

New Mexico Tobacco Cessation Services and Resources

New Mexico Department of Health
Tobacco Use Prevention and Control

New Mexico Tobacco Cessation Services

The TUPAC Program acknowledges the traditional and beneficial use of tobacco within many of the Native American communities of New Mexico and recognizes its place of honor and respect within those communities.

The TUPAC Program strives to reduce and prevent the harmful and addictive use of tobacco products outside of its sacred use.

The Impact of Tobacco

The Costs

- Tobacco is the leading **preventable** cause of death and disease in the United States.
- Tobacco **kills** one out of three people who use it as intended by its commercial manufacturers.
- The tobacco industry spends over \$25 million **each day** to promote nicotine products in the United States.
- About **2,600** New Mexicans die each year from smoking.
- For each New Mexican that dies this year from smoking, more than 20 others will suffer from at least one serious **chronic** illness caused by smoking.
- Quitting significantly **reduces** the risk of heart disease, periodontal disease, COPD, cancer, and complications related to diabetes.

The Benefits of Quitting are Immediate

WITHIN 20 MINUTES OF QUITTING SMOKING...

YOUR BODY BEGINS A SERIES OF CHANGES THAT CONTINUE FOR YEARS.

20 MINUTES
YOUR HEART RATE DROPS.



2 WEEKS - 3 MONTHS
YOUR HEART ATTACK RISK BEGINS TO DROP.
YOUR LUNG FUNCTION BEGINS TO IMPROVE.



1 YEAR
YOUR ADDED RISK OF CORONARY HEART DISEASE IS HALF THAT OF A SMOKER'S.



10 YEARS
YOUR LUNG CANCER DEATH RATE IS ABOUT HALF THAT OF A SMOKER'S.
YOUR RISK OF CANCERS OF THE MOUTH, THROAT, ESOPHAGUS, BLADDER, KIDNEY, AND PANCREAS DECREASES.



12 HOURS
CARBON MONOXIDE LEVEL IN YOUR BLOOD DROPS TO NORMAL.



1-9 MONTHS
YOUR COUGHING AND SHORTNESS OF BREATH DECREASE.



5 YEARS
YOUR STROKE RISK IS REDUCED TO THAT OF A NONSMOKER'S 5-15 YEARS AFTER QUITTING.



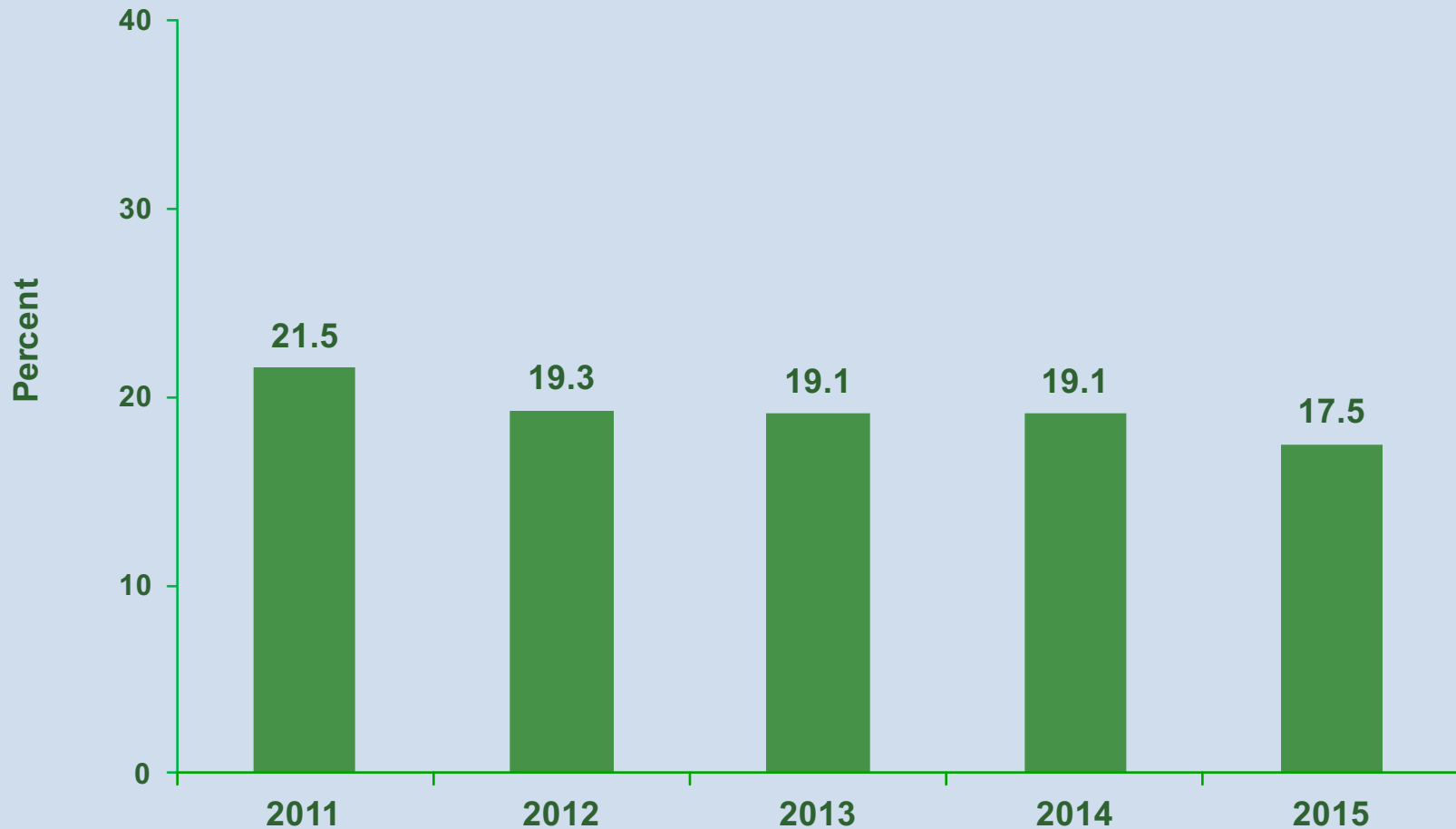
15 YEARS
YOUR RISK OF CORONARY HEART DISEASE IS BACK TO THAT OF A NONSMOKER'S.



