

Promoting Respiratory Health and Wellness

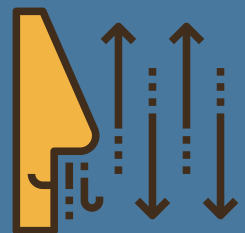
Monitoring our breathing and respiratory health are important parts of overall wellness.

Increasing our attention to these areas can help us reduce illnesses that impact our breathing.

Mental Health and Tobacco Use Rates According to the American Lung Association

- **35%** of cigarette smokers have a mental health disorder and account for **38% of all U.S. adult cigarette consumption**.
- Despite the national cigarette smoking rate being **14% overall among adults**, it is **23% for individuals living with a mental health condition**.

The **nicotine dependency rate for individuals with mental health conditions are 2-3 times higher** than the general population.



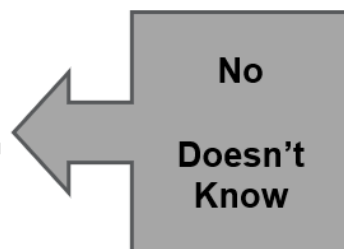
Ask about smoking, vaping, other health issues and any medications that are taken to help with breathing or respiratory health.

SCREEN FOR CURRENT RESPIRATORY HEALTH ISSUES

1. Have you ever been told by a doctor or other health professional that you have a respiratory health issue, like asthma, chronic obstructive pulmonary disease (COPD), chronic bronchitis, or emphysema?

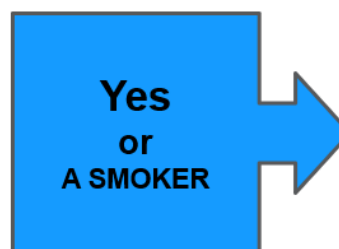
• **Do:** Verify in EHR, FQHC results

• **Ask:** Have you had a screening for respiratory health within the past year?



NO: Arrange respiratory screening with medical team & follow up on results.

YES: See if member has access to results & review results, work on treatment engagement.



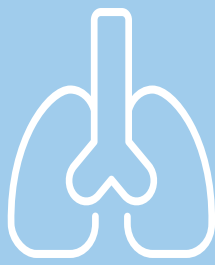
• **Do:** Verify in EHR, FQHC results

• **Ask:** Have you had a respiratory health screening within the past 6-months?

NO: Arrange respiratory health screening or check up with medical team & follow up on results.

YES: Access and review results, work on treatment engagement, smoking cessation.

Reducing Respiratory Illnesses



Talk about the Harmful effects of Smoking and Secondhand Smoke

Secondhand smoke is smoke that is exhaled by smokers and smoke emitted from the burning end of a lit cigarette, cigar, or pipe.

Secondhand smoking causes **more than 7,000 lung cancer deaths each year in people who don't smoke.**

Cancer, heart disease and stroke (all of which can be caused by cigarette smoking) **are among the five leading causes of death among People of color including African Americans and LatinX/Latinos.**

Smoking & Diabetes

- **Diabetes is the 5th leading cause of death among LatinX/Latinos.**
- The risk of developing type 2 diabetes is **30-40% higher for those who smoke** cigarettes than those who don't smoke.
- Smoking can **worsen complications** from diabetes.



Simple Ways to Reduce Respiratory Illnesses

- **Quit smoking:** For people who smoke, the most important part of respiratory health is to reduce or stop smoking.
- **Avoid air pollutants:** Exposure to second-hand tobacco smoke and other air pollutants at home and at work can negatively affect respiratory health.
- **Avoid lung infections:** Lung infections can cause serious problems in people with respiratory conditions.
- **Get vaccinated:** Vaccines for the flu and pneumococcal pneumonia are especially important for people with respiratory illnesses.