This directory is an expanded list of government agencies, voluntary associations, and private organizations that provide tobacco cessation information and resources.

These organizations and related websites offer educational material and support to people who use tobacco products and the general public. Other sites are specific to health care professionals.
# Tobacco Cessation Organizations and Related Websites

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Agency for Healthcare Research and Quality (AHRQ) [http://www.ahrq.gov](http://www.ahrq.gov)
The Agency for Healthcare Research and Quality (AHRQ) provides evidence-based information on health care outcomes, quality, cost, use, and access. Information from AHRQ’s research helps people make more informed decisions and improve the quality of health care services. A consumer interactive tool on smoking cessation can be downloaded at [http://pda.ahrq.gov/consumer/qscit/qscit.htm](http://pda.ahrq.gov/consumer/qscit/qscit.htm) and several other helpful resources are available at [http://www.ahrq.gov/consumer/#smoking](http://www.ahrq.gov/consumer/#smoking). Helpful professional resources can be found at [http://www.ahrq.gov/path/tobacco.htm](http://www.ahrq.gov/path/tobacco.htm)


American Legacy Foundation

The American Legacy Foundation is dedicated to building a world where young people reject tobacco and anyone can quit. The foundation is a 501(c)(3) organization that was established in March 1999 as a result of the Master Settlement Agreement (MSA) between a coalition of attorneys general in 46 states and five U.S. territories and the tobacco industry, and is funded primarily by payments designated by the settlement. As a national, independent public health foundation located in Washington, D.C., the foundation develops national programs that address the health effects of tobacco use through grants, technical training and assistance, youth activism, strategic partnerships, counter-marketing and grass roots marketing campaigns, public relations, research and community outreach to populations disproportionately affected by the toll of tobacco.

The foundation has two goals that guide its work toward creating tobacco-free generations: to arm all young people with the knowledge and tools to reject tobacco, and to eliminate disparities in access to tobacco prevention and cessation services. The Learn to Quit Program can be found at [http://www.americanlegacy.org/americanlegacy/skins/alf/display.aspx?Action=display_page&mode=User&ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&ObjectID=83e6899f-8eff6-4597-bd0b-fa4d9dab9756](http://www.americanlegacy.org/americanlegacy/skins/alf/display.aspx?Action=display_page&mode=User&ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&ObjectID=83e6899f-8eff6-4597-bd0b-fa4d9dab9756) and resources are available at [http://www.americanlegacy.org/americanlegacy/skins/alf/display.aspx?Action=display_page&mode=User&ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&ObjectID=67f143bf-4dac-400e-a005-5f3577160f69](http://www.americanlegacy.org/americanlegacy/skins/alf/display.aspx?Action=display_page&mode=User&ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&ObjectID=67f143bf-4dac-400e-a005-5f3577160f69)
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Centers for Disease Control and Prevention (CDC) http://www.cdc.gov
The Centers for Disease Control and Prevention hosts a Tobacco Information and Prevention Source at http://www.cdc.gov/tobacco/ with current information and resources. Reducing Tobacco use is addressed statistically at http://www.cdc.gov/nccdphp/bb_tobacco/ and at http://www.cdc.gov/tobacco/data.htm. Brochures such as You Can Quit http://www.cdc.gov/tobacco/quit/canquit.htm can be downloaded and other materials concerning tobacco cessation can be ordered through catalogues.

CDC’s Best Practices provides recommended strategies and tobacco control funding levels for states to implement or enhance tobacco control programs to prevent and reduce tobacco use. The guideline identifies and describes key elements for effective state tobacco control programs, including initiatives designed for communities, schools, and statewide programs. These best practices also address the significance of surveillance and evaluation, enforcement, counter-marketing, smoking cessation programs, and chronic disease programs. More details are available at: http://www.cdc.gov/tobacco/bestprac.htm.

