



Not Ready or Unsure about Quitting Tobacco?

For Clinicians, Providers, and Health Educators

Patients may be unwilling or not ready to quit for a variety of reasons such as lack of confidence in quitting if they were unsuccessful on prior tries, concerns about effects of quitting such as weight gain or depression, they may not be ready, or they may not have the correct information needed to make a knowledgeable decision about quitting tobacco.

- Navy and Marine Corps Public Health Center's (NMCPHC) [Strategies to Promote Tobacco Cessation](#)- Determine patient's Stage of Change and helping strategies for each.
- Public Health Service's Treating Tobacco Use and Dependence Clinical Practice Guideline: [Patients Not Ready to Make A Quit Attempt Now](#)- Learn about the "5 R's" in order to motivate a patient to make a quit attempt. The "5 R's" include: relevance, risks, rewards, roadblocks, and repetition.
- Navy and Marine Corps Public Health Center's Tobacco Free Living [website](#) has a number of resources available for you or your patient to include the [Starter Kit to Quit Tobacco](#), [E-Cigarettes: Harmful or Helpful?](#), [Hooked on Hookah](#) Infographic, and NMCPHC's [Tobacco Videos](#). Let your patients know you have a number of resources and information for them when they are ready to quit.

For the Tobacco User

Are you thinking of quitting tobacco? Not quite sure if you're ready? Use these resources to help you take a step in the right direction.

- Smokefree.gov's [Practice Quit and Daily Challenges Texting Programs](#) help you build your skills without quitting or quit for very short periods of time in order to help you prepare to quit for good.
- Smokefree.gov's [What's Your Reason to Quit?](#) which includes reasons to consider quitting outside of health.
- National Institute on Aging's [Smoking: It's Never Too Late to Stop](#) for the older tobacco user. The site addresses the benefits of quitting, quitting methods, secondhand smoke, and various other tobacco products.
- National Cancer Institute's [Why Do You Smoke?](#) helps you identify the reasons you use and your triggers. This can be helpful information to have when you are ready to quit.
- Call 1-800-QUIT-NOW to be routed to your state's quitline to speak with a counselor.