



Tobacco and HIV

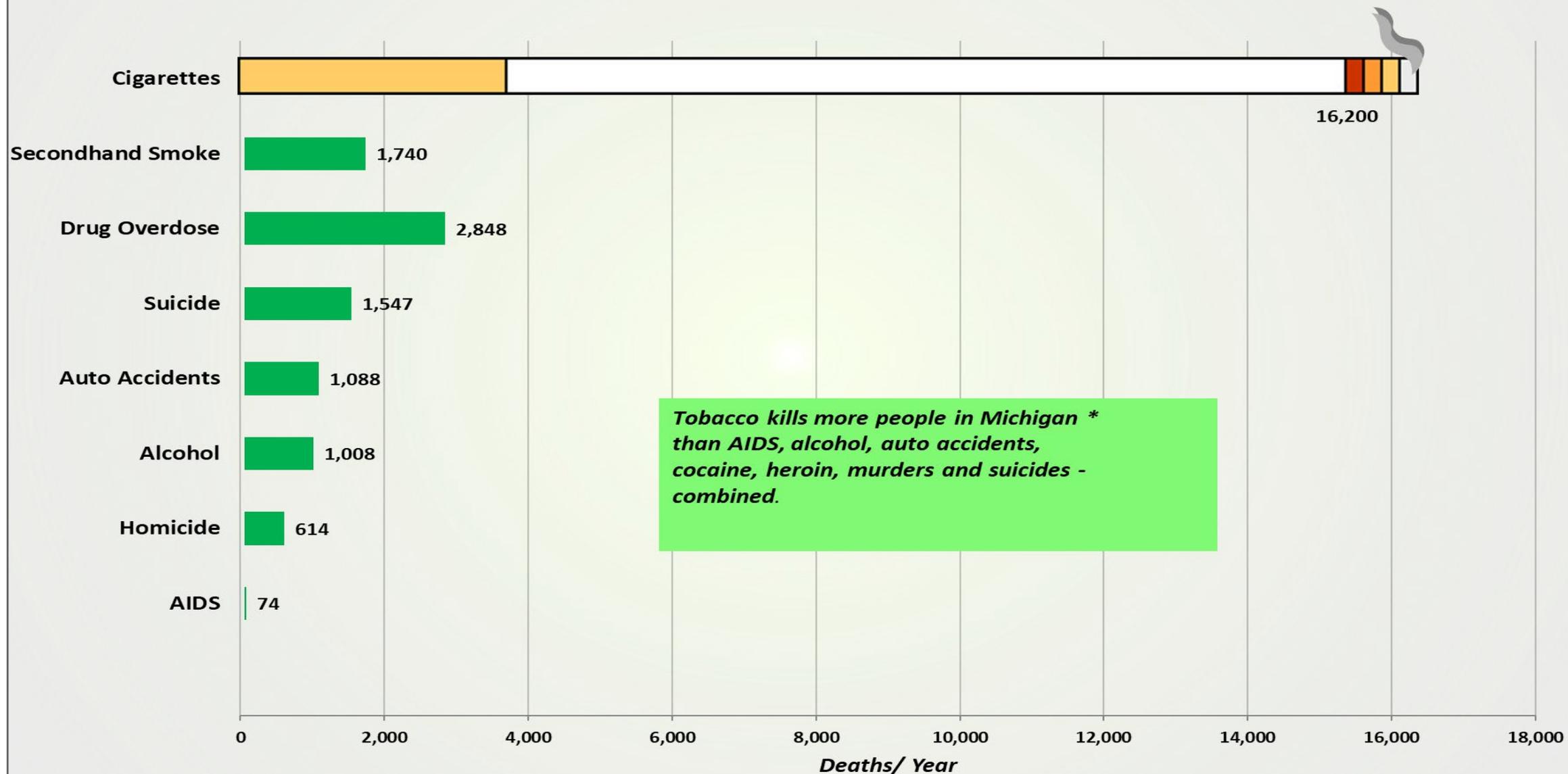
Presented by: TURP Team

Tobacco Section

Michigan Department of Health and
Human Services



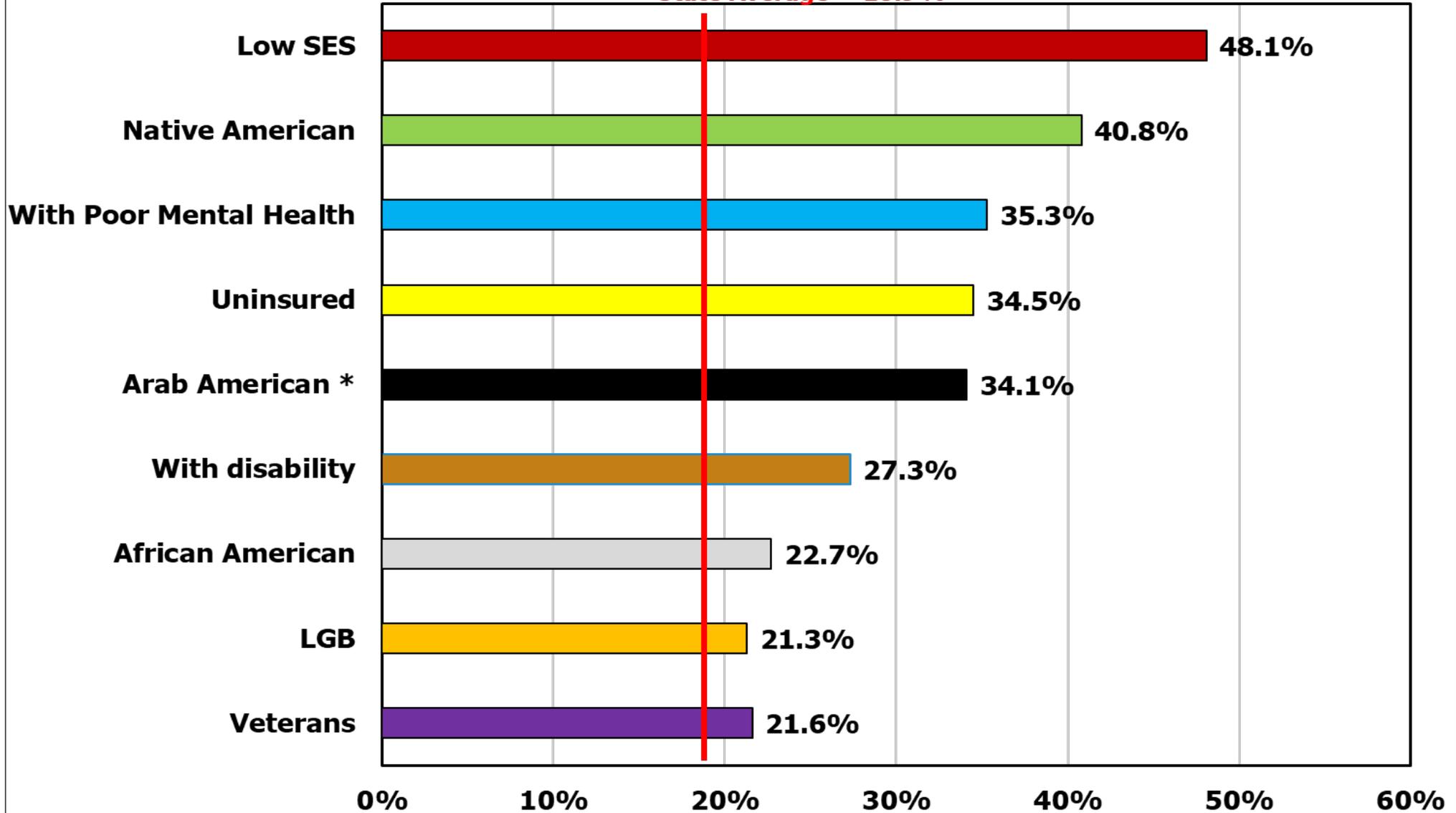
Causes of Preventable Death State of Michigan-2020



* Source: CDC_SAMMEC and MDHHS Vital Statistic 2018

Adult Current Smoking Rates by Populations Disproportionately Impacted by Tobacco Use in Michigan, 2018 Behavioral Risk Factor Survey.

