

A Smoker's Body, Cancer & Healthy Eating

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American
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Association.

Mission Statement

To be a relentless
force for a world
of longer,
healthier lives.

GUIDING VALUES



Improving &
extending
people's lives



Speaking with
a trustworthy
voice



Inspiring
passionate
commitment



Ensuring
equitable
health for all



Bringing science
to life



Making
extraordinary
impact



Meeting people
where they are

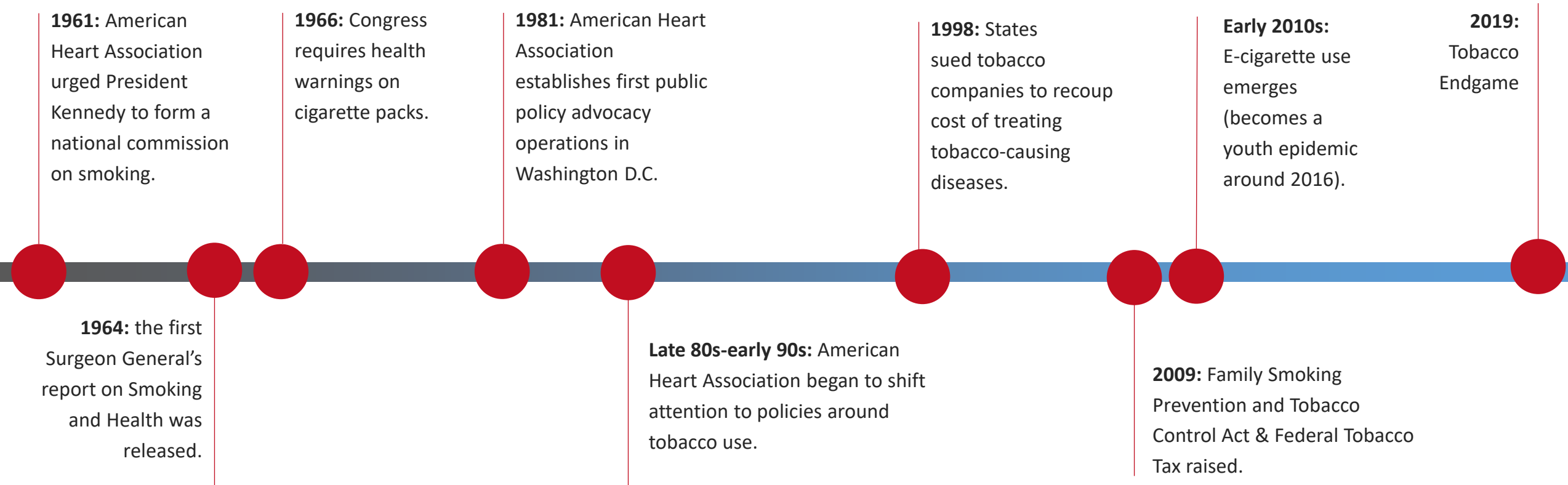


Building
powerful
partnerships

STRATEGIC VALUE PROPOSITION

The AHA is a **catalyst** to achieving maximum impact in equitable health and well-being.

FIGHTING BIG TOBACCO FOR MORE THAN 50 YEARS



E-CIGARETTES ARE
A NEW LOOK TO AN OLD PROBLEM

Smoking vs. Vaping

What is the difference?



SMOKING

Smoking cigarettes delivers nicotine into the body through burning tobacco.

VAPING

Vaping (electronic cigarettes) delivers nicotine through heating a liquid in an electronic device.

E-CIGARETTE HEALTH EFFECTS

Short term health effects include:

- Acute lung symptoms
- Mouth and throat irritation
- Nausea
- Headache
- Dry cough

Long-term health effects are unknown.

Studies do show that e-liquids with flavors and nicotine can damage heart and blood vessel tissues and that teen and young adult vapers show abnormal blood vessel function.



How strong is nicotine addiction to kids?

