

A Guide for Health Centers to Address Tobacco Use Among Agricultural Worker Patients



Migratory and Seasonal Agricultural Workers (MSAWs) are more vulnerable to use tobacco because of the nature of their work, constant mobility, and cultural traditions. Factors such as stress, anxiety, ingrained habits, social situations, and nicotine addiction all contribute to tobacco use and can make quitting difficult.^{1,3,6,7} Health centers play an important role in helping MSAW patients quit or reduce tobacco use by screening and implementing culturally and linguistically appropriate tobacco cessation interventions.

This guide will help health center staff address tobacco use by highlighting:

- Different types of tobacco products used among MSAWs and related health risks.
- The importance of screening for tobacco use and a list of current health center screening tools.
- The benefits of quitting and strategies and resources to implement tobacco cessation interventions for MSAWs.

Throughout this guide, you will also find statistics (blue) and quotes from agricultural workers (teal) to support the importance of addressing tobacco use among this population.

In 2022, 14,600 MSAW patients visiting a migrant health center were identified as tobacco users.¹



Tobacco Products and Related Health Risks

Tobacco is a plant that contains **nicotine**, which is harmful and very addictive to the body.¹⁷ Many MSAWs may not be aware of the harm that tobacco use has on their health.³ Knowing the various tobacco products and related health risks can help health center staff identify tobacco use when screening patients to provide adequate support and implement tobacco cessation interventions.






The tables below highlight common types of **burn**, **heat-not-burn**, and **smokeless** products and major health risks:


Burn Tobacco Products

Tobacco Product	What is it?	Related Health Risks
<p>Cigarettes</p> 	<ul style="list-style-type: none"> • Most common type of tobacco product in the world.² • Tobacco wrapped in paper or material that does not contain tobacco. • Burned and smoke is inhaled into the lungs. • Has many harmful and cancer-causing chemicals.^{2,1,12} 	<ul style="list-style-type: none"> • Addiction to nicotine • Stroke • Cancers (throat, lung, mouth) • Lung diseases (chronic obstructive pulmonary disease) • Respiratory diseases (asthma) • Heart diseases • Oral diseases • Pregnancy complications • Secondhand smoke exposure to bystanders • Vision loss^{11,12,21}
<p>Cigars or Cigarrillos (small cigars)</p> 	<ul style="list-style-type: none"> • Tobacco wrapped in tobacco leaves or a material made of tobacco. • Burned and smoke is drawn into the mouth and swallowed. • Has the same harmful and cancer-causing chemicals as cigarettes.¹³ 	<ul style="list-style-type: none"> • Addiction to nicotine • Stroke • Cancers (throat, lung, mouth) • Lung diseases (chronic obstructive pulmonary disease) • Respiratory diseases (asthma) • Heart diseases • Oral diseases • Pregnancy complications • Secondhand smoke exposure to bystanders • Vision loss^{11,12,21}



"Smoke is harming those who are breathing it more than the one who smokes it... we are putting others in jeopardy." - Agricultural Worker

Heat-not-burn Tobacco Products

Tobacco Product	What is it?	Related Health Risks
<p>Electronic Cigarettes/Vapes</p> <p>Disposable "one-time use"</p>  <p>Rechargeable "multiple uses"</p>  <p>Tanks & Mods</p> 	<ul style="list-style-type: none"> • Battery-powered devices that heat up a liquid that has nicotine, flavorings, and other cancer-causing chemicals. • An aerosol that looks like "vapor" is inhaled into the lungs.¹² • A growing health issue among youth and young adults.⁴ 	<ul style="list-style-type: none"> • Addiction to nicotine • Lung diseases (popcorn lung, lung injuries) • Respiratory diseases (asthma) • Heart disease • Cancers (lung and throat)¹² • Oral diseases²⁴ • Affects youth brain development • Pregnancy complications • Serious injuries caused by device fire or explosion¹⁷ • Second-hand aerosol exposure to bystanders¹⁸