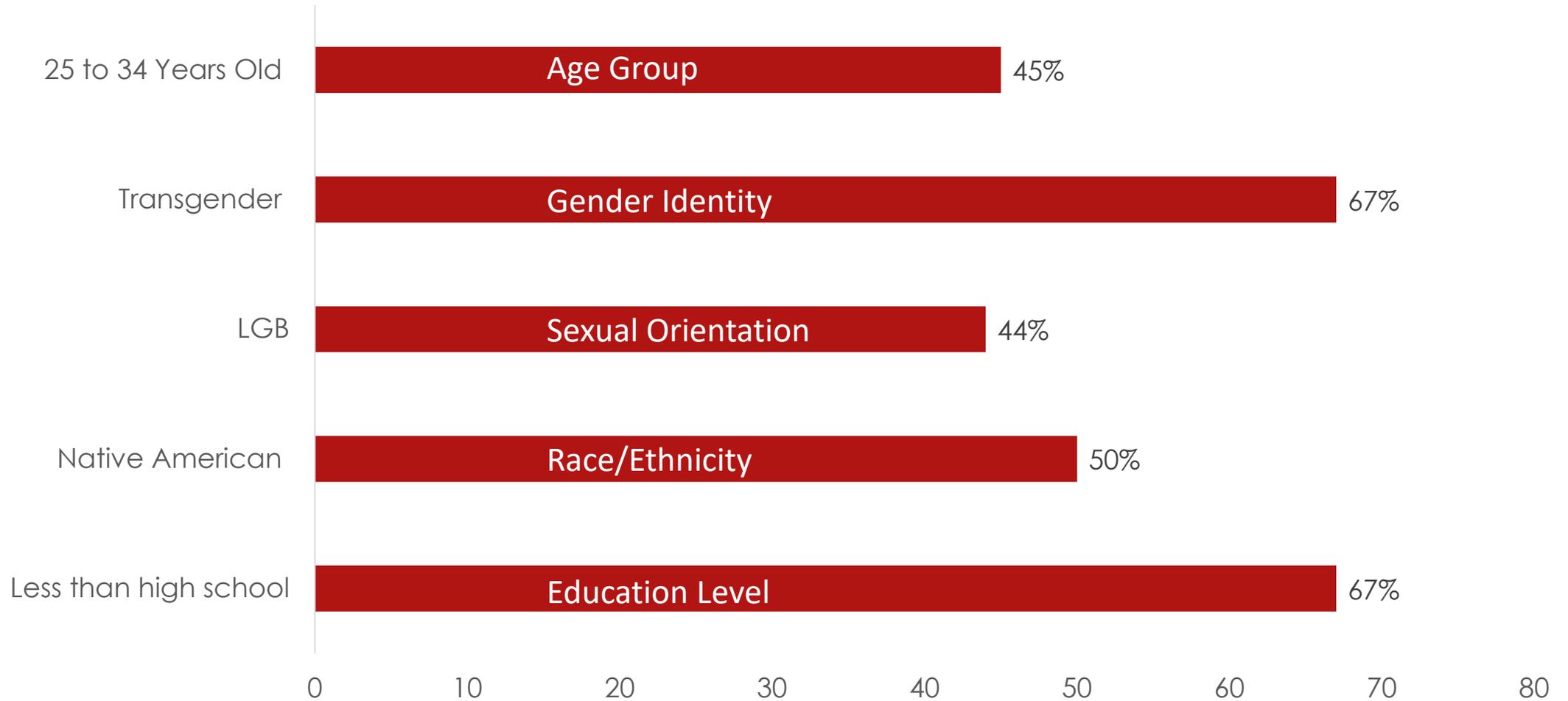
State Average = 18.9%



*Hookah Use Rate_2017



PLWH Populations Disproportionately Impacted by Tobacco Use in Michigan 2017 Client Survey



