



Tobacco Cessation Program

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RESOURCE ISSUE



National Action Plan for Tobacco

The Interagency Committee on Smoking and Health prepared a report- Preventing 3 Million Premature Deaths Helping 5 Million Smokers Quit, A National Action Plan for Tobacco Cessation for the Secretary of Health and Human Services Mr. Tommy Thompson. The major highlight is creating a national smoking cessation quitline to be complemented by the HHS website www.smokefree.gov The entire report may be found at www.ctcinfo.org/upload/NationalActionPlanTobaccoCessation.pdf

Websites

Center for Tobacco Cessation www.ctcinfo.org

Smokefree www.smokefree.gov

CDC TIPS www.cdc.gov/tobacco/index.htm

NEHC Health Promotion Tobacco HomePage www-nehc.med.navy.mil/hp/tobacco

Newsletters

NIDA Notes - E-mail for free

subscription nida-notes@masimax.com

Tobacco Technical Assistance Consortium To subscribe, write to subscribe@ttac.org

CDC Counter Marketing Manual

The office on Smoking and Health has produced a new 450 page manual Designing and Implementing an Effective Tobacco Counter-Marketing Program. Contact mrcr@cdc.gov to order a free copy!

College Tobacco Prevention Resource

To address the increased tobacco use among college age youth and adults, a comprehensive approach was established! www.ttac.org/college/index.html

Online Quitting Programs
Where do you refer for 24 to 7 help with quitting Tobacco?

- 9 Step Program to Quit Smokeless Tobacco www.gmu.edu/student/quitsmoking/smokelessnimestep.html
- Quit Smokeless www.quitsmokeless.org
- Spit Tobacco A Guide for Quitting www.nidcr.nih.gov/health/newsandhealth/spitTobacco/
- American Lung Association - Freedom From Smoking www.

lungusa.org/ffs/Quitnet
www.quitnet.com/

- For Teens - See the NEHC suggested programs http://www-nehc.med.navy.mil/hp/tobacco/Tobacco_adolescent.htm
- **Facilitator Book**
The Tobacco Dependence Treatment Handbook Dr. David Abrams et al 2003
Guilford Press
www.guilford.com



Training Opportunities

The NEHC Workshop 2004 Health Promotion Conference 22-25 March Chesapeake, Virginia www-nehc.med.navy.mil Hear Dr. Herb Severson speak on Smokeless Tobacco and Dr. Keith Haddock on Fostering a Tobacco Free Culture at your Base! A one day basic Tobacco Facilitator training will be held on 21 March by NEHC and NMCP staff...

Tobacco CME's http://www-nehc.med.navy.mil/hp/tobacco/Tobacco_CME.htm

Pathways to Change—Basics of Tobacco Control

TTAC offers a comprehensive social change approach for Tobacco Control <http://www.ttac.org/products/index.html>

What materials and resources do you recommend? First five responses get a gift!