CDC’s Youth Risk Behavior Survey is the only surveillance system to monitor a wide range of priority health risk behaviors among youth at the national, state and local levels. The YRBS covers injury-related behaviors, such as weapon carrying and attempted suicide, tobacco use, alcohol and other drug use, sexual and dietary behaviors, and physical activity. Information about CDC’s Youth Risk Behavior Survey is available at: http://www.cdc.gov/healthyyouth/yrbs/index.htm

The Prenatal Smoking Cessation subfile, produced by the National Center for Chronic Disease Prevention and Health Promotion of the Centers for Disease Control and Prevention, collects and provides information emphasizing the application of effective prenatal smoking cessation program activities and risk reduction efforts. The information includes journal articles, monographs, technical reports, proceedings, papers, policy documents, legislation, unpublished documents, curricular materials, and descriptions of prenatal smoking cessation programs and risk reduction interventions. This information is intended for health professionals and covers a wide range of activities at the international, national, state, and local levels. The site is: http://chid.nih.gov/subfile/contribs/ps.html.

The MMWR Series is prepared by the Centers for Disease Control and Prevention (CDC). The data in the weekly MMWR are provisional, based on weekly reports to CDC by state health departments. The current issue can be found at http://www.cdc.gov/mmwr/
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**Centers for Medicare and Medicaid Services**  [http://www.cms.hhs.gov](http://www.cms.hhs.gov)

The Centers for Medicare and Medicaid (CMS) is adding coverage for smoking and tobacco use cessation counseling for certain beneficiaries that will help them quit the habit. Details on this can be found at:  [http://www.cms.hhs.gov/media/press/release.asp?Counter=1395](http://www.cms.hhs.gov/media/press/release.asp?Counter=1395)

**Girl Power!**


**Health Finder®**

Healthfinder® is a gateway to reliable consumer health and human services information developed by the U.S. Department of Health and Human Services. Healthfinder® can lead you to selected online publications, clearinghouses, databases, web sites, support and self-help groups, as well as the government agencies and not-for-profit organizations that produce reliable information for the public. Use smoking + cessation as the key words in the search. This information is available at:  [http://www.healthfinder.gov/](http://www.healthfinder.gov/)

**Healthy People 2010**

In January 2000, HHS Secretary Donna E. Shalala and The U.S. Surgeon General Dr. David Satcher unveiled Healthy People 2010, broad-based national health goals for the next decade. Comprised within the initiative are 10 health indicators targeting several health risks, including the goal of reducing tobacco use by 50 percent by 2010. Information about Healthy People 2010 can be found at:  [http://www.health.gov/healthypeople](http://www.health.gov/healthypeople).

The “Community Guide” provides public health decision makers with recommendations regarding population-based interventions to promote health and to prevent disease, injury, disability, and premature death. The “Community Guide” is a federally sponsored initiative and is part of a family of federal public health initiatives including “Healthy People 2010” and the “Guide to Clinical Preventive Services”. More information about the “Community Guide” (including links to a variety of resources) is available at:  [http://www.thecommunityguide.org](http://www.thecommunityguide.org).

**MEDLINEplus**

This site is a source of up-to-date, health care information from the world’s largest health care library, the National Library of Medicine at the National Institutes of Health. This service provides access to extensive information about specific diseases and conditions and also has links to consumer health information from the National Institutes
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NASA Occupational Health Program
The NASA Occupational Health Program (OHP) consists of approximately 400 occupational medicine and environmental health professionals distributed across 10 primary NASA Centers. All traditional occupational health program elements are provided including medical surveillance, industrial hygiene, health physics, emergency medical response, employee assistance programs, fitness programs and overall health and wellness programs. The link on smoking cessation is: http://ohp.ksc.nasa.gov/topics/smoking/.

National Institutes of Health:
National Cancer Institute (NCI)
The Cancer Information Service (CIS), a national information and education network, is a free public service of the National Cancer Institute (NCI), the Nation's primary agency for cancer research. The CIS responds to calls in English and Spanish. The link to Q&A on smoking cessation is: http://www.smokefree.gov/. As part of NCI's Smoking and Tobacco Control Program, NCI supported a comprehensive report on the health risks associated with secondhand smoke in November 1999. The 2003 cancer progress report can be found at: http://progressreport.cancer.gov/doc.asp?pid=1&did=21&chid=9&coid=52&mid=vpco.

