

Tobacco & Nicotine Cessation Toolkit



Tobacco & Nicotine

Usage and Quitting Benefits

Tobacco and nicotine can be consumed through a variety of methods, each with its own characteristics and health risks. Common consumption methods include smoking, smokeless tobacco, ENDS (Electronic Nicotine Delivery Systems), heated tobacco products, and NRTs (Nicotine Replacement Therapies).

U.S. Tobacco & Nicotine Stats

- Over 470,000 Americans die each year from cigarette smoking and secondhand smoke¹.
- Tobacco use and health impacts vary widely by race, income, education, gender, and other factors¹.
- Smoking causes about 80% of lung cancers and lung cancer deaths in the U.S.¹.
- Half of young adults (18–24) are trying to quit nicotine. Youth tobacco use, including e-cigarettes, is still significant but declining¹.

Benefits of Quitting

- Within 20 minutes: heart rate and blood pressure begin to drop².
- Within days: carbon monoxide levels in the blood return to normal².
- 2 weeks to 3 months: circulation and lung function improve².
- 1 month to 1 year: coughing and shortness of breath decrease².
- 1 to 10 years: risk of heart attack drops significantly; risk of several cancers (mouth, throat, voice box, lung) is reduced by half².
- 15 years: risk of coronary heart disease becomes similar to that of a non-smoker².

References

1 [Health and Human Services](#)

2 [American Cancer Society](#)



National Resources



Reference the following resources for reputable and updated information to support you and your employees. Many of these resources are available at no cost; however, there may be additional charges for certain products and/or services, such as nicotine replacement therapies (NRTs).

American Cancer Society

- The Great American Smokeout
- **1-800-227-2345**
- Join the [EMPOWERED TO QUIT](#) email-based program

American Lung Association

- Lung Helpline: **1-800-LUNG-USA**

The National Cancer Institute*

- Call **1-877-44U-QUIT**
- Trained counselors provide support for quitting
- [Live Online Chat](#)

CDC*

- How to Quit & Tips for Quitting
- National Text Portal – Text **QUITNOW** to **333888**
- [Ex Program](#) – Free Personalized Quit Plan
- [Every Try Counts](#)

Smokefree.Gov*

- Practice Quit Text Messaging Program
- Daily Challenges Text Messaging Program
- Nicotine Addiction Quiz
- SmokefreeTXT: text **QUIT** to **47848**.

State Quit Line

- **1-800-QUIT-NOW**: call this number to connect directly to *your states* quit-line.

US Veterans

- Call **1-855-QUIT-VET**
- You Can Quit 2
- Smokefree Vet

Other Resources

Connect to your EAP, local Health Department, primary care physician, or hospital to find local support.



**Available in English and Spanish*

NFP Resources and Apps



NFP Training Center

NFP has developed dedicated landing page offering holistic support through regularly updated training materials and resources.

[Wise & Well Training Center](#)

Applications

We've rounded up the apps with the highest overall ratings and best user reviews that feature a variety of options to support a tobacco user based on their preferred path to quitting. Some apps may require a fee to download or offer in-app purchases.



[quitSTART](#)



[Stay Quit Coach](#)

(Department of
Veteran's Affairs)



[QuitNow!](#)



[Quit Vaping](#)