<p>Heated Tobacco Products</p> 	<ul style="list-style-type: none"> • Different from e-cigarettes. • Charged electronically and heat up dried tobacco leaves instead of burning them. • An emission (gas) is inhaled into the lungs.¹² 	<ul style="list-style-type: none"> • Addiction to nicotine • Affects youth brain development • Pregnancy complications • Secondhand emission exposure to others. • Expose people to same harmful and cancer-causing chemicals found in cigarettes.²⁵
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"It's more damaging... the young ones are already getting sick, because of that vape" -Agricultural Worker

Smokeless Tobacco Products		
Tobacco Product	What is it?	Related Health Risks
<p>Chewing Tobacco</p> 	<ul style="list-style-type: none"> • Smokeless tobacco is not burned. • Put between the gum and cheek to chew or suck juices from, then is spit out or swallowed.¹⁴ 	<ul style="list-style-type: none"> • Addiction to nicotine • Oral diseases (gum disease, tooth decay and loss) • Mouth cancer • Affects youth brain development • Pregnancy complications¹⁴ • Has many harmful and cancer-causing chemicals.¹⁴
<p>Snus</p> 		

Benefits of Quitting Tobacco Use

MSAWs often believe misconceptions about how quitting tobacco affects their health since their body may depend on nicotine. Health center staff can help debunk these myths by reinforcing the benefits of quitting or reducing tobacco use and offering tobacco cessation interventions available to MSAWs in their service area.

Benefits of quitting or reducing tobacco use:

- Save money^{10,11,21}
- Less days feeling sick and possibly less days of missing work
- Less risk for cancers, stroke, heart problems, and respiratory illnesses
- Less coughing and healthier lungs
- Less shortness of breath when doing daily activities or working in the field
- Less exposure to second-hand smoke, aerosol (vapors), or emissions (gas) for people around you
- Expect to live longer and have better quality of life

***"Little by little...
you'll quit smoking"***
-Agricultural worker

Screening for Tobacco Use

Screening for tobacco use among MSAWs helps health center staff identify the need for cessation interventions and support. It also helps recognize the unique challenges faced by MSAWs that may contribute to tobacco use behaviors.⁵ There are multiple tobacco screening tools available for health centers with unique characteristics to meet their specific patient and service needs. The types of tobacco screening tools used in every day clinical practices can vary from health center to health center; however, health centers are required to report tobacco use in the [Uniform Data System \(UDS\) pg. 104](#). The table below provides a list of different recommended and evidence-based tobacco screening tools that can be implemented by health centers, in addition to the UDS questions, to fully assess tobacco use within the MSAW population.

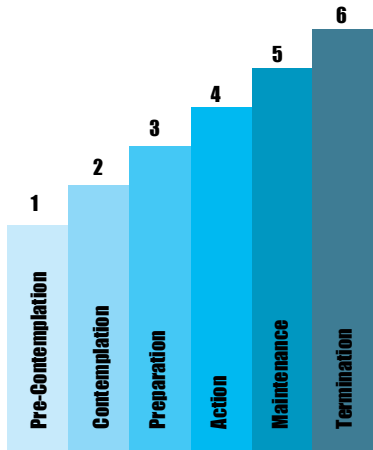
Screening Tools	Description
The 5As to Smoking Cessation Plan and AAR (Ask, Advise Refer)	Originated from the U.S. Department of Health and Human Services and adapted by other organizations such as the Centers for Disease Control and Prevention (CDC) and American Medical Association. The abbreviated version of the 5 A's and AAR tools have shown to enhance motivation for MSAW patients who smoke to change their behavior and quit smoking. ¹⁵
ABCS Toolkit for the Practice Facilitator *Find screening tool on pg. 84	Developed by HealthyHearts New York City Department of Health and Mental Hygiene, this screening tool includes questions to ask patients who smoke and provides recommendations to reduce the risk and burden of heart disease. ²⁶
Quit Connect Health *Find screening tool on pg.10	Developed by a multidisciplinary team of researchers and clinicians at the University of Wisconsin-Madison to Improve Referrals to Tobacco Quit Lines that includes a screening workflow tool for health center staff to utilize when planning interventions for patients. ²⁷
Penn State Nicotine Dependence Index	Developed by Dr. Jonathan Foulds to measure nicotine dependence for all nicotine product types including electronic cigarette dependence.
Assessing Nicotine Dependence in Adolescents “Hooked on Nicotine Checklist” (HONC)™	Developed by the National Cancer Institute and designed to determine the onset and strength of tobacco dependence among adolescents.
Million Hearts, Tools for Clinicians and Health Systems	Developed by Million Hearts® a national initiative co-led by the Centers for Disease Control and Prevention (CDC) and the Centers for Medicare & Medicaid Services (CMS) based on the most recent clinical guidelines for treating tobacco use and dependence. ²⁸
Fagerstrom Test for Nicotine Dependence	Developed by Karl-Olov Fagerström as a standard instrument for assessing the intensity of physical addiction to nicotine. ²⁰