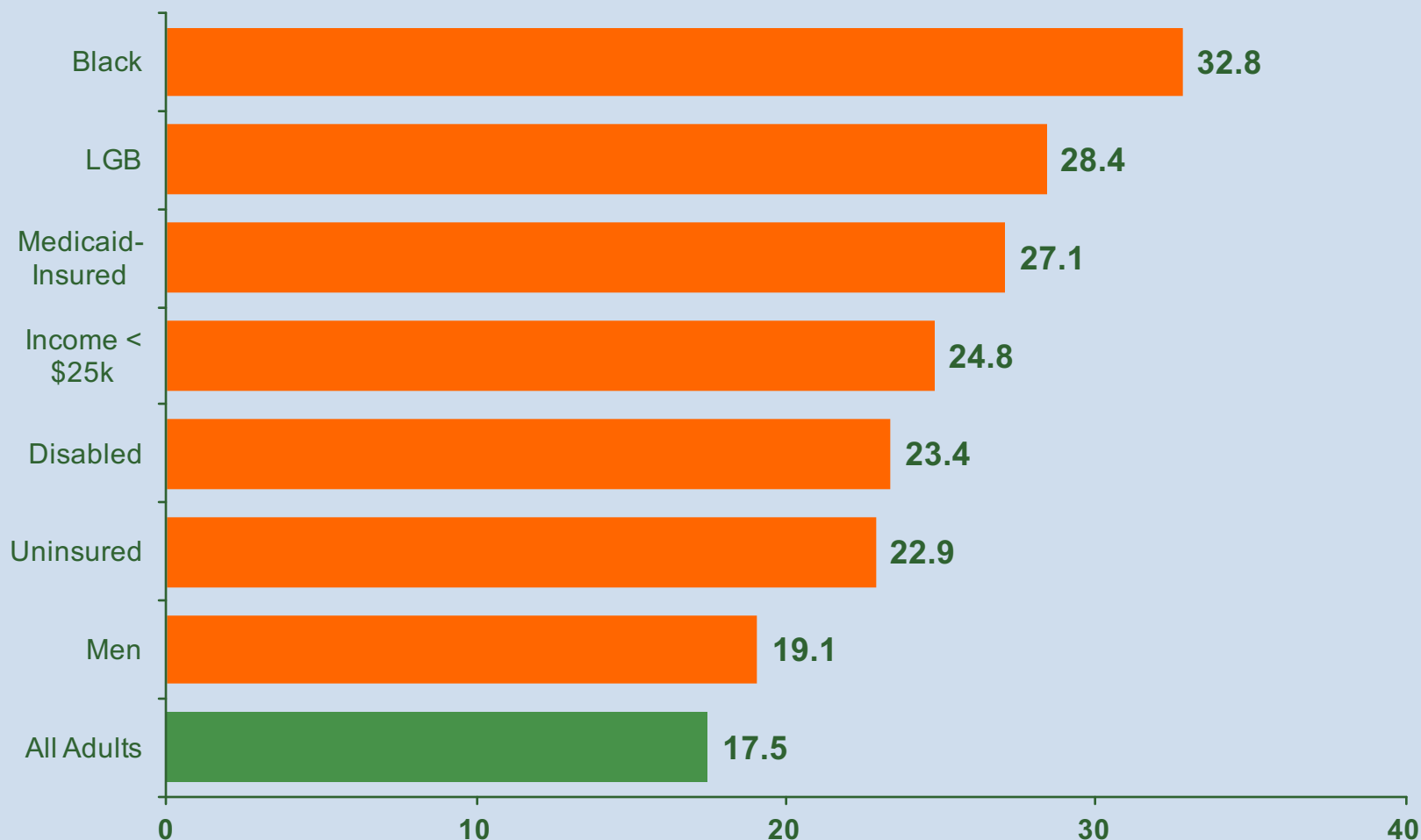
Tobacco Use in New Mexico

NM Adults: Cigarette Use

2011-2015



Adult Cigarette Use Disparities

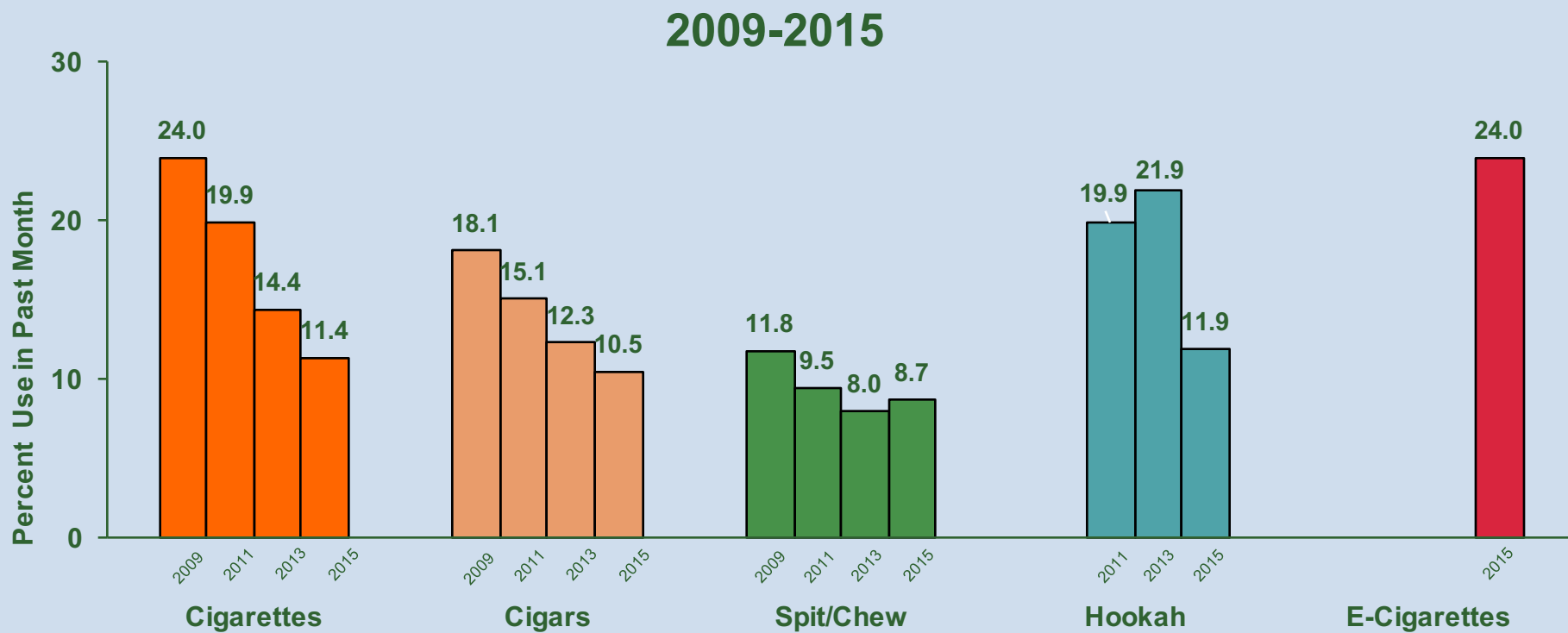


NM Adults: Other Tobacco Products

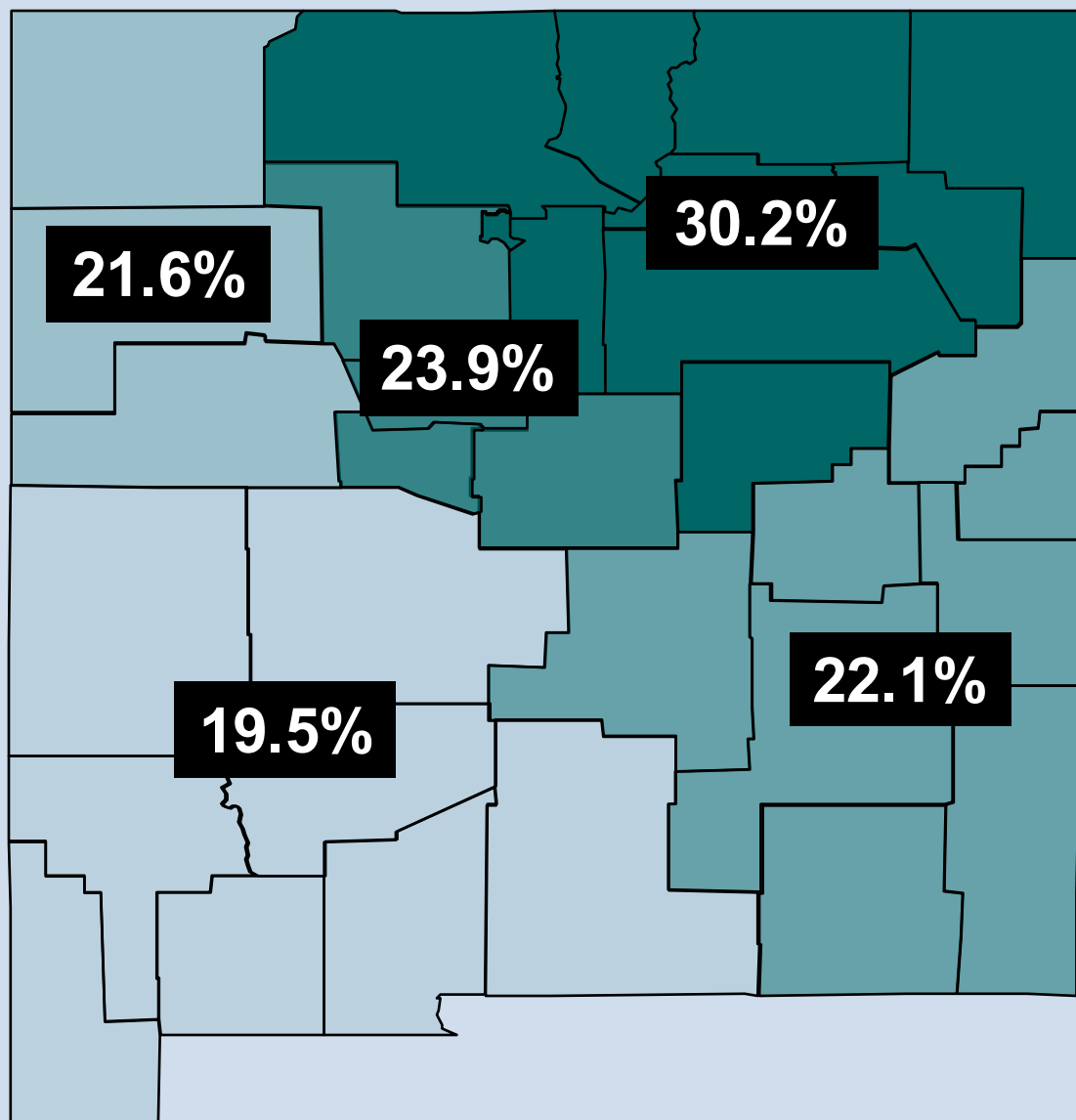
2006-2015



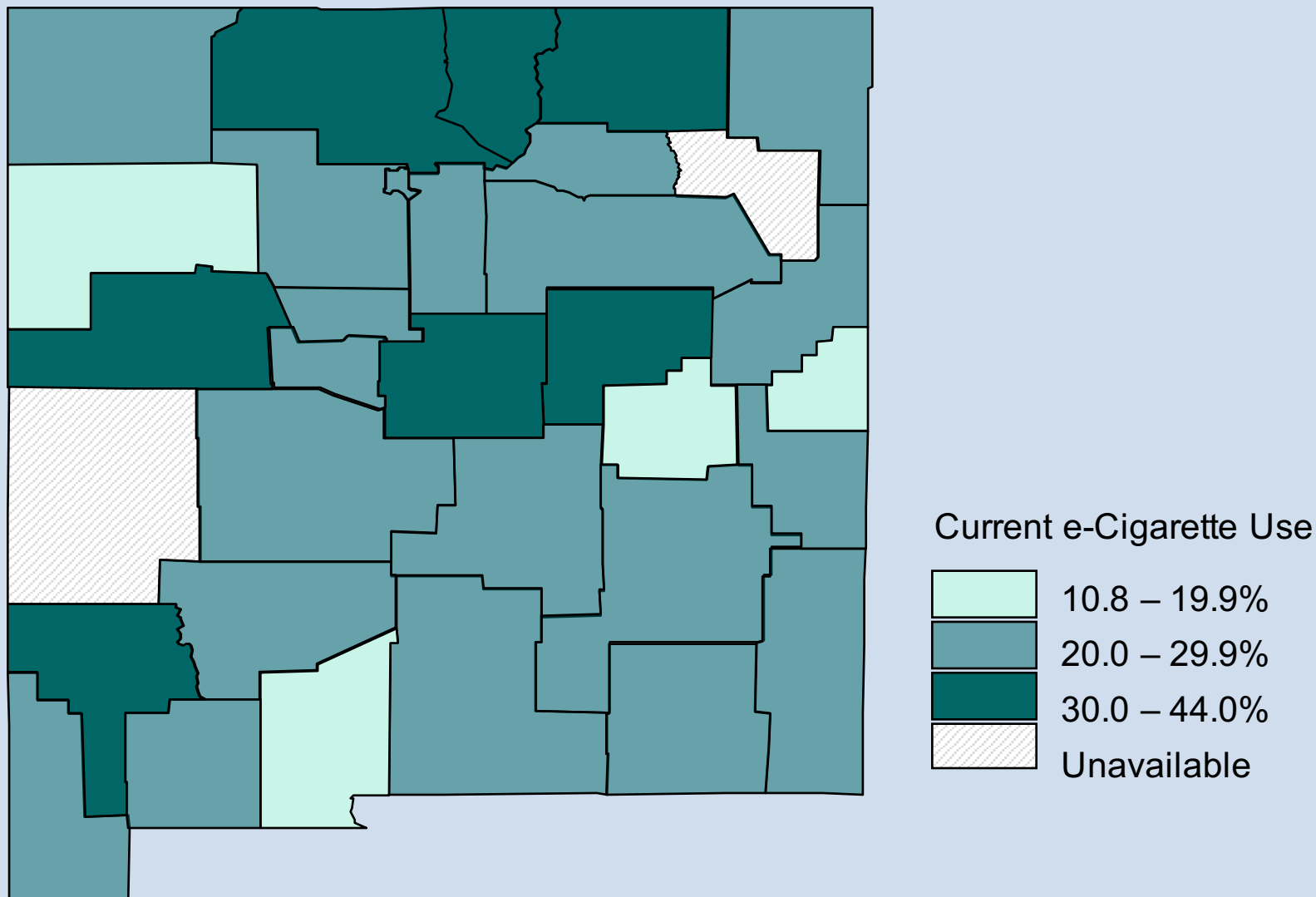
