

# Tobacco Cessation

Tobacco use remains the single largest preventable cause of death and disease in the United States. Although cigarette smoking among adults in Oklahoma is high (20.1%), tobacco use remains even higher among American Indians living in Oklahoma (29.7%).

American Indians/Alaska Natives (AI/ANs) have a higher prevalence of smoking than most other racial/ethnic groups in the United States.

The Oklahoma Tobacco Helpline can help American Indians quit smoking tobacco that is not used for sacred or spiritual purposes. Using a combination of quit coaching from the helpline and tobacco cessation products increases the chance of successfully quitting commercial tobacco.

# 1 in 4

Nearly 25% of American Indians in Oklahoma uses tobacco.



**SoonerCare members can receive the following tobacco cessation medications at no cost and no limits (except for Chantix):**



**PATCHES**



**GUM**



**LOZENGES**



**NASAL SPRAY  
INHALER**



**BUPROPION/  
ZYBAN**

For additional information or questions about SoonerCare tobacco cessation benefits, please contact [Breanna.Russell@okhca.org](mailto:Breanna.Russell@okhca.org) or call **405-522-7172**.

SoonerCare  In Partnership With



Source: Centers for Disease Control and Prevention. Current Cigarette Smoking Among Adults—United States, 2016-2017. Behavioral Risk Factor Surveillance System, 2017. Morbidity and Mortality Weekly Report 2016;65(44):1205-11 [accessed 2017 Jun 20]. This publication, printed by O.U. Printing Services, is issued by the Oklahoma Health Care Authority as authorized by Title VI and Title VII of the 1964 Civil Rights Act and the Rehabilitation Act of 1973. 1,500 copies have been prepared and distributed at a cost of \$693.00. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries. [74 O.S.2001 § 3105 (C)] Order additional copies on the OHCA website [www.okhca.org](http://www.okhca.org). TGRBCE-ENG-2018 OHCA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-987-7767. CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-987-7767.



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