

Tobacco Cessation Digest

A Monthly Apercu



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Dear Colleagues,

Welcome to the first edition of the Tobacco Cessation Digest.

Federal Policy

[FDA Final Rule](#)

The Food and Drug Administration [announced](#) the final rule outlining health insurance issuer standards for a core package of benefits, called essential health benefits, that insurers must cover both under the ACA.

[Tobacco Surcharges](#)



American Lung Association has developed a new [fact sheet](#) on tobacco surcharges. Starting January 1, 2014 increased tobacco surcharges permitted under the Affordable Care Act could make it too expensive for smokers to afford health insurance. This fact sheet outlines the ALA's opposition to these surcharges and references the role state legislatures and insurance commissioners can play in limiting or eliminating them.

[Mental Health Parity and Addiction Equity Act](#)

This [fact sheet](#), from the Tobacco Control Legal Consortium, answers frequently asked questions about the Mental Health Parity and Addiction Equity Act, including how it interacts with the Affordable Care Act.

Target Population

[Behavioral Health](#)

The Centers for Disease Control and Prevention released their latest Vital Signs on smoking and mental illness. The report entitled, [Vital Signs: Current Cigarette Smoking Among Adults Aged >18 Years with Mental Illness - United States, 2009-2011](#), provides the latest information about adult smoking in the United States among people with mental illness. The report finds that a significantly higher percentage of adults with mental illness are current smokers, compared with adults who have no mental illness. The report concludes that increasing awareness of the high smoking prevalence in this population is needed. In addition to investing in comprehensive tobacco prevention and control programs at CDC-recommended levels, better coordination between tobacco control and mental health programs at the national, state, and community levels is needed.



[Here](#) are resources on the treatment of tobacco users with mental health disorders from the [Smoking Cessation Leadership Center](#).

Two new resources on treatment of tobacco dependence within behavioral health populations:

[Practical Clinical Strategies for Delivering Evidence-Based Tobacco Dependence Interventions](#)

[Intensive Tobacco Intervention with Persons Challenged by Mental Illness: Manual for Nurses](#)

Health Systems and Healthcare Professionals

Family Physician Offices

The [American Academy of Family Physicians](#) released a final [report](#) on their **2012 Tobacco Cessation National Dissemination Project** which assisted 50 family medicine practices across the country in making system changes to integrate tobacco cessation activities into their daily office routines.



Tools

Internet



A recent study released by Journal of Medical Internet Research reveals that approximately 90 percent of survey participants found BecomeAnEx.org, Legacy's free online-based quit smoking program, helpful in their quest to quit smoking. Interactive features like the online BecomeAnEX community and the separation exercises, which help smokers put space between smoking triggers and physically lighting up a cigarette, were also associated with longer quit attempts. Access the study [HERE](#).

Mobile Device

Schroeder Institute at LegacyAn innovative team at the Schroeder Institute at Legacy recently built and launched a new quit smoking app called UbiQUITous - the first evidence-based Facebook app available to help smokers quit. The app is part of a three-year study funded by the National Institutes of Health (NIH) to help public health researchers better understand how a quitting smoking tool 'goes viral' through clusters of smokers online, and what conditions make a quitting smoking app most likely to spread between users. Access the app [HERE](#).

Research

[Smoking Cessation After Acute Myocardial Infarction](#)

February 5, 2013 At present, the quit rates for smokers after myocardial infarction are higher than those for the general population of smokers, yet given the enormous health risks, still much too low. Increasing quit rates will likely require a combination of counseling and personalized medications, with a chronic disease management approach. [Read More](#).



[Electronic Nicotine Delivery Systems](#)

February 13, 2013 Awareness of ENDS is high, especially in countries where they are legal (i.e., the U.S. and UK). Because trial was associated with nondaily smoking and a desire to quit smoking, ENDS may have the potential to serve as a cessation aid. [Read More.](#)

Resource Spotlight



[Treatobacco.net](#) is for those working on the treatment of tobacco dependence throughout the world. It presents authoritative, independent, evidence-based information about the treatment of tobacco dependence, under five headings: Demographics and Health Effects, Efficacy, Health Economics, Policy, and Safety.

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