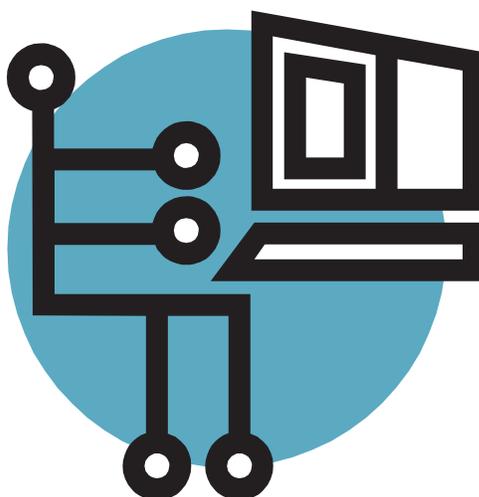


RESEARCH SKILLS LESSON

Researching Tobacco and Other Health Topics on the Internet



TOBACCO and LITERACY EDUCATION PROJECT



JSI Research & Training Institute, Inc.

New Hampshire Bureau of Adult Education, New Hampshire Department of Education

With funding from the American Legacy Foundation

2007



“My students enjoyed the change of pace and challenge of using the computer. As an instructor, I think students who are not exposed to computers in their homes or workplaces need that experience.” (ABE/GED Instructor)

“For experienced computer users, this was not a difficult lesson. Among the students with limited computer experience, they enjoyed surfing the Net.” (GED Instructor)

LESSON OVERVIEW

Introduction

In this lesson students gather information about tobacco health effects and smoking cessation. Students will use the Internet and nationally available tobacco education and smoking cessation resources. While helping adult learners build research and computer use skills, this lesson meets a key tobacco education need: showing learners that tobacco information and smoking cessation resources are available and how to access them.

Setting the Stage

Before beginning this lesson let students know that they will be practicing research skills and using the Internet while learning where to go for information about tobacco health effects and smoking cessation support. Explain that the goal of the lesson is not to push anyone to quit smoking but to use the topic of tobacco to help them practice information-gathering skills they can apply to learn about any health issue.

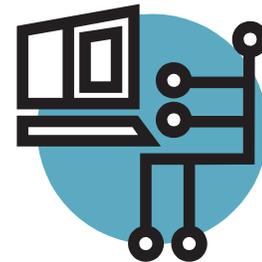
Basic Skills Practice

- Internet searching – using computers and the Internet to find reliable health information
- Applied research – using common tools such as the Internet to research available resources and services, and find out basic information about them (services offered, hours, etc.)

Tobacco Education Objectives

After completing this lesson, students will be able to:

- Describe the services of their state’s quitline (quit-smoking helpline).
- List three Web sites that provide reliable information about tobacco health effects and how to quit smoking.



Materials

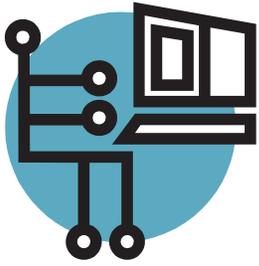
Student Materials: There is a student activity sheet for each of the activities in this lesson: Finding Information on the Internet and Calling a Quitline. Each activity sheet is designed to be copied as a one-page, two-sided handout. There is also a Take Home Activity sheet for additional practice.

Teacher Materials: There are Teacher Notes pages for each of the in-class activities and for the Take Home Activity. Teacher Notes pages include an answer key along with tips for teaching from the instructors who pilot-tested these lessons. Reflections from students are also included on the Teacher Notes.

Background Materials: Visit these Web pages for more information on tobacco and smoking cessation:

“Some of my students interacted with the smoking multi-media presentation on MedlinePlus. The www.medlineplus.gov tutorial worked well.” (ABE Instructor)

- → **Smoking—The Facts**
Web Page: www.nlm.nih.gov/medlineplus/tutorials/smokingthefacts/htm/index.htm
Home Page: <http://medlineplus.gov>
- → **Smokefree.gov**
Web Page: www.smokefree.gov
Home Page: www.smokefree.gov
- → **You Can Quit Smoking Consumer Guide**
Web Page: www.ahrq.gov/consumer/tobacco/quits.pdf
Home Page: www.ahrq.gov
- → **1-800-QUIT-NOW**
Web Page: <http://1800quitnow.cancer.gov>
Home Page: <http://1800quitnow.cancer.gov>



“Just learning that a telephone hotline is available to help smokers quit was a great lesson in and of itself.” (ABE/GED Instructor)

Research Skills Activities

Activity 1: Finding Information on the Internet

Learners search through reliable health information Web sites to locate facts about smoking and health, and smoking cessation information. If your program has a computer lab and your computers are connected to the Internet, this activity will give your students an opportunity to use the lab and enhance their Internet research skills. Have students work in pairs with more experienced computer users helping their less experienced classmates.

