

### Week 8 Challenge: Quit or Reduce Tobacco & Alcohol Use

As you enter into your eighth week, we hope you are starting to notice the positive changes in how you feel and are motivated to do even more! If you have the unhealthy habit of using tobacco or alcohol, this week is for you. If not, congratulations – you can use this week to look back on your goals and determine how to increase your activity level and improve your diet.

If you use tobacco or drink excessive alcohol, this is keeping you from being as healthy as you can be. Tobacco and alcohol use is linked with various health risks and conditions. These risks increase for people with diabetes or heart disease.

We recognize that quitting is difficult. It usually takes more than one attempt to quit smoking. Just keep trying! For this week's tasks, you may benefit from outside support and resources. It's also helpful to examine the reasons why you use tobacco or alcohol so you can address the triggers and substitute a healthy behavior for an unhealthy one.

You will learn how tobacco and alcohol use hurt your health. You will also keep a journal and get tips for quitting. We challenge you to make this week, the week you decide to quit.

#### Use These Resources to Complete Your Action Items:

- *Tobacco Use*
- *Staying a Quitter (the good kind!)*
- *Alcohol Use*
- *Tobacco & Alcohol Journal*

#### Your Action Items This Week

- Schedule a Quit Smoking date and try to find someone to quit with you!
- Begin doing the Preparing to Quit tips.
- Keep track of your tobacco and alcohol use by using the Tobacco and Alcohol Journal in your workbook (page 35).
- Begin decreasing the number of alcohol servings you have to no more than 1 a day for women and 2 a day for men or better yet, stop drinking any alcohol.
- If quitting smoking simply is not possible, REDUCE your tobacco use.

**Use the Week 8 Challenge Tracker to track your progress.**

*Step up to the Challenge and say, "I Can!"*

## Tobacco Use



### Some Facts You May Already Know...

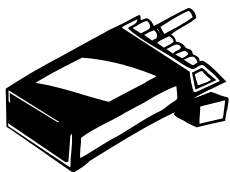
In the United States, smoking is the **leading preventable cause of death**. More than 440,000 Americans die from tobacco-related causes every single year.

- ✔ Smoking is the most common cause of lung cancer. Smoking is also a leading cause of cancer of the mouth, throat, bladder, pancreas and kidney.
- ✔ Smoking **puts your friends and family at risk**. About 3,000 non-smokers die of lung cancer from second-hand smoke each year.
- ✔ You inhale tar, nicotine, carbon monoxide and 200 known **poisons** into your lungs every time you smoke.

### Smoking and Diabetes

The best-known effect of smoking is that it causes cancer. Smoking can also make many problems that people with diabetes already face even worse. To learn more about the risks of diabetes and smoking, contact the American Diabetes Association.

### Smoking and Heart Disease



Smoking by itself increases the risk of heart disease. Those with heart disease already may think, “Why should I quit?” Quitting smoking is a huge step in managing your heart disease to prevent further risks. Contact the American Heart Association to learn more about how smoking affects those with heart disease.

### Tips for Preparing to Quit

- ⊗ Pick a date for quitting and stick to it! If possible, have a friend or family member quit smoking with you.
- ⊗ Before you quit, plan rewards for sticking to your goal – consider taking the money you spend on cigarettes and using it to buy something you’ve wanted or maybe a trip.
- ⊗ In your daily life, what do you often do while smoking (driving, watching TV, when you are bored, etc.)? Make a note of when and why you smoke.



- ⊗ Change your smoking routine. Keep your cigarettes in a different place.
- ⊗ Smoke with your other hand. Don't do anything else when smoking; just think about how you feel when you smoke.
- ⊗ When you want a cigarette, do something else like chew gum or drink a glass of water instead.
- ⊗ Buy one pack of cigarettes at a time and switch to a brand you know you don't like.

## **Quitting**

- ⊗ Get rid of all your cigarettes and ashtrays.
- ⊗ Change your morning patterns. For example, don't sit in the same place at the kitchen table, stay busy, etc.
- ⊗ When the urge to smoke hits you, immediately do something else.
- ⊗ Carry other things to put in your mouth like gum, hard candy, or a toothpick.
- ⊗ Give yourself credit at the end of the day for not smoking.
- ⊗ Spend time with people supportive of your decision to stop.



## Staying a Quitter (the good kind!)

- ☺ Don't worry if you are sleepier or grumpier than usual -- these feelings are normal and will pass.
- ☺ Exercise! – Refer back to tips from week 4.
- ☺ Focus on the good things about not smoking. Think about how much you like yourself as a non-smoker, the health benefits for you and your family, and the example you set for others around you. A positive attitude will help you through the tough times.
- ☺ Keep busy when you feel stressed. Think of other ways to solve problems instead of smoking. Tell yourself that smoking won't make it better, and do something else instead. (Refer to week 5 for stress tips.)
- ☺ Keep a money jar or open a savings account and put the money you are not spending on cigarettes in it! Wait until you see what you can save!
- ☺ If you make a mistake/slip up and smoke, forgive yourself and don't be discouraged. Simply just start over and quit again! It takes the average person “7” times to quit.
- ☺ If you need more help, try nicotine gum or a nicotine patch.



## Alcohol Use



Drinking alcohol in large amounts can have a number of health risks, which increase for people with diabetes or heart disease. Over-the-counter or prescription medication can also have a negative effect when you drink alcohol. Taking medications and drinking alcohol can be harmful to you.

### Alcohol and Diabetes

There are several health problems that people with diabetes face when drinking alcohol. According to the American Diabetes Association, it is important for those with diabetes to ask themselves 3 questions before having an alcoholic drink:



1. Is my diabetes under control?
2. Does my health care provider agree that I am free from health problems that alcohol can make worse-for example, diabetic nerve damage or high blood pressure?
3. Do I know how alcohol can affect my diabetes and me?

If you said "yes" to all three, it's OK to have an occasional drink. But what does occasional mean?

### Recommended Amounts

According to the Department of Health and Human Services, “moderate drinking” is defined as drinking no more than 1 alcoholic drink per day for women and no more than 2 drinks per day for men. This cannot be averaged out throughout the week. For example, even if you do not drink at all for six days of the week and have four drinks on the seventh day, you are still drinking excessively. A standard drink is defined as 13.7 grams (0.6 ounces) of pure alcohol or:

- 12 oz. can/bottle of beer (**145 calories**)
- 8 oz. malt liquor drink (**106 calories**)
- 5 oz. glass of wine (**100 calories**)
- 1.5 oz. or a “shot” of liquor (e.g. rum, vodka, whiskey, or gin) (**115-200 calories**)



## **Alcohol and Heart Disease**

The [American Heart Association](#) warns that there are several factors where drinking alcohol can have a negative effect on those with heart disease. The U.S. Food and Drug Administration warns that people who take aspirin regularly should not drink alcohol. Heart disease patients should stop drinking and keep taking aspirin if their doctor prescribed it for their heart condition.