

**SCLC presents:**

***Quitlines: Reducing Disparities and the Impact of Tobacco on  
American Indian, Alaska Native, and Asian Populations***  
**Tuesday, November 12, 2019 2:00 pm EDT (60 minutes)**

**Speakers' Responses:**

**Cherrie Ng**

**Gary J. Tedeschi, PhD**

**Robert A. Vargas-Belcher, MSW, MPH**

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Q: Are the printed resources/brochures available?

**A: Cherrie Ng:**

ASQ houses all promotional materials and factsheets at [www.asq-shop.org](http://www.asq-shop.org)

Here are promotional materials that are available in physical copies and can be ordered through ASQ shop:

Top 10 Tips to Quit Info Sheet:

<https://asq-shop.org/collections/fact-sheet/products/top-10-tips-to-quit-smoking-flyer>

Poster:

<https://asq-shop.org/collections/posters-1>

Postcard:

<https://asq-shop.org/collections/postcards-1>

Wallet Card:

<https://asq-shop.org/collections/wallet-cards-1>

Service Rack Card and Flyer:

<https://asq-shop.org/collections/brochures-rack-cards/products/service-information-rack-cards>

Here is the link for our downloadable factsheets which are available in digital format:

<https://asq-shop.org/collections/fact-sheet>

In addition, I mentioned there are resources out there that are available in some Southeast Asian languages and here are the links for your reference and information:

<https://appealforhealth.org/resources/in-language-tobacco-resources/>

Tobacco Education Clearinghouse of California (TECC) also carries materials in other languages:  
<https://www.tecc.org/categories/tecc-product/>

Q: We're listening in from OK. Back earlier, Cherrie Ng showed a national map of Asian population density & it showed a "20" on OK. What did that 20 represent?

**A: Cherrie Ng**

The different numbers on the US map represent the number of enrollments to ASQ from different states between August 2012 to August 2019. To answer the question, during that time period, ASQ enrolled 20 people living in OK who were seeking help to quit smoking in Asian languages.

Q: Can anyone from any state call the Native American/Alaskan Native Quit line?

**A: Robert Vargas – Belcher**

No, we only promote this number in the states where we offer the Optum American Indian/Alaska Native Commercial Tobacco Cessation Program. However, a participants is also able to gain access to our specialized care program through the standard 1-800-QuitNow number.

Q: To Robert, isn't any form of tobacco unsafe (and that includes traditional ones)?

**A: Robert Vargas-Belcher**

We thought that as well. There is a really great article titled “Why the world will never be tobacco free.” The link is here:  
<https://www.ncbi.nlm.nih.gov/pubmed/27077360>.

This article help us understand the Two-Tobacco Way Framework. When practiced and used in traditional ways, within the American Indian and Alaska Native communities, it isn't unsafe.

We learned additionally that traditional tobacco is not always used by smoking, used in various practices and ways. We would encourage the attendees to read through this article.

Q: How do you deal with the relapsing client?

**A: Gary Tedeschi/Cherrie Ng**

First of all, we congratulate them on having quit for any length of time.

We know that most people have to try several times before quitting for good. So we want to normalize this experience and frame any amount of quitting as a success, rather than a failure.

We encourage clients to assess what got them back to smoking and review what strategies they tried and what happened. Was it a decrease in motivation and confidence? Was it more about ineffective strategies? Or was it some combination of these things? If it was about motivation and confidence, motivational interviewing strategies work well. If it was more about planning, we discuss how to rework the plan to include other strategies they haven't tried yet, or to recommit to strategies that worked, but that they stopped using for some reason. In any case, we believe the most important message to give someone who has relapsed is to not be hard on themselves and to try again –to never give up trying to quit, because one of the attempts will stick.