



Smoking Prevention

Section Summary

- Some of the many health problems that smoking contributes to are also independent risk factors for dementia.
 - I.e. Diabetes
 - Individuals who smoke in later life have a 60% higher risk of developing dementia.
 - Exposure to second-hand smoke may also have an association with dementia risk.
 - Those who have *recently* quit smoking have a lower risk for developing dementia than current smokers.
 - *Former* older adult smokers who have quit long term (9+ years) were no greater risk of developing dementia than their non-smoking counterparts.
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Activities

Activity One: Hot or Not?

- Either by screensharing or on a wall, display pictures of individuals smoking.
 - You can use the ones included in our "Additional Resources" section or find your own online.
- As a group decide which images display a positive or negative portrayal of smoking.
- As a group, elaborate on why you decided certain portrayals were positive and negative?
 - Did the person seem cool? Did the person portrayed look sick?

Activity Two: Quit Tips

- As a group create a list of challenges that someone may face when trying to quit smoking.
- Create a second parallel list of practical actions that can help one overcome those challenges.

Discussion Questions

- Of the images displayed in the first activity, which most accurately represents your early impressions of smoking?
- What aspects of our culture encourage/discourage smoking (past vs. present)?
- Have you ever tried quitting something (smoking or otherwise), if so, what were the challenges you faced?

Additional Resources