NM High School Youth Tobacco Use



HS Youth E-cigarette Use by Region



HS Youth E-cigarette Use by County





COMPREHENSIVE CESSATION SERVICES

Comprehensive and No-cost

The New Mexico Department of Health Tobacco Use Prevention and Control (TUPAC) Program offers **FREE** comprehensive nicotine cessation services to help New Mexicans quit the harmful and addictive use of tobacco.

Quit Your Way

- Services available **24/7**, in both English and Spanish, on the phone or on the Web.

1-800-QUIT NOW

QUITNOWNM.COM



1-855-DEJELO YA

DEJELOYANM.COM

FREE Cessation Services

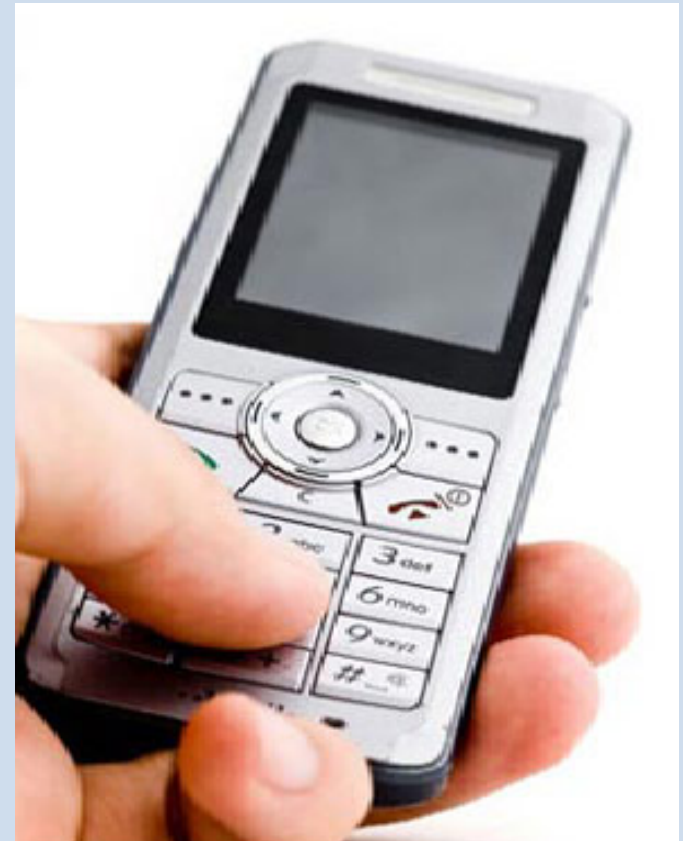
- **Unlimited** sessions with a Quit Coach
- Free **personal** Quit Plan
- Free self-help **materials**
- Up to 8 weeks of **free** Nicotine Replacement Therapy (gum, patch or lozenges), as appropriate, mailed directly to the registered participant