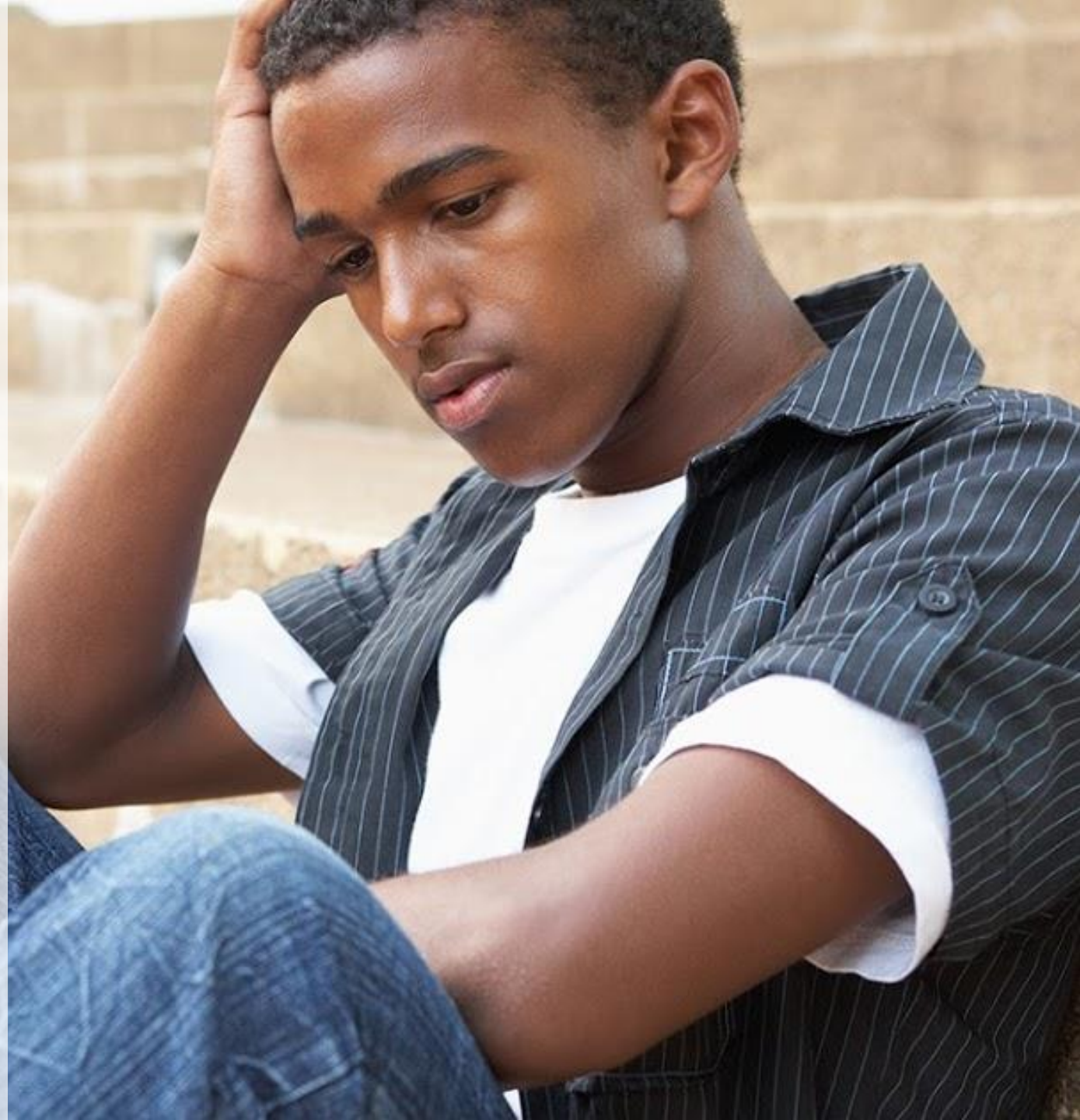
- Nicotine addiction is so strong that **nearly half of youth e-cigarette users report using a device in school.**
 - While the school bathroom is the most common place for use, **many students sneak using e-cigarettes in classrooms and other areas where teachers are present.**
-
- **Many kids want to quit nicotine for good.**
 - Studies show that **nearly half of youth who vape and nearly 40% of those who smoke cigarettes are seriously thinking about quitting.**



Youth and Nicotine

Youth are more susceptible to the negative effects of nicotine, which can:

- Harm adolescent brain development
- Result in addiction
- Reduce impulse control
- Negatively affect attention and cognition
- Increase the risk of mood disorders



How Smoking & Nicotine Damage your Body

CHEMICALS

There are more than 5,000 chemical components found in cigarette smoke and hundreds of them are harmful to human health, according to the Centers for Disease Control and Prevention.

