



## QUIT TOBACCO FOR GOOD

Despite what we know about the harmful effects of tobacco, nearly 150,000 Hawaii residents still smoke. Vaping rates, especially among Hawaii's teens, are on the rise. At least 18% of Hawaii's high school students use e-cigarettes even though it's illegal for people under 21 to purchase them.

While it's proven to be hazardous to your health, it's still unknown what the consequences of vaping may be over time. There's no better time than now to quit.

### HEALTHY HABIT

**Goal:** Set a quit date two weeks to a month away so you have enough time to prepare but not enough time to reconsider.

**Try it:** Pick a quit date and mark it on your calendar. Tell your friends and family so they can help keep you accountable and provide support.

### SMART TIPS

You've picked your quit date. Now what?

- 1 Figure out your triggers**  
Certain actions, settings, and routines may trigger you to crave a smoking or vaping break. Start keeping a journal where you note which actions made you want to smoke so you can figure out what your triggers are and what changes you can make.
- 2 Throw it away**  
A day or two before your quit date, get rid of cigarettes, e-cigarettes, ashtrays, lighters, vaping liquids, and other smoking paraphernalia in your house and car. Don't forget to check any hiding places.
- 3 Reach out for support**  
Lean on family and friends for support after your quit day. Consider reaching out to the Hawaii Tobacco Quitline for advice, encouragement, and other resources. Call (800) 784-8669 toll-free or visit [hawaiiquitline.org](http://hawaiiquitline.org).

### RECIPE OF THE MONTH: Taro Hummus



Taro—it's not just for poi. Taro, or kalo, can even be used for hummus.

Serve as a dip for vegetables or spread on crackers. Get the recipe at [islandscene.com](http://islandscene.com).

For more ways to improve your health and well-being, visit [hmsa.com/well-being](http://hmsa.com/well-being).