Individualized personal support

Integrated Technology

- **Access** to language line with 200 languages for phone participants
- **Interactive** online tools
 - Community forum
 - Chat with coach
 - Trackers
 - Quit Plan
 - Games and quizzes
- **Text Message Support**
 - Up to 300 messages, tailored to the participant's quit plan
 - Coaching call reminders
 - Motivational and educational reminders



Choose what works for you

Specialized Services

- Specialized 10-call **pregnancy** protocol, including supportive post-partum phone calls
- Specialized **youth** services for 13-17 year olds
- Programs for **other** tobacco products
- **Specialized** educational materials for specific populations



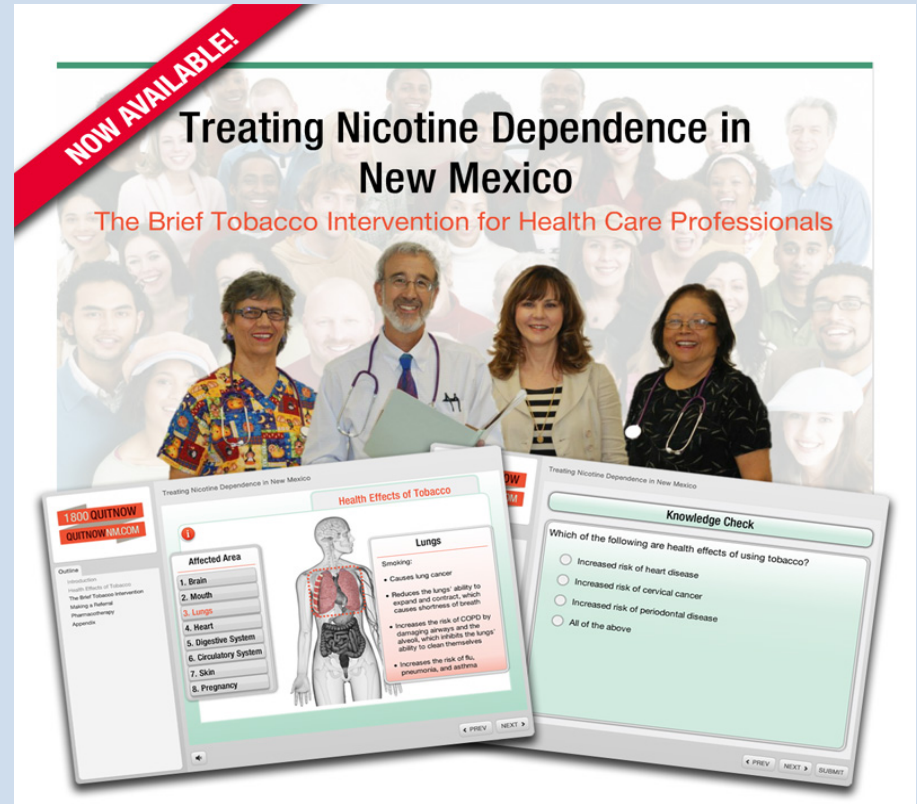
Tailored to individual needs

Training and Technical Assistance Resources for Health Professionals

Online Training for Health Professionals

Build Your Confidence

- Brief Interventions
- ***Ask, Advise, Refer***
- **Effects** of tobacco on the body
- **Pharmacotherapy** and cessation information
- Fax **referral** instruction
- Resources for **advanced** learning



Certificate of Completion and free CEUs

Online Training for Health Professionals

Learn about

- The specific **risks** of tobacco use and the **benefits** of quitting for families
- Effective communication **techniques** for addressing tobacco with women, minors, and families
- How to make **referrals** to New Mexico Tobacco Cessation Services and other appropriate resources.



Earn free CEUs* online and help your clients quit tobacco.

Treating Nicotine Dependence in New Mexico

Health care professionals who enroll in this course will gain the knowledge and skills to address tobacco use with patients, including:

- The specific risks and consequences of tobacco use on the body
- How to deliver a tobacco intervention in less than three minutes
- Effective communications techniques for addressing tobacco with patients
- How to make referrals to New Mexico Tobacco Cessation Services and other appropriate resources

Family Tobacco Intervention for Health Care Providers in New Mexico

Health care professionals who enroll in this course gain the knowledge and skills to address tobacco use with New Mexico families, including:

- The specific risk of tobacco use and the benefits of quitting for families
- How to deliver a tobacco intervention in less than three minutes
- Effective communication techniques for addressing tobacco with women, minors and families
- How to make referrals to New Mexico Tobacco Cessation Services and other appropriate resources

To register go to NMTUPAC.COM and click on "Health Care Professionals."