CARBON MONOXIDE & NICOTINE

The health effects of Carbon monoxide and nicotine leads to several health complications.

SECONDHAND SMOKE

Secondhand tobacco smoke contributes to thousands of premature heart disease and lung cancer deaths.

Ways Healthy Eating Can Support Your Lifestyle Change

Reduce Your Risk

Quitting smoking [reduces your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.](#)

Provides Healthy Alternatives

Have healthy snacks available for that hand to mouth sensations.

- fruits and vegetables
- nuts and seeds
- air-popped popcorn
- sugar-free mints and chewing gum

More \$\$\$
in your pocket

[How Long Will You Target Me? - YouTube](#)

1 Balance calories eaten with physical activity.



2 Reach for a variety of fruits and vegetables.



3 Choose whole grains.



4 Include healthy protein sources, mostly plants and seafood.



5 Use liquid non-tropical plant oils.



6 Choose minimally processed foods.



7 Subtract added sugars.



8 Cut down on salt.



9 Limit alcohol.



10 Do all this wherever you eat!



NEW Dietary Guidelines –

10 ways to improve your heart health



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Life's Essential 8

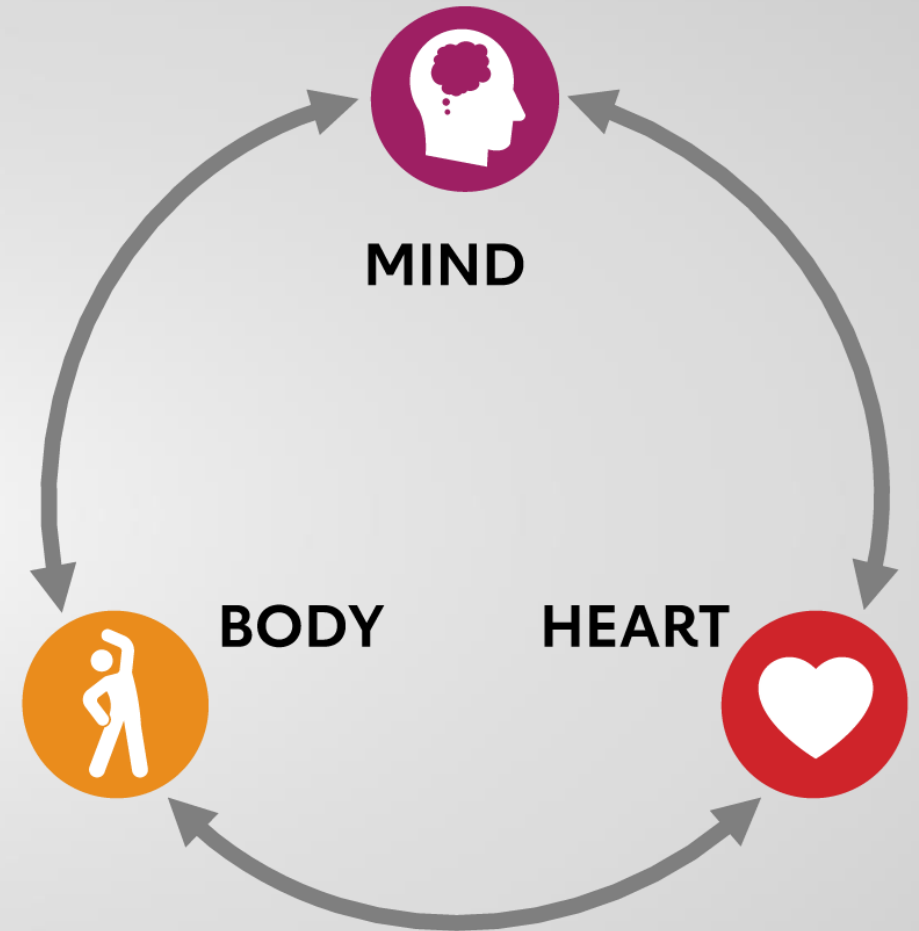
Identifies the 8 most important factors for cardiovascular health — 4 health behaviors and 4 health factors