The National Institutes of Health has conducted clinical research focusing on reducing children's exposure to environmental tobacco smoke (ETS), the psychological and physiological effects of nicotine dependence, as well as nicotine replacement therapies. NCI grants support research on innovative tobacco prevention and control interventions at the community, state, or multistate level, and emphasize collaboration between tobacco control researchers and state-based tobacco control programs. NCI's new antismoking initiative is located at: http://newscenter.cancer.gov/pressreleases/tobaccocontrol.html. A progress report on second hand smoke can be found at http://progressreport.cancer.gov/doc.asp?pid=1&did=21&chid=9&coid=52&mid=vpco.

The "Prevention and Cessation of Tobacco Use by Children and Youth in the U.S." initiative was announced for two years under two Requests for Applications (RFAs), CA-97-010 and CA-98-002. The objective of these two RFAs is to fund innovative research that has clear implications for the immediate and significant reduction of tobacco use by children and youth in the United States. A report is available at http://www.cancer.gov/newscenter/hutchstate.

The NCI and the National Institute on Drug Abuse (NIDA) recently awarded $14.5 million to seven academic institutions to create the Transdisciplinary Tobacco Use Research Centers. These facilities address a wide range of studies, including tobacco susceptibility factors, new cessation treatments and behaviors that lead to smoking.
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relapse. Additionally, The Robert Wood Johnson Foundation has committed an additional $14 million over five years to help support the effort. Additional information is available at: [http://dccps.nci.nih.gov/tcrb/tturc/](http://dccps.nci.nih.gov/tcrb/tturc/)

The National Cancer Institute's [Handheld Computer Smoking Intervention Tool (HCSIT)](http://dccps.nci.nih.gov/tcrb/tturc/) is designed for clinicians to assist with smoking cessation counseling at the point-of-care. This easy-to-use program can be used with both Palm® and Microsoft™ Pocket PC handheld computers.

**The National Heart, Lung, and Blood Institute (NHLBI)**
NHLBI provides leadership for a national program in diseases of the heart, blood vessels, lung, and blood, blood resources, and sleep disorders. The Institute plans, conducts, fosters, and supports an integrated and coordinated program of basic research, clinical investigations and trials, observational studies, and demonstration and education projects. Research is related to the causes, prevention, diagnosis, and treatment of heart, blood vessel, lung, and blood diseases; and sleep disorders. The NHLBI plans and directs research in development and evaluation of interventions and devices related to prevention, treatment, and rehabilitation of patients suffering from such diseases and disorders. It also supports research on clinical use of blood and all aspects of the management of blood resources. Click on special web pages and interactive applications to a smoking IQ health quiz at bottom of page at: [http://www.nhlbi.nih.gov/index.htm](http://www.nhlbi.nih.gov/index.htm). Smoking cessation links can be accessed at [http://www.nhlbi.nih.gov/hbp/prevent/q_smoke/q_smoke.htm](http://www.nhlbi.nih.gov/hbp/prevent/q_smoke/q_smoke.htm)

**National Institute on Aging (NIA)**
The NIA's mission is to improve the health and well being of older Americans through research, and specifically to support and conduct high quality research on aging processes, age-related diseases, and special problems and needs of the aged. Additionally, the NIA trains and develops highly skilled research scientists from all population groups, develop and maintain state-of-the-art resources to accelerate research progress, disseminates information and communicate with the public and interested groups on health and research advances and on new directions for research. The AgePage health information “Smoking: It’s Never Too Late to Stop” is at: [http://www.niapublications.org/engagepages/smoking.asp](http://www.niapublications.org/engagepages/smoking.asp).

**National Institute on Drug Abuse**

NIDA InfoFacts: Cigarettes and Other Nicotine Products
This NIDA InfoFact sheet discusses statistics associated with smoking and tobacco use, health hazards, promising research, and treatments that are available to help smokers quit. It is also available in Spanish. [http://www.drugabuse.gov/Infofax/tobacco.html](http://www.drugabuse.gov/Infofax/tobacco.html)
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National Women’s Health Information Center (NWHIC)
A service of the Office on Women's Health in the Department of Health and Human Services, the NWHIC provides a gateway to the vast array of Federal and other women’s health information resources. A wide variety of women's health-related material developed by the Department of Health and Human Services, other federal agencies, and private sector resources is located at: www.4woman.gov. Links to smoking cessation sites are at: http://www.4woman.gov/pub/steps/TobaccoUse.htm

Office of Disease Prevention and Health Promotion http://odphp.osophs.dhhs.gov/
Office of Public Health and Science, Office of the Secretary, U.S. Department of Health and Human Services, work to strengthen the disease prevention and health promotion priorities of the Department within the collaborative framework of the HHS agencies.