Visit [CDC's Clinical Cessation Tools](#) and the National Association of Community Health Centers (NACHC) [Tobacco Cessation Resource Guide for Health Centers](#) to view additional tobacco cessation and screening tools. You can also visit the CDC's [Million Hearts Change Package](#) to learn strategies to support the implementation of these resources!

Strategies to Address Tobacco Use Among MSAWs

1. Build Staff Capacity to Identify Patient Readiness to Quit

The following evidence-based models can be used by health center staff during the tobacco use screening process to help identify the MSAW patients' level of readiness to quit tobacco. These models can also help strengthen tobacco cessation and education efforts at the health center and during out-reach.

Model	Health Center Implementation Strategies
<p><u>Stages of Change</u></p> <p>A model developed by Prochaska and DiClemente to help staff assess a patient's readiness to quit smoking at every visit. Knowing their stage of change helps provide the right resources and support.²²</p>	<p>Encourage staff to:</p> <ul style="list-style-type: none"> Learn and practice the six stages (Pre-contemplation, Contemplation, Preparation, Action, Maintenance, Termination) of change to determine whether or not a patient is ready to begin cessation interventions. Tailor educational resources and conversations to each particular stage of change of the patient. 
<p><u>Motivational Interviewing (MI)</u></p> <p>A technique developed by William R. Miller and Stephen Rollnick that helps health center staff implement conversations that encourage patients to share their thoughts, feelings, and experiences with addictive behaviors like tobacco use. This technique can increase motivation and help move patients through the stages of change.²³</p>	<p>Encourage staff to:</p> <ul style="list-style-type: none"> Attend in-person or online MI trainings to incorporate in their conversations with patients. Learn and practice MI change talk and the 4 core principles (express empathy, roll with resistance meaning avoiding argumentation, develop discrepancy, and support self-efficacy). Learn how to respond to patients who are resistant to change. <ol style="list-style-type: none"> Express empathy Roll with resistance Develop discrepancy Support self-efficacy

2. Develop Community Partnerships to Help Address Tobacco Use

Health centers can collaborate with other organizations in their community to address tobacco use among MSAWs, increase synergy, and coordinate the sharing and utilization of tobacco cessation and prevention resources. Some examples of successful partnerships to address tobacco include:

- Working with community centers or religious institutions to host support groups or counseling sessions for patients trying to quit smoking.
- Collaborating with local transportation authorities and ride-sharing companies to improve access to transportation for underserved communities to attend their doctor's appointments at their local health center.
- Partnering with other agricultural-worker-serving organizations to conduct outreach and raise awareness of tobacco cessation efforts in the community.

To learn more on how to build community partnerships, access [NCFH's Guide for Establishing Collaborative Relationships](#).

3. Implement Tobacco Cessation Education through Outreach and Resource Sharing

Tobacco cessation educational resources should be tailored to your MSAW population with simple, plain language that is clear and easy to understand. The language should also align with cultural norms and linguistic preferences specific to your MSAW population. NCFH created the print resource, "How Tobacco Use Can Affect You and Your Family," to be used by health centers for outreach efforts to address tobacco use among MSAWs. See [attachment A](#).