Tobacco Dependence IS a Chronic Disease



Similar to diabetes, heart failure, hypertension, hyperlipidemia



Expectation for remission and relapse



Provide ongoing treatment



TURP Goals

- Improving the quality of life for people living with HIV (PLWH) who are tobacco users
- Increasing the number of tobacco quit attempts
- Increasing the assessment, referral, and treatment of tobacco dependence amongst PLWH who are Ryan White eligible
- Increasing individual and agency knowledge and awareness of the dangers of tobacco use in PLWH
- Educating how tobacco use disparately affects certain populations and providing general education and disparities

Effects of smoking cigarettes on PLWH

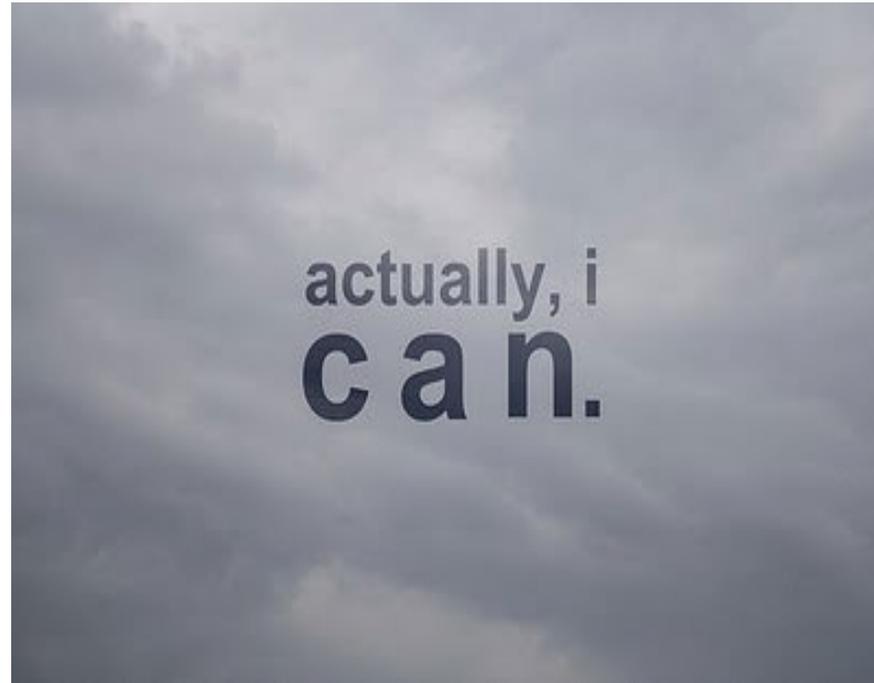
Don't **Burn** Through Your Meds

Smoking can increase the likelihood of complications from HIV medications, like nausea and vomiting. Smoking can interfere with the processing of HIV/AIDS medications by the liver. Smoking weakens the immune system and makes it harder to fight off the opportunistic infections associated with HIV.

- Quicker progression to HIV Stage 3
- Interferes with liver's processing of medications
- Increases the likelihood of complications from medications
- Weakens the immune system
- On average HIV clients die 12.5 years sooner from Tobacco use

PLWH smokers want to quit

- 72% of HIV positive smokers have previously tried to quit
- 63% are currently thinking of quitting



What would you do with 12 years?



