



## Optum Salt Lake County

### Quality Assurance and Performance Improvement

#### Resource Guide

December 1, 2022

#### Smoking/nicotine cessation resources



“Nicotine addiction may not appear as harmful as many other addictions. This is likely because tobacco products are legal and easy to get, and the worst side effect of abusing them takes time to develop. Tobacco use claims more lives than any other addictive substance. Many smokers cannot quit despite knowing smoking’s impact on their health. Wanting to quit but being unable to, is a telltale sign of addiction.”

([addictioncenter.com](http://addictioncenter.com) sourced from Center for Disease Control and Prevention CDC))

Smoking Cessation services include, among others, prescription drugs, insurance programs, nicotine over-the-counter products, and quit lines. Smokers who take part in cessation programs are more likely to successfully quit smoking—defined as abstinence for six months or more—than those who attempt quitting on their own.

The following are some smoking/nicotine cessation resources you can use to help Optum Salt Lake County members:

The **Utah Medicaid Tobacco Cessation Program** provides support and information to help pregnant women quit using tobacco. Women are given an opportunity to participate in this program without cost. If you are pregnant and use tobacco, please talk to your HPR about this program at 1-866-608-9422. [medicaid.utah.gov/tobacco-cessation-program](http://medicaid.utah.gov/tobacco-cessation-program)

Access the resources available through the **CDC National Behavioral Health Network for Tobacco and Cancer Control** operated by the National Council for Behavioral Health. [thenationalcouncil.org/](http://thenationalcouncil.org/)



**Waytoquit.com**

Thinking of quitting tobacco? You've come to the right place. Because life's better tobacco free.

[waytoquit.org/](http://waytoquit.org/)

**Tobacco Prevention and Cessation Program** (Salt Lake County)

South Redwood Public Health Center, 7971 South 1825 West, West Jordan, UT 84088

1-385-468-5348

[slco.org/health/tobacco-prevention/](http://slco.org/health/tobacco-prevention/)

**Smokefree.gov**

On this site you'll find support, tips, tools, and expert advice to help you or someone you love quit smoking. [smokefree.gov/](http://smokefree.gov/)

Information regarding diagnostic criteria can be found in *the Diagnostic and Statistical Manual of Mental Disorders* (DSM-5-TR).