Activity 2: Learning about Quitlines

Learners search through the 1-800-QUIT-NOW Web site to gather information about smoking cessation resources and support. Students find out what kinds of assistance and services are provided by quitlines (telephone-based tobacco cessation help) and locate information about their own state’s quitline.

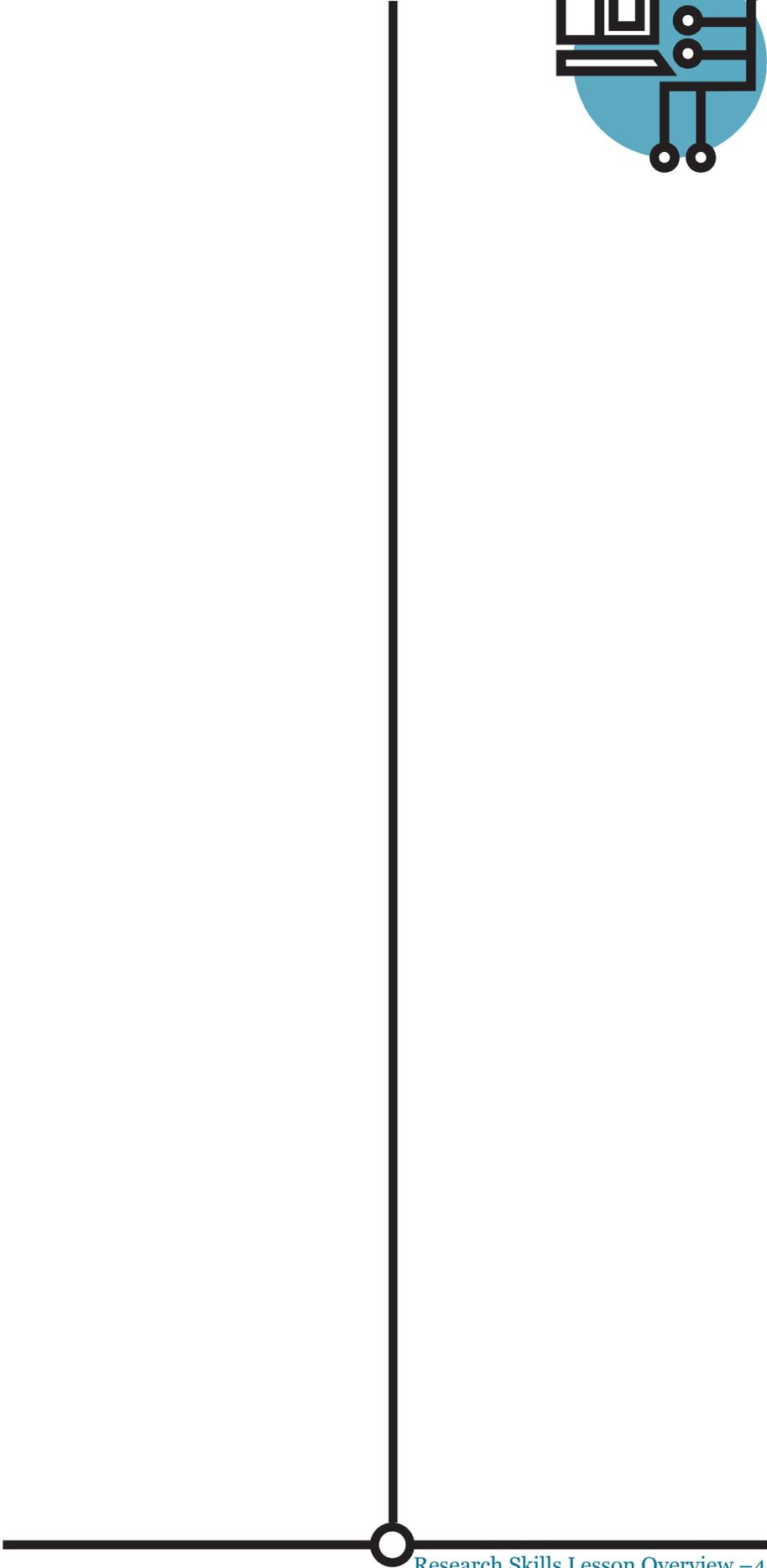
Take Home Activity

The Take Home Activity is designed to give students an opportunity for additional practice. Students may visit any of the Web sites listed to learn more about the health effects of smoking and how to quit. This handout also provides students with information they can share with family and friends.