Simplifies cardiovascular health so people can better understand and manage it



Improving Life's Essential 8 can improve overall well-being

- The mind, heart and body are connected
- Factors that affect one can affect the other two — the impact can be positive OR negative
- Improving Life's Essential 8 isn't just good for your heart, it's also good for your overall health and well-being

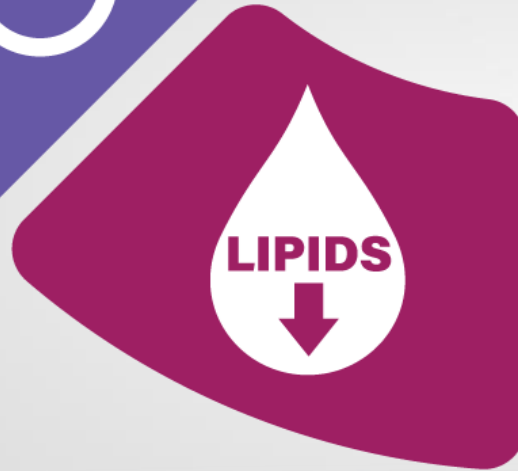


Four key health factors

Blood Pressure
Less than 120/80 mm Hg



Blood Lipids
Less than 130 mg/dL of
non-HDL cholesterol



Healthy Weight
A body mass index of
less than 25 kg/m²



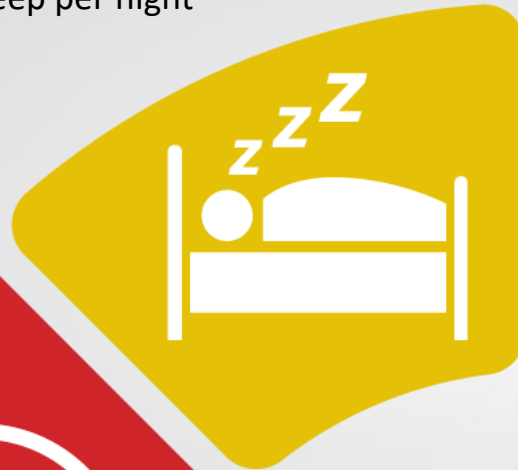
Blood Sugar
No history of diabetes and
fasting blood glucose of less
than 100 mg/dL (or
hemoglobin HbA1c < 5.7%)



Four key health behaviors

Adequate Sleep

Getting 7-8 hours of sleep per night



Healthy Diet

Adhering to a DASH or Mediterranean diet



Not Smoking or Vaping



Physical Activity

150 minutes or more of moderate-intensity aerobic activity OR 75 minutes of vigorous-aerobic activity per week



Quitting Nicotine



TRUE OR FALSE?

Nicotine helps you relax.



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FALSE!

Nicotine can increase stress levels and trap you in a cycle of addiction.



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Benefits of quitting

- After one year after quitting, your risk of heart disease goes down by HALF
- You'll increase your chances of living longer
- Your senses of smell and taste will improve
- Your smoker's cough will go away



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How to Quit Smoking



SET YOUR "QUIT DAY"
& TAKE A NO SMOKING
OR VAPING PLEDGE.



CHOOSE YOUR
METHOD FOR
QUITTING.



TALK WITH YOUR
DOCTOR & DECIDE IF
YOU'LL NEED MEDICINE
OR OTHER HELP.



MAKE A PLAN FOR
YOUR QUIT DAY &
AFTER.