Health centers responded that homes and places of employment are the most successful forms of outreach and self-help educational materials are the most effective educational tools with agricultural workers³

Health center staff can also share the following tobacco cessation and Quitline counseling/support programs with MSAW patients when conducting outreach:

Quit Support Program	Telephone line or text #	Eligibility	Languages
CDC's 1800 Quit Now	<ul style="list-style-type: none">• 1-800-Quit-Now or 1-855-DÉJE-LO-YA for Spanish• Text QUITNOW to 333888• Texto DÉJELO YA al 333888	13+	English, Spanish, Chinese, Korean, and Vietnamese. <i>Please visit the site to learn more.</i>
Truth Initiative Quit Texting Support	<ul style="list-style-type: none">• DITCHVAPE to 88709	13 - 24	English only
Smokefree.gov	<ul style="list-style-type: none">• 1-800-Quit-Now or 1-877-44U-Quit• Text QUIT to 47848 or ESP al 47848 for Spanish• LiveHelp, a quit-smoking counselor is available through a live online chat. Available in English and Spanish.	13+	English and Spanish

Visit the [North American Quitline Consortium \(NAQC\)](#) to learn more about what tobacco cessation services are offered in each state. To connect MSAW patients to a health center in their community, visit [HRSA's Find a Health Center](#). If you have any questions or want additional information about the tools for tobacco education, prevention, screening, and cessation provided in this guide, please contact info@ncfh.org.

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Attachment A: How Tobacco Use Can Affect You and Your Family

This door hanger print resource below can be used by health centers and other community-based organizations for outreach efforts to address tobacco use among Migratory and Seasonal Agricultural Workers (MSAWs). It is available in both English and Spanish. See below for printing instructions.

Printing Instructions:

- In your PDF document, select the **File** tab and select **Print** or click on the printer icon 
- Select **Printer**
- Under **Printer Settings** select **Pages to Print** and type page range **10-11**
- To print on both sides, select **Print on Both Sides** then **Flip on Long Edge** and **Portrait Orientation**
- The file will automatically print in color (highly recommended), if you wish to print in black and white, you can select **Print in Grayscale**.
- Click **Print**

How Using Tobacco Can Affect You and Your Family









It's never too late to stop using tobacco!

What is tobacco?

Tobacco is a plant with leaves that have a drug called nicotine that is addicting, making the body need it more and more.

There are different types of tobacco products, like burned, battery heated, or smokeless. Burned and heated tobacco products are breathed into the lungs and smokeless products are chewed and sucked on.

Burned	Battery Heated	Smokeless
Cigarettes 	Electronic Cigarettes or Vapes (contain liquid with nicotine) 	Chew 
Cigars or Cigarillos (small cigars) 	Heated Tobacco Products (contain tobacco leaves) 	Snus 

Vapes are not safer than cigarettes.

Vapes come in attractive flavors for children like fruits (strawberry-banana or watermelon).

Did you know using tobacco products like smoking cigarettes or vaping can make you very sick and possibly die?

Tobacco can cause serious health conditions like:

- Heart disease
- Stroke
- Lung diseases
- Breathing problems
- Oral diseases (gum disease, tooth decay, and loss)
- Cancers (lung, throat, and stomach cancer)

Tobacco use by children can harm their brain development and if used by pregnant women, it can harm the baby. Talk to your kids early about the health risks and avoid using tobacco while pregnant.

Cómo el uso del tabaco puede afectarle a usted y a su familia



¡Nunca es tarde para dejar el tabaco!

¿Qué es el tabaco?

El tabaco es una planta con hojas que contienen una droga llamada nicotina que es adictiva, haciendo que el cuerpo la necesite cada vez más y más.

Existen diferentes tipos de productos de tabaco, como los que se queman, los calentados con baterías, y sin humo. Los productos de tabaco que se queman y los calentados se inhalan o respiran hacia los pulmones y los productos sin humo se mastican y chupan.

Quemados	Calentados con baterías	Sin humo
Cigarillos 	Cigarillos electrónicos o vaporizadores (contienen un líquido con nicotina) 	Tabaco para masticar 
Cigarros o cigarillos (cigarros pequeños/ puros) 	Productos de tabaco calentados (contienen hojas de tabaco) 	Tabaco en polvo húmedo (Snus) 

Los vaporizadores no son menos dañinos que los cigarillos.