Post-Lesson Assessment

Ask students to share – orally or in writing – what they learned about researching health information on the Internet. Ask students what other health topics they would like to learn about and how they might go about finding out more about the topic.

LESSON NOTES





LESSON NOTES

Activity 1:

Finding Health Information on the Internet



Directions: Use the Internet to find health information—in this case, facts about the health effects of smoking or information about quitting smoking. Visit one of the two Web sites listed, and search through the site to find answers to the questions that follow.

Website 1: Smoking—The Facts

This slide show with pictures and sound talks about the health effects of smoking. If you are unable to view the slide show on your computer, go to the text version instead.

Web page: www.nlm.nih.gov/medlineplus/tutorials/smokingthefacts/htm/index.htm

Text version: www.nlm.nih.gov/medlineplus/tutorials/smokingthefacts/hp099202.pdf

Home page: www.medlineplus.gov

1. About how many deaths per year in the United States are due to smoking?
 - a. Ten thousand
 - b. One hundred thousand
 - c. Half a million
 - d. Ten million
2. What is the addictive ingredient in cigarette smoke?
 - a. Nicotine
 - b. Formaldehyde
 - c. Carbon monoxide
 - d. Acetone
3. When cancer spreads to another part of the body this is called _____
4. Smoking causes cholesterol to deposit in the blood vessels, which makes the blood vessels in the body become narrow and blocked.
 - a. True
 - b. False
5. In the United States, what percent of all cancers are linked to smoking?
 - a. 1/2
 - b. 1/3
 - c. 1/4
 - d. 1/8
6. Smokers are more likely than nonsmokers to develop _____
_____ after an operation.



Website 2: You Can Quit Smoking Consumer Guide

This guide explains how to quit smoking and describes new treatments to help. It lists quit-smoking medicines and talks about concerns smokers may have about quitting, including weight gain. It also covers special situations like quitting smoking during pregnancy.

Web page: www.ahrq.gov/consumer/tobacco/quits.htm

Text version: www.ahrq.gov/consumer/tobacco/quits.pdf

Home page: www.ahrq.gov/

1. It is hard to quit smoking because nicotine in cigarettes is an addictive drug.
 - a. True
 - b. False

2. What are “smoking triggers”?
 - a. Feelings, places or daily routines that make a smoker feel like they need a cigarette
 - b. An event that causes someone to stop smoking
 - c. Feelings that prevent someone from deciding to quit
 - d. A person’s reasons for quitting smoking

3. Name three good reasons to quit smoking.
 - a. _____
 - b. _____
 - c. _____

4. Most people are able to quit smoking the first time they try.
 - a. True
 - b. False

5. When you try to quit smoking but start smoking again, this is called _____

6. Studies show that a person has a better chance of quitting smoking if they:
 - a. Ask their health care provider for advice
 - b. Get support from family and friends
 - c. Use a quit-smoking medication
 - d. All of the above

Activity 2: Learning about Quitlines



A “quitline” is a toll-free telephone helpline staffed by counselors who can help people quit smoking cigarettes. Quitlines offer information, advice, and support to tobacco users, and family and friends of tobacco users. If you call the number 1-800-QUITNOW (1-800-784-8669) from anywhere in the United States, you will be connected directly to your own state’s quitline.

Directions: Visit the 1-800-QUIT-NOW Web site, and work your way through the site to find out more about what quitlines do, and what it is like to call a quitline.

Web Page: <http://1800quitnow.cancer.gov>

Home Page: <http://1800quitnow.cancer.gov>

1. Click on the box labeled *What’s it like to call 1-800-QUITNOW?* on the left-hand side of the screen. This will bring you to a new page where you can view some videos about quitlines. Watch as many as you wish to, by clicking on *Play*.
2. Click on the box labeled *Find Services in Your Area* on the left hand side of the screen. This will bring you to a page with a map of the United States. Click on your state to get information about your own state’s quitline, and answer the questions below.