SmokeFree
SmokeFree is a collaboration among HHS including the CDC and the National Cancer Institute. This tobacco control strategy program is designed to help children learn about the adverse health effects of tobacco on athletic performance. The program promotes physical activity, while helping kids resist the pressures to use tobacco. More information on the SmokeFree can be found at: http://www.smokefree.gov.

Substance Abuse and Mental Health Services Administration (SAMHSA)
SAMHSA's Substance Abuse Prevention and Treatment (SAPT) Block Grant provides more than $1.6 billion annually to states to support substance abuse prevention and treatment activities. States are required to spend a minimum of 20 percent of their block grant on primary prevention initiatives for alcohol, tobacco and other drugs. Tips for Teens can be found at http://ncadi.samhsa.gov/govpubs/phd633i/ and a family guide to tobacco prevention is located at http://www.family.samhsa.gov/get/preventing.aspx.

Each year, SAMHSA conducts a home-based survey that is the primary source of prevalence data on the incidence of illicit drug, alcohol and tobacco use. The National Household Survey provides annual estimates of the prevalence of illicit drug, alcohol and tobacco use in the U. S. and monitors the trends in use over time. Results of the 2003 survey can be found at http://oas.samhsa.gov/nhsda/2k3nsduh/2k3Overview.htm#1.4

The Synar Amendment was enacted into law in July 1992 to reduce youth access to tobacco by requiring states to have and enforce laws prohibiting the sale of tobacco products to anyone under age 18. In 1996, SAMHSA issued the Synar regulation requiring states to conduct random, unannounced inspections of state tobacco vendors. The regulation requires states to establish annual target rates moving towards the ultimate goal of 20 percent. Current information is available at http://www.prevention.samhsa.gov/tobacco/06report.asp.
Tobacco Cessation Organizations and Related Websites

**Office of the Surgeon General**

A government site for up to date tobacco cessation materials, consumer materials and clinician materials can be found at: [http://www.surgeongeneral.gov/tobacco/](http://www.surgeongeneral.gov/tobacco/).

The Health Consequences of Smoking: A Report of the Surgeon General

Released in May 2004, this report reveals that smoking causes disease in nearly every organ of the body. It expands on the list of illnesses and conditions linked to cigarette smoking that was discussed in the 1964 Surgeon General's Report on Smoking. [http://www.hhs.gov/surgeongeneral/library/smokingconsequences/](http://www.hhs.gov/surgeongeneral/library/smokingconsequences/)

The You Can Quit Smoking! booklet was created as a supplement to Treating Tobacco Use and Dependence: a Public Health Service Clinical Practice Guideline. The booklet contains evidence-based strategies and recommendations to motivate and assist smokers in choosing the best way for them to quit smoking. [http://www.surgeongeneral.gov/tobacco/smconsumr.pdf](http://www.surgeongeneral.gov/tobacco/smconsumr.pdf)

Reducing Tobacco Use was released in August 2000, the Surgeon General's report outlines several strategies aiming to halve U.S. smoking rates by the year 2010. These tools include implementing effective school-based programs; changing physician behaviors, medical system procedures and insurance coverage to encourage state-of-the-art nicotine addiction treatment; enforcing stringent clean indoor air regulations; improving tobacco warning labels; increasing tobacco prices and excise taxes; and changing the social environment to reduce the broad cultural acceptance of tobacco use. The report can be found at: [http://www.surgeongeneral.gov/library/tobacco_use](http://www.surgeongeneral.gov/library/tobacco_use).