*CME-Designated Activity (1.00 prescribed credits)

Health Systems Change Training and Outreach Program

Technical Assistance for Clinic and Hospitals to:

- Establish a **multi-disciplinary** site team
- Conduct a guided **assessment** of the site to gather baseline
- Assist in helping develop and document an **action** plan
- Test **improvements** using guided short “Plan-Do-Study-Act” cycles
- Learn how to spread successful changes **throughout** the system
- Develop and draft a **sustainability** plan to maintain changes

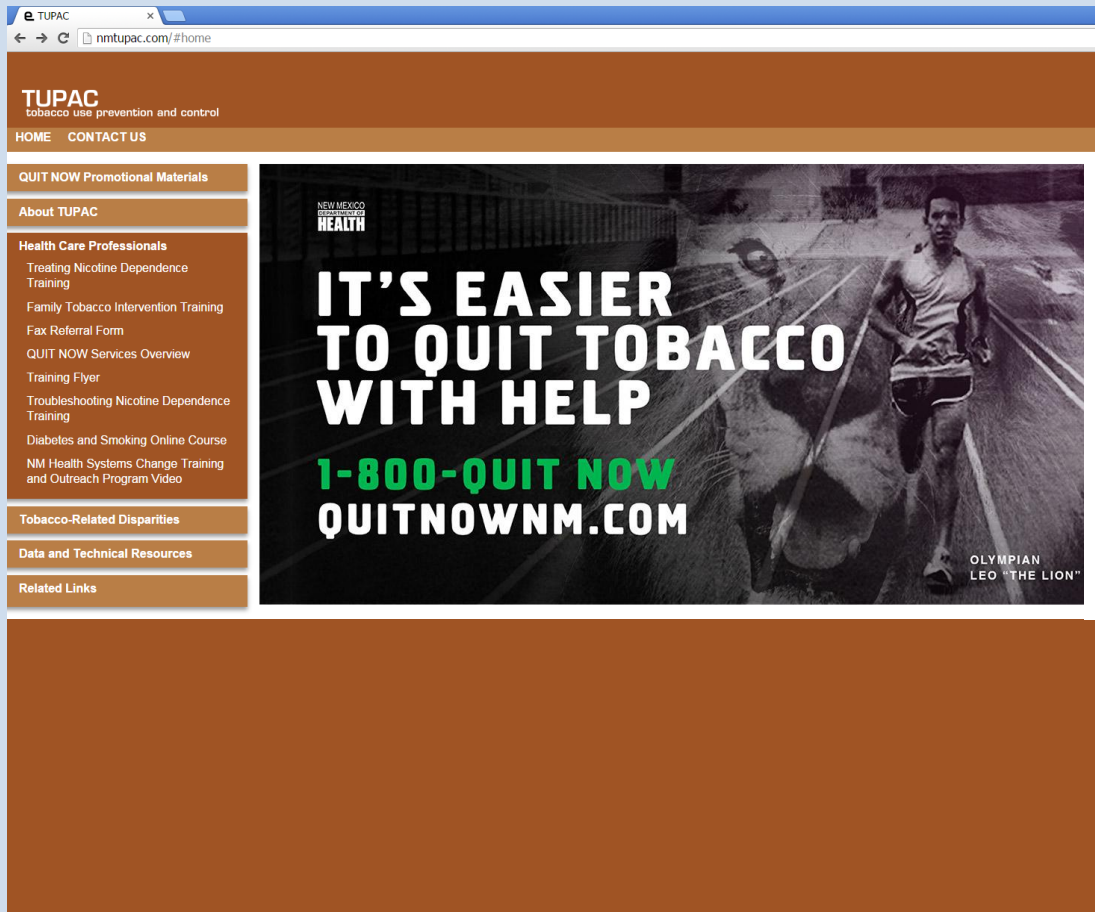
New Mexico Health Systems Change



1-844-267-4497

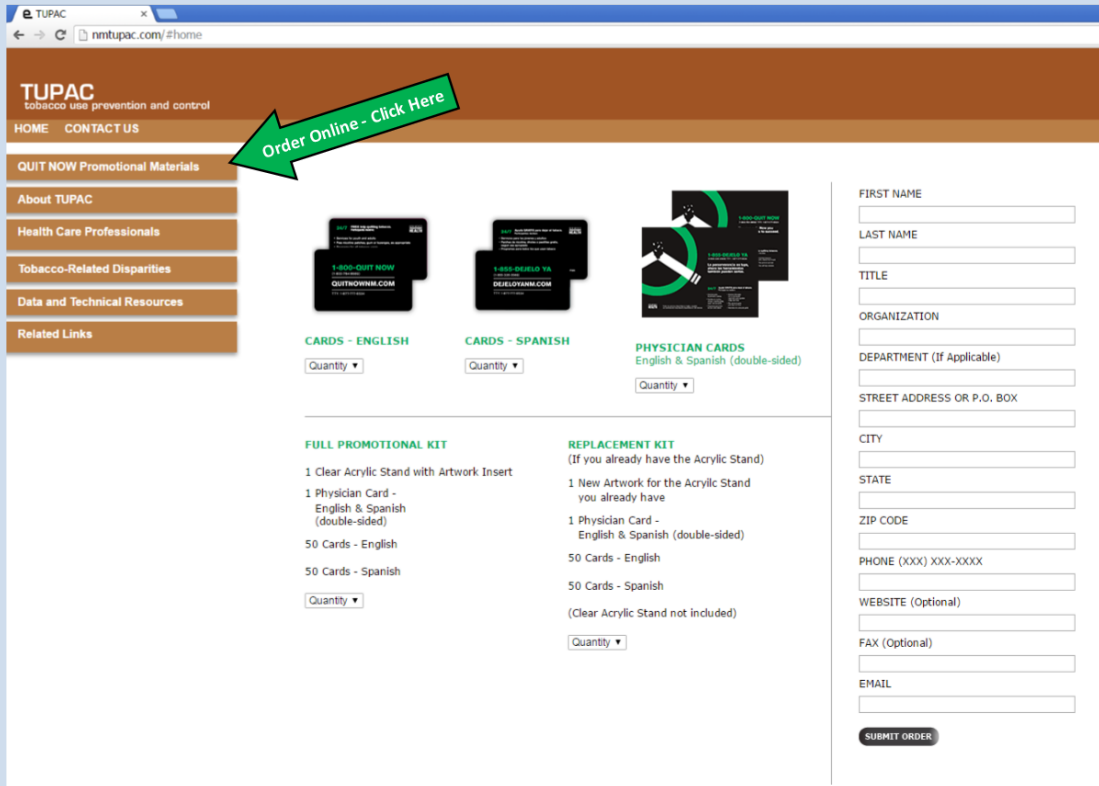
Online Resources
nmtupac.com

nmtupac.com



- Order Promo Materials
- Links to Cessation Services
- Resources for Health Care Professionals
- Online Training
- Fax Referral Form
- Resources on Tobacco-related Disparities
- New Mexico Data and Reports
- TUPAC Program Overview
- TUPAC Media
- TUPAC Contact Information

Order Promo Kits Online



The screenshot shows the TUPAC website with a navigation menu on the left and a main content area. A green arrow points to the 'Order Online - Click Here' link. The main content area displays three categories of promotional materials: CARDS - ENGLISH, CARDS - SPANISH, and PHYSICIAN CARDS. Each category has a 'Quantity' dropdown menu. Below these, there are two kit options: FULL PROMOTIONAL KIT and REPLACEMENT KIT, each with a list of items and a 'Quantity' dropdown menu. On the right side, there is a form for user information, including fields for FIRST NAME, LAST NAME, TITLE, ORGANIZATION, DEPARTMENT (If Applicable), STREET ADDRESS OR P.O. BOX, CITY, STATE, ZIP CODE, PHONE (XXX) XXX-XXXX, WEBSITE (Optional), FAX (Optional), and EMAIL. A 'SUBMIT ORDER' button is at the bottom of the form.

TUPAC