● What is the telephone number for your state’s quitline? Is it a toll-free number (free call)? _____

● When can people call the quitline (what are the hours of operation)?

● Does your state’s quitline offer counseling over the telephone to help people quit smoking? _____

● Who can receive these services (who can use the telephone counseling)?



Additional Quitline Questions

- What other kinds of information or services does your state’s quitline offer? _____

- Are counseling or information services offered in any language other than English by your state’s quitline? If so, what are the other languages?

- Does your state’s quitline send out materials or information by mail, if requested? _____

- Does your state’s quitline also have a Web site that goes with it? If yes, what is the “address” for the Web site? _____

3. Click on the box labeled *FAQs* on the left-hand side of the screen. This will bring you to a page with a lot of topics and questions. Click on any topics that interest you to find out more about quitlines, health risks of tobacco use, and tips to quit using tobacco. In the space below, write down three things you learned. (FAQs stands for “Frequently Asked Questions”).

Remember: If you, or anyone in your family, would like information or help to quit smoking, call 1-800-QUITNOW (1-800-784-8669).

You will be connected directly to your own state’s quitline.

All services are free and private.

Take Home Activity:

Finding Tobacco Information on the Internet



Visit these Web sites to learn more about the health effects of smoking and how to quit smoking.

Facts about Smoking and Its Effects

Questions and Answers About Smoking Cessation

A fact sheet about quitting smoking from the National Cancer Institute

Web Page: www.cancer.gov/cancertopics/factsheet/Tobacco/cessation

Home Page: www.cancer.gov

Smoking & Tobacco Use

Information on smoke-free policies in the workplace and public spaces

Web Page: www.cdc.gov/tobacco/data_statistics/Factsheets/index.htm

Home Page: www.cdc.gov/tobacco

Smoking—The Facts

A slide show with pictures and sound about the health effects of smoking

Web Page: www.nlm.nih.gov/medlineplus/tutorials/smokingthefacts/htm/index.htm

Home Page: <http://medlineplus.gov>

State and Federal Tobacco Taxes Fact Sheets

Information about cigarette taxes

Web Page: www.tobaccofreekids.org/research/factsheets/index.php?CategoryID=11

Home Page: www.tobaccofreekids.org

The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General

Information on the health effects of secondhand smoke

Web Page: www.surgeongeneral.gov/library/secondhandsmoke/

Home Page: www.surgeongeneral.gov

Tobacco Cost Calculator

Will calculate how much money someone who smokes can save by quitting

Web Page: www.cancer.org/docroot/PED/ped_10_CigCostCalc.asp?sitarea=PED

Home Page: www.cancer.org



Information and Help to Quit Smoking

American Cancer Society

A guide to quitting smoking

Web Page: www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp

Home Page: www.cancer.org

American Lung Association

Web-based smoking cessation support

Web Page: www.lungusa.org/site/pp.asp?c=dvLUK9OoE&b=22542

Home Page: www.lungusa.org

Smoking Cessation—You Can Quit Smoking Now

Information from the Surgeon General to help people quit smoking

Web Page: www.surgeongeneral.gov/tobacco/

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Smokefree.gov

A Web site dedicated to helping those who smoke to quit smoking

Web Page: www.smokefree.gov

Home Page: www.smokefree.gov

You Can Quit Smoking

A consumer guide to help those who smoke become tobacco-free

Web page: www.cdc.gov/tobacco/quit_smoking/you_can_quit/index.htm

Home Page: www.cdc.gov

You Can Quit Smoking Consumer Guide

Tools and advice to help smokers quit smoking

Web Page: www.ahrq.gov/consumer/tobacco/quits.pdf

Home Page: www.ahrq.gov/

To find a quit-smoking helpline in your state call 1-800-QUITNOW

(1-800-784-8669), or visit www.smokefree.gov

TEACHER NOTES

Activity 1:

Finding Information on the Internet

Answer Key

Directions: Use the Internet to find health information—in this case, facts about the health effects of smoking or information about quitting smoking. Visit one of the two Web sites listed, and search through the site to find answers to the questions that follow.