ADD MORE

SUPPORT
1-800-QUITNOW
TEXT QUIT to 47848

PHYSICAL ACTIVITY

SMALL GOALS
WITH REWARDS



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GOOD
VIBES
ONLY



GET LESS

EMOTIONAL TRIGGERS



SOCIAL TRIGGERS



SITUATIONAL TRIGGERS



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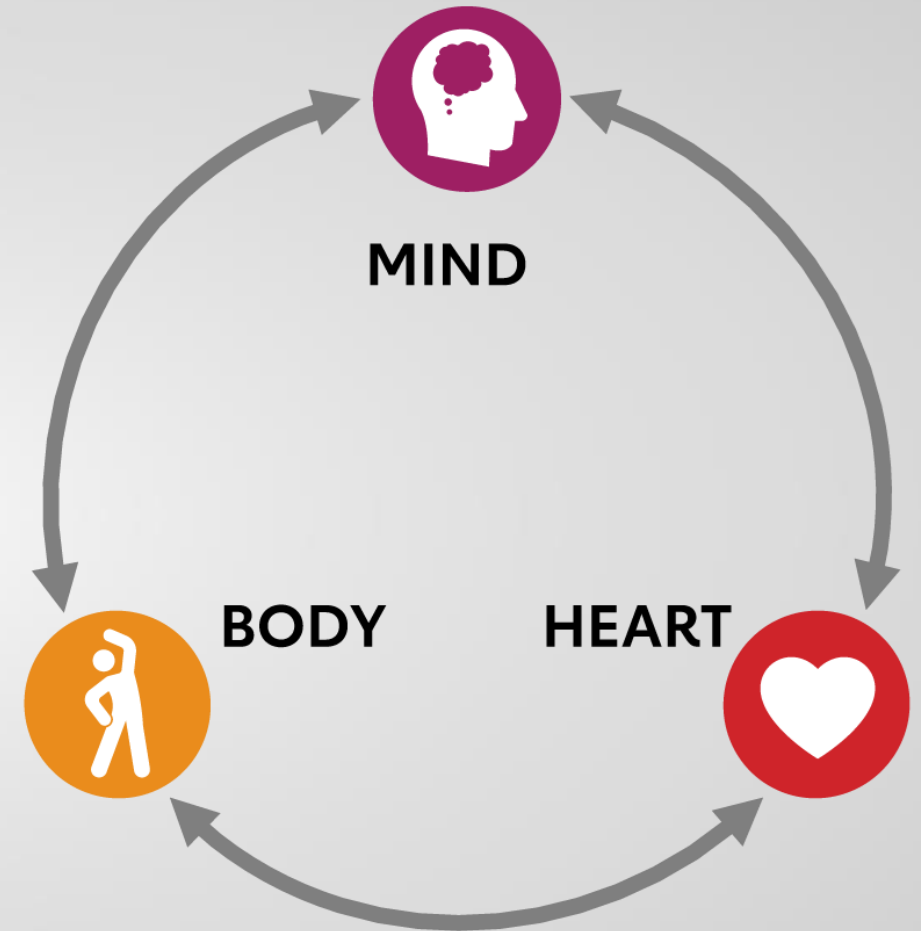


DON'T KNOW WHERE TO START?



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**Remember, it's all
connected**



You can start a positive chain reaction

Better sleep can lead to healthier food choices

Healthier foods give you energy to move more

Physical activity lowers stress and makes quitting nicotine easier



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For more about Life's Essential 8



Take the quiz

Find your focus areas

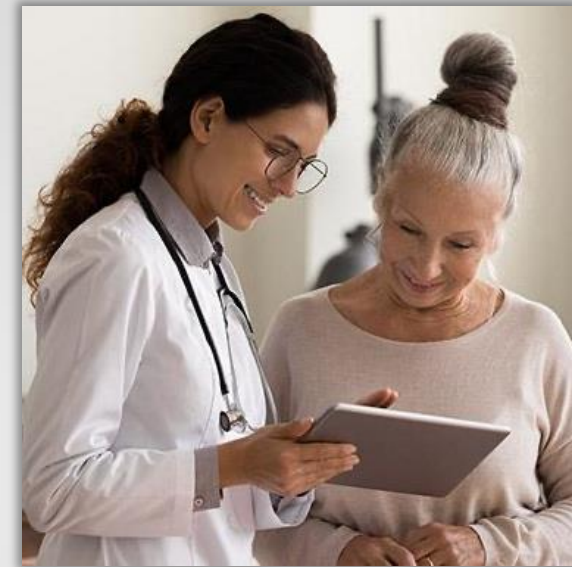
mlc.heart.org/



Take action

Get simple, science-backed tips

heart.org/en/lifes8



Talk to your provider

Know your numbers
and get support



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Thank You.

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