



What do Women Say about Quitting?

- ❑ *"I like that I can play with my children without running out of breath. I enjoy being with them more because I don't worry that they are being exposed to Second Hand Smoke when I smoke."*
- ❑ *"It's hard, but I notice more things that make me happy because I am not always thinking about when will I be able to have my next cigarette."*
- ❑ *"Food tastes better; my clothes and hair don't smell like tobacco."*
- ❑ *"I was surprised that I was able to confront my boss—in the past, I would have gone out for a smoke and stayed angry about my situation without doing anything to change things."*



How do I learn more about *Choose to Be*?

Call
Fremont County
Public Health Agency
at
719-275-1626



and ask for the

**Choose to Be
Coordinator**

Or

email:roxie.lasoya@fremontco.com



Fremont County
Public Health Agency
172 Justice Center Road
Canon City, Colorado 81212



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Fremont County Public Health Agency
Bridge to Quality Care



What is Choose to BE?

Choose to BE is a program for pregnant women who smoke and want to quit.

There are many reasons why a pregnant woman would choose to quit tobacco.

- She may be tired of seeing her money “go up in smoke.”
- She may have a nagging cough and have concerns about her health, the health of her children, and of other family members.
- Or, she may be tired of feeling like tobacco is running her life.

Whatever the reason, or reasons for wanting to quit, she is more likely to be successful if this is her choice, her decision — a challenge that she has chosen.



How does Choose to Be work?

A woman who quits by the time she delivers is eligible for a \$25 diaper voucher for each month she remains tobacco free (after delivery). She can earn up to \$300 worth of diaper vouchers. A breath test is used to determine tobacco free status.

What happens if I am unable to stop smoking by the time my baby is born?

You can remain in the program and continue to work on becoming tobacco free. You may also be eligible for other incentives. Once you are tobacco free, you qualify for the diaper vouchers.

What happens if I quit and then slip?

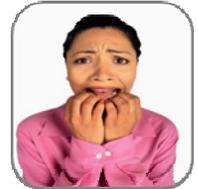
Slips happen. If you slip, you can choose to remain in the program but will not receive a diaper voucher as long as you are tobacco positive. However, other incentives may be available to help you along. Once you are tobacco free, you will receive a diaper voucher (after delivery).

How many times do I have to come? That depends on your schedule, what kind of help you want, how far along you are in your pregnancy, etc. but a minimum of 5 prenatal visits is required. Post-partum visits are once a month up to 12 months.



What makes it difficult to quit?

A woman who wants to stop smoking faces many challenges.



◆ Sometimes the biggest challenge are her doubts about being able to quit and remaining tobacco free:

• Will I be able to quit? I tried before but only quit for a month—I failed. No quit attempt is a failure. If you were able to quit, or cut back even for a short time, there are lessons to be learned from that quit attempt that can help you now.

◆ Other times the challenge comes from people who want to help but whose nagging or applying pressure to quit makes it harder for you to reach your goal.

◆ And sometimes it is the information you have, or **don't have**, that creates problems.

- I have to set a quit date or go “cold turkey”—these approaches work for some people but not for everyone.
- If I use nicotine patches, I will be able to quit— patches can help, but patches alone do not guarantee success.