quitting is hard, but you can do it. Make the choice every day to quit. Ask your family, friends, coworkers, staff,... anyone, to help you say no to smoking.

FOR CAREGIVERS

Evidence suggests that the health-related attitudes, knowledge, and behaviors of caregivers serve as key barriers or facilitators achieving meaningful and sustained health improvements in individuals with disabilities.

Mobile Friendly Access!



Background

- Smoking is the leading cause of preventable death in the U.S., accounting for half a million, or one in every five, deaths each year.¹
- Nationwide, smoking prevalence is more than double among people with disabilities (PWD) than those without.¹

LIFT Tobacco Cessation Program



Living Independent From Tobacco

- LIFT: Living Independent From Tobacco
- 8-session program offered over 4 weeks (2 sessions per week)
- Embodies a behavioral counseling approach
- Educates consumers on their benefits of quitting and methods of managing cravings
- Reaches and provides peer and community support when quitting



What People Are Saying about LIFT



"I got a lot out of it and it showed me I could quit smoking. [The classes] let me know there's a way I can still be comfortable and not smoke" – N.G.

"As a facilitator I was able to witness the group support and encourage one another using the tools learned in the group outside of the group setting. I watched their confidence rise at each group as they worked to achieve their goal to be nonsmokers." – K.H.



<https://nisonger.osu.edu/education-training/ohio-disability-health-program/tobaccocessation/>

Additional Online Resources

YOU CAN QUIT
WHY SHOULD YOU QUIT?

- Smoking hurts everyone close to you, even your friends and neighbors
- 1 in 2 people quit with help from others
- \$2,346.95 money saved each year when you quit smoking today!
- Open windows and air filters do not protect people or pets from secondhand smoke
- Smoking is very bad for your pet's health
- Quitting tobacco is better for your health at any age

You can quit smoking!
Call 1-800-7848-669 For FREE!

YOU CAN QUIT AT ANY AGE

- Quit for Yourself: Quitting tobacco is good for you at any age! You will feel better and have more energy!
- Quit for Health: You will breathe easier and be much less at risk of a heart attack or stroke.
- Quit for Your Pets: Smoking is very bad for your pet's health.
- Quit for Loved Ones: Set an example you can be proud of. Your children, grandchildren and friends will be healthier too!
- Quit for Savings: You could save \$2,346 a year if you quit tobacco, enough to improve your life right now!

You can quit smoking!
Call 1-800-7848-669