

Tobacco Use and People with Disabilities

Candice Lee, MSA

Health Promotion for People with Disabilities – Michigan Department of Community Health

Welcome & Introductions

Health Promotion for People with Disabilities at MDCH:

- Help public health programs become accessible
- Promote healthy lifestyles, chronic disease prevention & management, and physical activity among people with disabilities.

Health & Disability: **not** mutually exclusive

- Health is “ a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.”
 - World Health Organization, 1948
- Everyone can do something to improve their health.

Disability and Chronic Disease

- Disability lowers the threshold for acquiring additional chronic conditions.
- Chronic conditions & disabilities make management more difficult.
- Tobacco exacerbates symptoms.
- Quitting tobacco is of amplified importance.

What is disability?

- Not a specific diagnosis.
- A functional limitation.

What is disability?

1. Are you limited in any activities because of physical, mental or emotional problems?
2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed or a special telephone?

What is a disability?

1.86 million adults in Michigan have a disability – one out of every four.

How do I say it?

PEOPLE-FIRST LANGUAGE

Disclaimers

- People with disabilities are diverse.
- Language and acceptable behavior change over time.
- When in doubt, ask – and listen to the answer.

People-First Language

Don't say:

- Wheelchair bound
- Victim
- Retarded
- Brain-damaged

Say this instead:

- Wheelchair user
- Has
- Cognitive disability, intellectual disability, developmental disability
- Has a brain injury

It's OK to say...

- Deaf (and deaf)
- Hard of hearing
- Blind
- Visually impaired/low vision

What should I do?

DISABILITY ETIQUETTE

Assistive Equipment

- Treat it the way you would a person's body
- Don't touch or move it without asking
- Ask – and listen to the answer

Blindness

- Don't touch, grab, or try to propel someone
- Introduce yourself, every encounter
- May I offer you my arm? Could I help you find your way?
- What's the best way for you to receive information?

Deafness, Hard of Hearing

- Face the person you're talking to
- Keep your face clear of hands, hair, or objects
- Don't chew gum
- Don't yell
- Speak directly to the person
- Check for understanding

DISPARITIES, BARRIERS AND RESOURCES

Disparities in Tobacco Use

- PWD: 23.8%
- PWOD: 17.4%
- Disparate economic impact

Barriers to Treatment

- Access
- Time
- Attitudinal barriers

It's still important to treat!

- 70% of tobacco users with disabilities would like to quit – the same as people without disabilities
- Tobacco use adversely affects serious health conditions
- It's a social justice issue!

Michigan Tobacco Quit Line

- 1-800-QUIT-NOW

5 As

- ASK about tobacco use
- ADVISE patient to quit
- ASSESS willingness to try a quit attempt
- ASSIST the person
- ARRANGE for follow-up contact

Questions?

Candice Lee, Project Coordinator

Health Promotion for People with Disabilities

Michigan Department of Community Health

LeeC@Michigan.gov

517-335-3188