Website 1: Smoking—The Facts

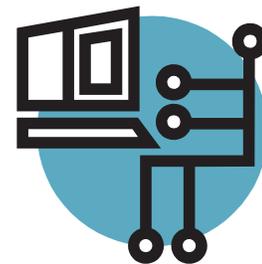
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1. About how many deaths per year in the United States are due to smoking?
 - a. Ten thousand
 - b. One hundred thousand
 - c. Half a million (correct answer)**
 - d. Ten million
2. What is the addictive ingredient in cigarette smoke?
 - a. Nicotine (correct answer)**
 - b. Formaldehyde
 - c. Carbon monoxide
 - d. Acetone
3. When cancer spreads to another part of the body this is called _____ **metastasis** _____
4. Smoking causes cholesterol to deposit in the blood vessels, which makes the blood vessels in the body become narrow and blocked.
 - a. True (correct answer)**
 - b. False
5. In the United States, what percent of all cancers are linked to smoking?
 - a. 1/2
 - b. 1/3 (correct answer)**
 - c. 1/4
 - d. 1/8
6. Smokers are more likely than nonsmokers to develop _____ **pneumonia** _____ after an operation.



Tips from Teachers

“Students picked a topic and then got into groups of 2 or 3. I made sure each group included a student comfortable on computers. We went to the computer lab together to be sure they all worked and to deal with password issues.” (Adult Diploma Instructor)



Tips from Teachers

“I visited each site to check for registration requirements and popup ads. I printed out information from a few of the sites for student who didn’t want to use the computers or for students who just don’t have the skills.” (GED Instructor)

Website 2: You Can Quit Smoking Consumer Guide

This guide explains how to quit smoking and describes new treatments to help. It lists quit-smoking medicines and talks about concerns smokers may have about quitting, including weight gain. It also covers special situations like quitting smoking during pregnancy.

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1. It is hard to quit smoking because the nicotine in cigarettes is an addictive drug.
 - a. **True (correct answer)**
 - b. False
2. What are “smoking triggers”?
 - a. **Feelings, places or daily routines that make a smoker feel like they need a cigarette (correct answer)**
 - b. An event that causes someone to stop smoking
 - c. Feelings that prevent someone from deciding to quit
 - d. A person’s reasons for quitting smoking
3. Name three good reasons to quit smoking.
 - a. **You will lower your risk of cancer and heart disease**
 - b. **The people you live with will be healthier**
 - c. **You will have extra money to spend**

Note: There are many other good answers to this question
4. Most people are able to quit smoking the first time they try.
 - a. True
 - b. **False (correct answer)**
5. When you try to quit smoking but start smoking again, this is called **relapse**
6. Studies show that a person has a better chance of quitting smoking if they:
 - a. Ask their health care provider for advice
 - b. Get support from family and friends
 - c. Use a quit-smoking medication
 - d. **All of the above (correct answer)**

TEACHER NOTES

Activity 2: Learning about Quitlines



A “quitline” is a toll-free telephone helpline staffed by counselors who can help people quit smoking cigarettes. Quitlines offer information, advice, and support to tobacco users, and family and friends of tobacco users. If you call the number 1-800-QUITNOW (1-800-784-8669) from anywhere in the United States, you will be connected directly to your own state’s quitline.

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● When can people call the quitline (what are the hours of operation)? _____

● Does your state’s quitline offer counseling over the telephone to help people quit smoking? _____

● Who can receive these services (who can use the telephone counseling)? _____

Tips from Teachers

“The teenagers in my class are comfortable on the computer. They helped other students who were anxious about using the Internet.” (GED Instructor)

“Students spent quite a bit of time looking through these Web sites. Be sure to allow yourself enough time, or spread these activities over more than one day.” (Adult Diploma Instructor)



Additional Quitline Questions

- What other kinds of information or services does your state's quitline offer? _____

- Are counseling or information services offered in any language other than English by your state's quitline? If so, what are the other languages? _____

- Does your state's quitline send out materials or information by mail, if requested? _____

- Does your state's quitline also have a Web site that goes with it? If yes, what is the "address" for the Web site? _____

3. Click on the box labeled *FAQs* on the left-hand side of the screen. This will bring you to a page with a lot of topics and questions. Click on any topics that interest you to find out more about quitlines, health risks of tobacco use, and tips to quit using tobacco. In the space below, write down three things you learned. (FAQs stands for "Frequently Asked Questions"). _____

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Take Home Activity: Finding Tobacco Information on the Internet



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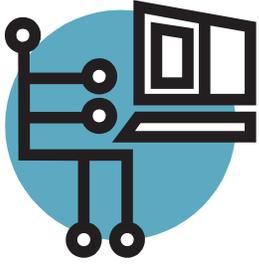
Will calculate how much money someone who smokes can save by quitting

