



Wespath

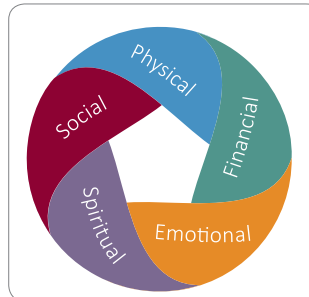
BENEFITS | INVESTMENTS

a general agency of The United Methodist Church



Tobacco Cessation Resources

Health and wellness was integral to the ministry of John Wesley. With this in mind, The United Methodist Church is a strong proponent of being tobacco free. This is represented in the *Book of Discipline, Social Principles ¶162M* "In light of the overwhelming evidence that tobacco smoking and the use of smokeless tobacco are hazardous to persons of all ages, we recommend total abstinence from the use of tobacco." Wespath agrees being tobacco free is one of the most important things you can do to improve or maintain your well-being.



Smoking has been on the decline in the United States—currently 16.8 % of the adult population smoke cigarettes and 3.4% use chewing tobacco.^{1,2} This is a decrease of 5% from 2012, and more than 20% from a few decades ago. The smoking population of UMC clergy and lay employees is only around 3%.³ All good news! Having resources readily available for when someone is ready to quit is important. This toolkit provides those resources.

Tobacco cessation is difficult, but there are a variety of resources to help you or a loved one kick the habit.

National Tobacco Quit Line—Call 1-800-QUIT-NOW (1-800-784-8669)

This is a free telephonic support service that can help you to stop smoking or using tobacco. You will be routed to your state's quit lines. Each state offers several types of quit information and services. These may include:

- Free support, advice, and counseling from experienced quitline coaches
- A personalized quit plan
- Practical information on how to quit, including ways to cope with nicotine withdrawal
- The latest information about stop-smoking medications
- Free or discounted medications (available for at least some callers in most states)
- Referrals to other resources
- Mailed self-help materials
- Free nicotine replacement therapies

Free Online Resources

- The Center for Disease Control's [Smoking & Tobacco Use](#) web site
- CDC's [Tips From Former Smokers](#) web site
- The [I'm Ready to Quit!](#) page links
- American Cancer Society—[Guide to Quitting Smoking](#)
- American Lung Association—[How to Quit Smoking](#)

Together We Can Make a Difference

Please distribute these resources to clergy and lay employees in your annual conference or employee group. By working together, we can support vitality in mission and ministry in the UMC.

Contact the Wespath Wellness Team at wellessteam@wespath.org for help or support on this and other wellness topics.

Participation in HealthFlex wellness programs is voluntary.

Wespath provides this information as an educational service to illustrate some practices that may have positive impact on well-being. Wespath's sharing should not be construed as, does not constitute, and should not be relied upon as medical or other professional advice on any specific manner.



¹ http://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/

² https://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/use_us/

³ Results from the 2015 WebMD HealthQuotient