Los vaporizadores vienen en sabores que son atractivos para los niños como frutas (fresa-plátano o sandía).

¿Sabía que consumir productos de tabaco, como fumar cigarillos o vapear, puede enfermarlo gravemente y posiblemente causarle la muerte?

El tabaco puede causar problemas de salud muy graves, como:

- Enfermedades del corazón
- Derrame cerebral
- Enfermedades de los pulmones
- Problemas respiratorios
- Enfermedades bucales (enfermedades de las encías, caries y pérdida de dientes)
- Cánceres (cáncer de pulmón, garganta y estómago)

El consumo de tabaco en los niños puede dañar el desarrollo de su cerebro y si es consumido por mujeres embarazadas, puede dañar al bebé. Hable con sus hijos temprano sobre los riesgos para la salud y evite usar tabaco durante el embarazo.



¿Sabía que puede proteger la salud de su familia si no fuma cerca de ellos?

¡Las personas que no fuman y se encuentran en el mismo espacio que alguien que fuma, como un pariente o compañero de trabajo, respiran el mismo aire y las mismas sustancias químicas creadas por los cigarrillos, los vaporizadores o los productos de tabaco calentados. Esto puede ponerlos en riesgo de los mismos problemas de salud graves!

¿Sabía que fumar tabaco puede hacerle sentir más cansado más rápido mientras trabaja en el campo? Si decide dejar de consumir tabaco, podrá sentirse mejor al trabajar y disfrutar de todos estos beneficios:

- Ahorrar dinero
- Menos días sintiéndose enfermo y posiblemente menos días sin faltar al trabajo
- Menos riesgo de cáncer, derrame cerebral, problemas del corazón y respiratorios
- Menos tos y pulmones más sanos
- Menos dificultad para respirar al realizar las actividades diarias, lo que facilita el trabajo en el campo
- Menos riesgo de que el humo de segunda mano afecte a las personas que le rodean
- Vivir más tiempo y tener mejor calidad de vida

¿Quiere dejar de consumir tabaco?

Los centros de salud pueden ayudarle a dejar de consumir tabaco, si está listo para dejarlo o lo está pensando.



Comuníquese con la línea de ayuda de Una Voz Para la Salud al 1 (800) 377-9968 o a través de WhatsApp al +1 (737) 414-5121 para encontrar el centro de salud más cercano.



Recuerde, ¡Puede crear un futuro libre de tabaco para usted y su familia!

Esta publicación cuenta con el apoyo de la Administración de Recursos y Servicios de Salud (HRSA) del Departamento de Salud y Servicios Humanos de EE. UU. (HHS) como parte de una concesión con un total de \$1,742,242.00 con 0 porcentaje financiado con fuentes no gubernamentales. Los contenidos pertenecen a los autores y no representan necesariamente las opiniones oficiales ni el respaldo de HRSA, HHS o el gobierno de los EE. UU.



Did you know you can protect your family's health by not smoking around them?

People who do not smoke and are in the same space as someone who smokes, like a family member or coworker, breathe in the same air and the chemicals created by cigarettes, vapes, or heated tobacco products. This can put them at risk for the same serious health conditions!

Did you know smoking tobacco can make you tired faster while working in the field? If you decide to stop using tobacco, you can feel better when working and enjoy all these benefits:

- Save money
- Less days of feeling sick and possibly less days of missing work
- Less risk for cancers, stroke, heart, and breathing problems
- Less coughing and healthier lungs
- Less shortness of breath when doing daily activities, making it easier to work in the fields
- Less risk of secondhand smoke for people around you
- Live longer and have better quality of life

Want to stop using tobacco?

Health centers can help you quit tobacco use if you are ready to quit or considering quitting.



Contact the Call for Health helpline at 1 (800) 377-9968 or through WhatsApp at +1 (737) 414-5121 to find a health center near you.



Remember, you can create a future free of tobacco for you and your family!

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