



Tobacco 101

The goal of Tobacco 101 is not to quit tobacco use, but to better understand tobacco use and dependence. Tobacco 101 will help participants to identify tobacco as a substance, understand the nature of addiction, and make good decisions for the future.

Tobacco 101 is available on-site to businesses for employees who are not quite ready to quit, but want more information about tobacco. It is available as an hour-long group that features lecture and discussion, or a one-on-one individual session with a tobacco treatment specialist.

Tobacco 101 is a tobacco education program that is designed for people who are not quite ready to quit tobacco, but are getting more comfortable with the idea of change. Tobacco 101 is not designed to substitute for our successful Commit To Quit tobacco cessation program, but rather to encourage employees to think about the idea of quitting.

Topics include:

- Tobacco as a Substance
- Nature of Addiction
- Personal Decisions

Tobacco 101 participants will also be given the opportunity to test the amount of carbon monoxide in their blood with the use of a CO Monitor.

Tobacco 101 is designed to grab a participant's attention; make the tobacco issue very personal to each of them; help them feel and comprehend the destruction that tobacco use brings on themselves and those around them; and to offer them a clear choice to begin a cessation program.



Shavonne Washington-Krauth is the tobacco cessation coordinator with The Cardiac Center of Creighton University Medical Center. She holds a bachelor's degree in exercise science, a master's degree in health education, and is a certified lifestyle and weight management coach.

Tobacco 101 is an adjunct program to Creighton's popular and successful Commit to Quit Program, which has helped hundreds of tobacco users kick the habit since 1999.

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