Web Page: www.cancer.org/docroot/PED/ped_10_CigCostCalc.asp?sitearea=PED

Home Page: www.cancer.org

Student Reflection

“I never really knew where to go for help. I learned about a lot of good Web sites.” (GED Student)



Student Reflection

*“This was
more fun than
anything I’ve ever
done in class.”
(GED Student)*

Information and Help to Quit Smoking

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A guide to quitting smoking

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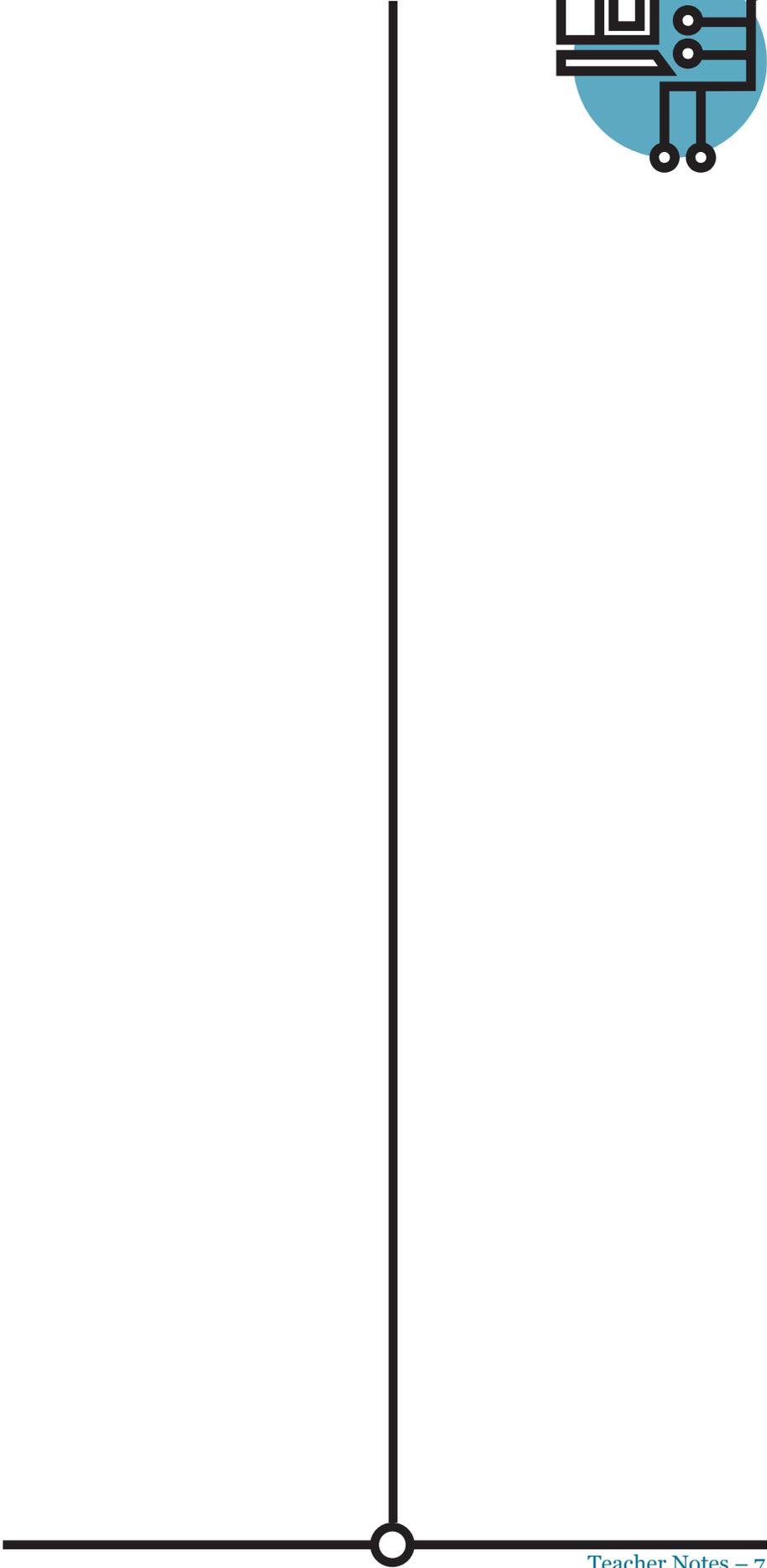
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LESSON NOTES





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