



Treat Nicotine

Center for a Tobacco-Free Finger Lakes

Partnering with Cayuga, Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Tompkins, Wayne, & Yates Counties

Contact us: Phone: 585-276-7223 | [Click for Website or Facebook](#)

THE TIME IS NOW TO DISCUSS QUITTING SMOKING AND VAPING WITH YOUR PATIENTS!

Many providers are aware that their patients who use tobacco typically consider quitting as a New Year's resolution. Some studies even show that quitting as a New Year's resolution results in a patient being three times more likely to succeed versus the national average. This is why it is important to discuss quitting with your patients now, as a lead-up to the New Year.

Utilizing the 5A's, especially "Assessing readiness to quit" during the month of December can set a patient up for success if and when they have further discussions or thoughts about quitting as part of any resolutions.

CTFFL can provide educational materials, presentations, and more for you and your health care system! [Contact us, today!](#)

TREAT FOR PRE-CONTEMPLATION? EVIDENCE SAYS YES!

A report by the Center for Health Systems Improvement highlights an important evidence-based approach to tobacco treatment, especially for behavioral health populations detailing that Medication Assisted Treatment is shown to be effective for clients in Pre-Contemplation.

Nicotine Replacement Therapy or prescription medications for tobacco treatment should be suggested for behavioral health patients who express that they may not yet be ready to treat their tobacco use disorder.

[READ MORE HERE](#)

WEBINARS AND IMPORTANT DATES

"Medicaid Postpartum Extension and Tobacco Cessation: New Opportunities to Help People Quit"

Tues, December 19, 2023, at 1 pm

[REGISTER HERE](#)

"Commit to Quit! Group Program"

Are your patients/clients thinking about quitting smoking or vaping?

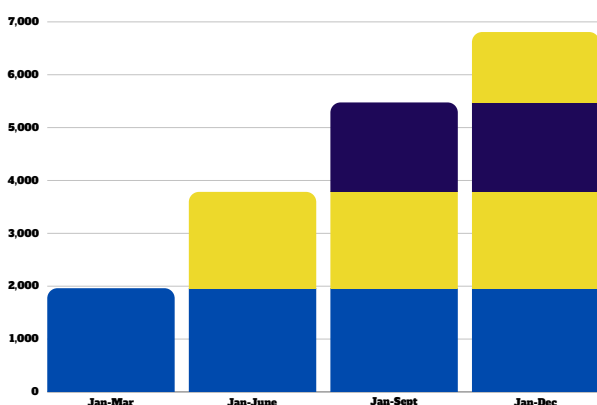
Not sure where to start?

Join others in their journey in our free Commit to Quit! group program, led by our expert team of certified nicotine dependence counselors.

Next group classes start January 11th!

[REFER REGISTRATIONS HERE](#)

NYS Smokers' Quitline Referrals



Provider Referrals Increase Quit Success!

www.nysmokefree.com/HealthcareProviders/ReferralPrograms

Free Nicotine Patches/Gum Call: 1-866-697-8487

Visit: nysmokefree.com

2023 MONITORING THE FUTURE SURVEY SHOWS ENCOURAGING DECLINES IN YOUTH E-CIGARETTE USE

The data show a significant decline from 27.3% to 23.2% among 12th graders and from 20.5% to 17.6% among 10th graders in the past year. Meanwhile, 8th grade use remained relatively stable at 11.4%. These findings align with the 2023 [National Youth Tobacco Survey \(NYTS\)](#) released earlier this year, reinforcing the positive trend.

Despite the decline in high school student usage, the persistence of teen e-cigarette use remains a serious public health threat.

[READ MORE HERE](#)