**World Health Organization (WHO)**

In October 2000, 150 of the 191 member nations of the WHO gathered to negotiate the WHO Framework Convention on Tobacco Control, the first international health treaty ever sought by the WHO. This Framework Convention will serve as a multilateral treaty allowing member states to jointly craft international tobacco agreements through various protocols. The protocols could include specific obligations to address prices, tobacco smuggling, tax-free tobacco products, advertising and sponsorship, Internet trade, testing methods, package design and labeling, information sharing, as well as agricultural diversification. Additional information is at: [http://www.who.int/home-page/](http://www.who.int/home-page/).

**Professional and Private Organization Sites**

**Action on Smoking and Health**


**American Academy of Family Physicians**

The American Academy of Family Physicians, formerly known as the American Academy of General Practice is the national association of family doctors. Their article on “Practical Steps to Smoking Cessation for Recovering Alcoholics” comes with a patient information handout link at: [http://www.aafp.org/afp/980415ap/mcilvain.html](http://www.aafp.org/afp/980415ap/mcilvain.html).
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American Cancer Society
Over 40 million people in the United States have made the decision sometime in their lives to quit smoking. Information concerning smoking and cancer is available at http://www.cancer.org/docroot/PED/ped_10.asp and information about quitting is located at http://www.cancer.org/docroot/PED/ped_10_3.asp?sitearea=PED.

The Tobacco Technical Assistance Consortium (TTAC) http://www.ttac.org is an independent, nonprofit organization dedicated to assisting organizations in building and growing highly effective tobacco control programs. A partnership between the American Cancer Society, the American Legacy Foundation, and the Robert Wood Johnson Foundation, TAC provides expert assistance, in-depth information, and a wide variety of services to help our clients succeed in their tobacco control efforts.

The Center for Tobacco Cessation http://ctcinfo.org is a valuable source for resources out of a partnership between the Robert Wood Johnson Foundation and the American Cancer Society. E-newsletters http://ctcinfo.org/enewsletter/default.asp have valuable information on current topics.

American Dental Association (ADA)  http://www.ada.org/index.asp
The ADA is the professional association of dentists dedicated to serving both the public and the profession of dentistry. The ADA fulfills its public and professional mission by providing services and through its initiatives in education, research, advocacy and the development of standards. This is a public information page of frequently asked questions related to tobacco products with links to the topics below on the effects of smoking on periodontal disease (http://www.ada.org/prof/resources/pubs/adanews/adanewsarticle.asp?articleid=906) and links on:

- What effects can smoking have on my oral health?
- Are cigars a safe alternative to cigarettes?
- Are smokeless tobacco products safe?
- What are some signs of oral cancer?

American Heart Association (AHA)

American Lung Association
This site has many links to smoking cessation and freedom from smoking at: http://www.lungusa.org/.
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California Smokers' Help Line
The California Smokers' Help line is a free service that helps people quit smoking. It is operated by the University of California, San Diego and funded by the Department of Health Services. This is an absolutely wonderful site - totally interactive. It can be given to the person (young <25) who wants to quit but can't or won't go to classes. This site is located at: http://www.californiasmokershelpline.org/

Free & Clear
Free & Clear, is a nationally recognized, telephone-based quit smoking program and has helped people quit successfully for over 10 years. It was developed by Group Health Cooperative (GHC), a leading health care organization. The site is not interactive. Free & Clear is found at: www.freeandclear.org.

ImpacTeen (http://www.impacteen.org/)
ImpacTeen is part of Bridging the Gap: Research Informing Practice and Policy for Healthy Youth Behavior supported by the Robert Wood Johnson Foundation and administered by the University of Illinois at Chicago. Research and publications are aimed at preventing and reducing substance abuse in teenagers.

Mayo Clinic Nicotine Dependence Center
This is a good site to send adults (>25 or 30) for self-help information. It includes tips for family members of a smoker; how to help a loved one to stop smoking. This site at: http://www.mayoclinic.org/ndc-rst/ with information about treatment programs http://www.mayoclinic.org/stop-smoking/.

QUITNET
A good self-help resource site to give to the person who is ready to quit, but won't go to a class. Probably better for the older (adult) smoker. Once the readers sets a quit date, he or she accesses “Quitting Guides”. For more information go to: http://www.quitnet.org/qn_main.jtml.