- People living with HIV (PLWH) who smoke die 12.5 years sooner than those LWH who don't smoke



Barriers to Tobacco Cessation in PLWH

Bar}riers



- Lack of knowledge of impact on disease status and medications
- Co-morbidity—mental health diagnosis or substance use disorder
- Smoking status not asked
- Minimal tobacco treatment expertise
- Tobacco industry – policy

Resources

HIV & Tobacco Specific

- HIV Guide for Clinical Care, April 2014, Pgs. 189-196. <http://hab.hrsa.gov/deliverhivHIVStage3care/2014guide.pdf>
- HIV Provider Smoking Cessation Handbook, produced by the Veterans Administration. http://www.va.gov/vhapublications/ViewPublication.asp?pub_ID=2826, July 2012
- HIV & Tobacco Use: Pharmacologic and Behavioral Methods to Help your Patients Quit, Mountain Plains AETC, March 2014. <http://www.mpaetc.org/MPAETC/media/MPAETC/Product%20Downloads/tobacco.pdf>
- HIV and Smoking Resources at HIV Stage 3.gov. <http://www.HIV Stage 3.gov/hiv-HIV Stage 3-basics/staying-healthy-with-hiv-HIV Stage 3/taking-care-of-yourself/smoking-tobacco-use/>
- Youtube video: Conversations with HIV Stage 3.gov. https://www.youtube.com/watch?v=KyRcGSx1T1s&feature=player_embedded
- YouTube video: Brian's Story – Tips from a Former Smoker who is living with HIV. <http://www.cdc.gov/tobacco/campaign/tips/resources/videos/brian-videos.html>

Resources for Providers

Tobacco Resources for Providers

- Tobacco Use and Dependence Treatment, 2009: A Quick Reference for Clinicians. https://health.state.us/Downloads/TQL_Quick%20Reference.pdf
- American Academy of Family Physicians "Ask and Act." <http://www.aafp.org/patient-care/public-health/tobacco-cessation/ask-act.html>
- Michigan Providers Tobacco Cessation Tool Kit. <http://www.michigancancer.org/Resources/TobaccoPV.html>
- University of Wisconsin Center for Tobacco Research & Intervention offers videos and other tobacco training materials at www.ctri.wisc.edu
- CDC Tips Campaign from former smokers. <http://www.cdc.gov/tobacco/campaign/tips/partners/health/hcp/>
- Tobacco Free Toolkit for Community Health Facilities. <http://bhwellness.org/wp-content/uploads/2011/04/Tobacco%20Free%20Facilities%20Toolkit.pdf>
- Robbing the Future, Office of the Surgeon General YouTube video. <http://www.youtube.com/watch?v=5Wlob8oCuQ8>
- Five Major Steps to Intervention (The "5A's"). <http://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/tobacco/5steps.pdf>

Resources for Clients

- Michigan Tobacco QuitLine, 1-800-784-8660 or 1-800-QUITNOW. <https://michigan.quitlogix.org>
- My Smoking Cessation Handbook, Veterans Administration materials. http://www.va.gov/vhapublications/ViewPublication.asp?pub_ID=2827
- U.S. Public Health Service offers a free booklet, You Can Quit Smoking Now! Call 1-800-QUITNOW. [The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General, 2014 | SurgeonGeneral.gov](http://www.surgeongeneral.gov/library/reports/2014-the-health-consequences-of-smoking-50-years-of-progress-a-report-of-the-surgeon-general)
- American Cancer Society offers printed material and sponsors the Great American Smokeout on the third Thursday in November. Call 1-800-227-2345. www.cancer.org
- American Heart Association offers printed material. Call 1-800-242-8721. www.americanheart.org
- American Lung Association offers quit smoking classes, printed material, cessation website. Call 1-800-586-4872. Telephone referral and cessation advice is available by calling 1-866-784-8937. www.lungusa.org
- National Cancer Institute offers a quit kit and telephone advice at 1-877-44U-QUIT. <http://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco>
- Nicotine Anonymous at 415-750-0328. www.nicotine-anonymous.org
- QuitNet Online Smoking Cessation. www.quitnet.com
- BecomeAnEX: A website offering an online quit smoking program. www.becomeanex.org

Questions

Sheyonna Watson

watson4@Michigan.gov

Bennetta Thomas

thomasb19@Michigan.gov

Tom Moore

mooret26@Michigan.gov

Sean Bennett

bennetts11@Michigan.gov