



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, and capitalize on the contemplation stages at the beginning of the New Year.

Utilizing the 5A's, especially "Assessing readiness to quit" during the month of January 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!](#)

BRFSS BRIEF: E-CIGARETTE USE AMONG NYS ADULTS, 2021

Key findings include:

- E-cigarette use in NYS was lower than the national average of 6.6% in 2021.
- Statewide, e-cigarette use was highest among adults between the ages of 18-24 (15.1%); current smokers (14.1%); adults reporting frequent mental distress (11.4%); and adults who identify as LGBTQ (10.4%).
- E-cigarette use varied by region, with higher use rates in the Western and North Country regions of the state and lower use rates Downstate

[READ MORE HERE](#)

WEBINARS AND IMPORTANT DATES

"US Tobacco Control Policies to Reduce Health Disparities"

Thur, January 25, 2024, at 12 pm

[REGISTER HERE](#)

"Tobacco Cessation From Evidence to Practice: Contingency Management for People Experiencing Homelessness"

Wed, February 7th, at 2pm

1 FREE hour of credit is available when attending live!

[REGISTER HERE](#)

"Products on the Shelves: An Overview of the Tobacco & Nicotine Products Available Today"

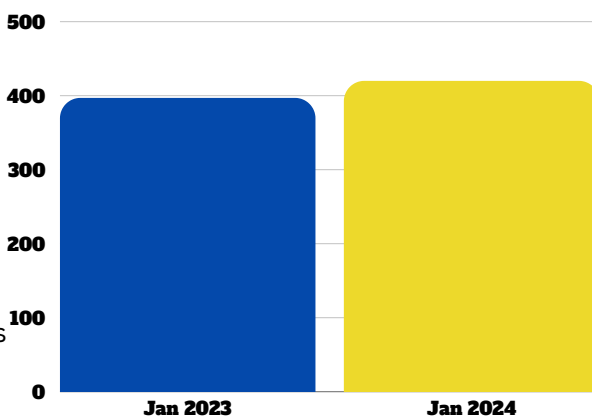
Wed, March 27th, at 12pm

1 CHES & 1 CME Credit Available

[REGISTER HERE](#)

NYS Smokers' Quitline Referrals

January 2023 vs January 2024 Provider Referrals to the NYS Quitline



Provider Referrals Increase Quit Success!

www.nysmokefree.com/HealthcareProviders/ReferralPrograms

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

Visit: nysmokefree.com

FINGER LAKES REGION OFFERS INSPIRATION FOR THOSE SEEKING TO BECOME SMOKE-FREE

The start of the New Year is always a popular time for those thinking about quitting commercial tobacco* or vape products to make a quit-attempt. Most adults who smoke or vape want to quit, and it is not unusual for people to make multiple attempts before achieving lasting success. For those living in the Finger Lakes Region and other parts of New York State seeking to become smoke-free, the New York State Smokers' Quitline (NY Quitline) and Mary B. offer inspiration for life-improving changes in 2024 and healthier years to follow.

[READ MORE HERE](#)

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