Sites for Providers

Department of Defense PharmacoEconomic Center: Clinical Practice Guidelines
The Department of Defense (DoD) PharmacoEconomic (PEC) Center is a customer-oriented Center of Excellence implementing recognized state of the art pharmacoeconomic analysis for the purpose of improving readiness by increasing value, quality, and access to medical care and pharmacotherapy within the available resources of the Military Health System. The PEC works with the VA/DoD Clinical Practice Guideline Workgroup to formulate the drug therapy components of clinical practice guidelines and associated metrics. PEC updates are newsletters concerning the activities of the Center, available at http://pecupdate.org/

Navy Environmental Health Center: Tobacco Cessation
This is an excellent site with a model tobacco cessation program. It has assessment tools for nicotine dependence, the VA/DoD Tobacco Use Cessation Clinical Practice
Tobacco Cessation Organizations and Related Websites

Guideline, tobacco metrics; presentations on tobacco use cessation and change tools to include a medical and dental script for encouraging tobacco cessation. Located at: http://www-nehc.med.navy.mil/hp/tobacco/index.htm

U. S. Army Center for Health Promotion and Preventive Medicine (CHPPM)
U.S. Army CHPPM’s mission is to provide worldwide technical support for implementing preventive medicine, public health, and health promotion/wellness services into all aspects of America’s Army and the Army Community anticipating and rapidly responding to operational needs and adaptable to a changing world environment. This site is located at: http://chppm-www.apgea.army.mil/. Health educational materials, including tobacco cessation materials, are found at http://chppm-www.apgea.army.mil/Resources/#HPW

U. S. Army Medical Command, Quality Management Directorate
DoD site with information on all DoD/VA clinical practice guidelines and other quality management initiatives in the Army Medical Department. Also has re-ordering information on clinical practice guideline tool kits. Lists Air Force, Navy and VA POC’s for tool kit orders. This site is at: http://www.cs.amedd.army.mil/qmo.

Veteran’s Health Affairs, The Office of Quality and Performance
Implementation of evidence-based clinical practice guidelines is one strategy that the VA has embraced to improve care by reducing variation in practice and systematizing “best practices”. Guidelines, as generic tools to improve processes of care, serve to reduce errors and provide consistent quality of care and utilization of resources throughout the system. The Va guidelines site is http://www.oqp.med.va.gov/cpg/cpg.htm.

Miscellaneous Sites

Cancer Control PLANET
The Cancer Control PLANET portal provides access to web-based resources that can assist in: assessing the cancer burden in a given state, identifying potential partner organizations; understanding the current research findings; accessing and downloading evidence-based programs and products; and providing guidelines for planning and evaluation. http://cancercontrolplanet.cancer.gov. Research-based cessation programs are listed at http://cancercontrol.cancer.gov/rtips/rtips_search.asp?topicID=1&choice=default

Nicotine Anonymous®
Nicotine Anonymous® is a fellowship of men and women helping each other to live lives free of nicotine. The only requirement for membership is a desire to stop using nicotine. There are no dues or fees for Nicotine Anonymous membership. Nicotine Anonymous is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. Their primary purpose is to offer support to those who are trying to gain freedom from nicotine. This site is at: http://www.nicotine-anonymous.org.
Tobacco Cessation Organizations and Related Websites

Oregon Mint Company
A commercial site that offers tobacco and nicotine-free chew and pouches. This site is found at: http://www.oregonmint.com

Treatobacco.net
Treatobacco.net provides evidence-based data and practical support for the treatment of tobacco dependence. It is aimed at physicians, nurses, pharmacists, dentists, psychologists, researchers, and policy makers. Treatobacco.net is produced and maintained by the Society for Research on Nicotine and Tobacco, in association with the World Bank, Centers for Disease Control and Prevention, the World Health Organization, the Cochrane Group, and a panel of international experts. http://www.treatobacco.net

Web Links Disclaimer:
Links to non-federal organizations are provided solely as a service to our users. Links do not constitute an endorsement of any organization by the Army Medical Department (AMEDD) or the Department of Defense and none should be inferred. The AMEDD is not responsible for the content of the individual organization’s web pages found via these links.

Links checked and operational as of 10.27.05.