tobacco use prevention and control
HOME CONTACT US

QUIT NOW Promotional Materials

About TUPAC

Health Care Professionals

Tobacco-Related Disparities

Data and Technical Resources

Related Links

CARDS - ENGLISH
Quantity ▼

CARDS - SPANISH
Quantity ▼

PHYSICIAN CARDS
English & Spanish (double-sided)
Quantity ▼

FULL PROMOTIONAL KIT

- 1 Clear Acrylic Stand with Artwork Insert
- 1 Physician Card - English & Spanish (double-sided)
- 50 Cards - English
- 50 Cards - Spanish

Quantity ▼

REPLACEMENT KIT
(If you already have the Acrylic Stand)

- 1 New Artwork for the Acrylic Stand you already have
- 1 Physician Card - English & Spanish (double-sided)
- 50 Cards - English
- 50 Cards - Spanish

(Clear Acrylic Stand not included)

Quantity ▼

FIRST NAME
LAST NAME
TITLE
ORGANIZATION
DEPARTMENT (If Applicable)
STREET ADDRESS OR P.O. BOX
CITY
STATE
ZIP CODE
PHONE (XXX) XXX-XXXX
WEBSITE (Optional)
FAX (Optional)
EMAIL
SUBMIT ORDER

Materials Available in English and Spanish

- Full Promotional Kits
 - Acrylic Counter Stand
 - Physician Reference Card
 - 50 English Quit Cards
 - 50 Spanish Quit Cards
- Replacement Kits
- Physician Reference Cards
- English Quit Cards
- Spanish Quit Cards

Fast and Free Delivery

More than a Quitline

TUPAC Offers Resources for Tobacco Control Policy Development to support any of the following:

- Referral to New Mexico's Free Cessation Services
- Smoke-free Homes and Cars
- Smoke-free Multi-Unit Housing
- Tobacco-free Public Environments
- Responsible Tobacco Retailing at the Point of Sale
- Truly Tobacco-free High Schools
- Tobacco-free Post-Secondary Campuses
- Secondhand Smoke Protections for People in Native American Communities
- Youth and Adult Advocacy for Tobacco Control
- Professional Development

Thank You



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