

# SMOKING CESSATION INTERVENTION PROGRAM

## Web Site Resources

ASHP would like to acknowledge that this document was produced by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) Division of Research as part of a larger research study in collaboration with and funded by the Smoking Cessation Leadership Center at the University of California at San Francisco. References to these internet sites are provided as a service and do not constitute or imply endorsement of the organization, their programs, or the content found on the websites. The URL addresses are current as of 10/23/06.

WEB SITE	PRIMARY AUDIENCE [HEALTHCARE PROFESSIONAL (HCP), PATIENT OR BOTH]	CONSUMER/PATIENT MATERIALS	AVAILABLE INFORMATION &/OR MISSION STATEMENT
Agency for Healthcare Research and Quality (AHRQ)  <a href="http://www.ahrq.gov">www.ahrq.gov</a>	Both	<ul style="list-style-type: none"> <li>• <i>5-day countdown</i></li> <li>• <i>Good Information for Smokers</i></li> <li>• <i>Help for Smokers: Ideas to help you quit</i></li> <li>• <i>Quit Smoking Consumer Interactive Tool</i></li> <li>• <i>You Can Quit Smoking - Consumers Guide &amp; Kit</i></li> </ul>	<ul style="list-style-type: none"> <li>• Links to patient/consumer and clinician focused information</li> <li>• Self-help tools for all patients w/specific tools for pregnant women</li> <li>• Links to Tobacco Cessation Guidelines for clinicians</li> <li>• Aides to implementing system-wide programs</li> <li>• ICD-9 information</li> <li>• Some patient-focused information sheets are available in Spanish</li> </ul>
American Cancer Society (ACS)  <a href="http://www.cancer.org">www.cancer.org</a>	Both	<ul style="list-style-type: none"> <li>• <i>Kick the Habit</i></li> <li>• <i>Smokeout</i> resources</li> <li>• Lists local support groups</li> <li>• Lays out a plan &amp; reasons for quitting</li> <li>• Lists best ways to quit</li> </ul>	<ul style="list-style-type: none"> <li>• Lists national statistics &amp; current research initiatives for smoking related cancer diseases</li> <li>• Resource tools to help smokers quit; Zip code search for local resources</li> <li>• Link to Smoking Cessation Leadership Center slide presentation &amp; information</li> <li>• Resource tools for healthcare professional (HCP) for use</li> </ul>

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			w/patients and in worksites <ul style="list-style-type: none"> <li>English, Spanish and Asian language materials available</li> </ul>
American Heart Association (AHA)  <a href="http://www.americanheart.org">www.americanheart.org</a>	Both	<ul style="list-style-type: none"> <li>Worksheets addressing smoking risks &amp; quit guides</li> <li>Link to a video (19 min)</li> <li>Link to the Smoking Cessation Leadership Center</li> <li>Lists the National Quitline number - (1-800-QUIT NOW; 1-800-784-8669)</li> </ul>	<ul style="list-style-type: none"> <li>Coronary Artery Disease/Stroke risk factors and fact sheets</li> <li>Advocacy site for nonsmoking initiatives</li> <li><i>Get With the Guidelines</i> (GWTG) multiple risk factor intervention program available for purchase. Slide presentations of GWTG w/helpful suggestions from recent implementations</li> <li>Key in 'smoking cessation' in search field to access resources &amp; related links to the worksheets and quit guides</li> <li>Spanish and English patient education materials available</li> </ul>
American Legacy Foundation  <a href="http://www.americanlegacy.org">www.americanlegacy.org</a>	Patients	<ul style="list-style-type: none"> <li>Links to additional Web sites including:</li> <li>The <i>Great Start</i> quitline for pregnant women</li> <li><i>Circle of Friends</i> for women</li> </ul>	<ul style="list-style-type: none"> <li>The site is geared towards providing strong support for women &amp; younger smokers but provides additional links to other programs</li> <li>Stresses that learning to quit requires the use of a professional quit counselor, over-the-counter (OTC) or prescription products and active support of family, friends and coworkers</li> </ul>

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American Legacy Foundation/Circle of Friends for women <a href="http://www.join-the-circle.org">www.join-the-circle.org</a>	Patients	<ul style="list-style-type: none"> <li>• Fact sheets targeting multiple groups that provide guidance on quit strategies</li> <li>• State quitlines</li> <li>• Links to additional Web sites</li> </ul>	<ul style="list-style-type: none"> <li>• Lists counseling quit tips, over the counter (OTC) &amp; prescription medications, social support and relapse guidance targeted to women and adolescents</li> </ul>
American Legacy Foundation/Pregnant Smokers <a href="http://www.americanlegacy.org/greatstart">www.americanlegacy.org/greatstart</a>	Patients	<ul style="list-style-type: none"> <li>• Link to <i>Great Start</i> quitline</li> </ul>	<ul style="list-style-type: none"> <li>• Outlines benefits to both mother and baby</li> </ul>
American Lung Association <a href="http://www.lungusa.org">www.lungusa.org</a>	Both	<ul style="list-style-type: none"> <li>• <i>Freedom From Smoking</i> program &amp; newsletter</li> </ul>	<ul style="list-style-type: none"> <li>• Smoking cessation support is provided for the patient</li> <li>• State legislative actions are listed as are tobacco control reports and latest news on the topic</li> <li>• Section for professionals on research and tools</li> </ul>
Campaign for Tobacco-Free Kids <a href="http://www.tobaccofreekids.org">www.tobaccofreekids.org</a>	Patients	<ul style="list-style-type: none"> <li>• Does not provide a specific cessation program</li> </ul>	<ul style="list-style-type: none"> <li>• Website is geared to prevention and advocacy targeted at children</li> <li>• Highlights dangerous tactics used by tobacco companies to get children to start smoking</li> </ul>

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Centers for Disease Control and Prevention <a href="http://www.cdc.gov">www.cdc.gov</a>	Both	<ul style="list-style-type: none"> <li>• Links to Tobacco Information and Prevention Sources (TIPS) Resources - <i>You Can Quit Smoking</i></li> <li>• Links to other Web sites</li> <li>• Discusses coverage for tobacco use cessation treatments</li> </ul>	<ul style="list-style-type: none"> <li>• Educational materials on the available treatments; information for clinicians on treatment of tobacco, tobacco use &amp; guidelines that challenge all clinicians to help smokers quit <ul style="list-style-type: none"> <li>○ Surgeon Generals reports (1964-2004)</li> <li>○ Publications for healthcare professionals</li> <li>○ Consumer-oriented product catalogs</li> <li>○ Smoking and Health Database – contains abstracts of journal articles, books and book chapters, dissertations, reports, conference proceedings and conference papers, government documents, policy or legal documents, editorials, letters, and comments on articles</li> </ul> </li> <li>• Some resources available in Spanish</li> </ul>

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National Cancer Institute (NCI) <a href="http://www.nci.nih.gov">www.nci.nih.gov</a>	HCP	<ul style="list-style-type: none"> <li>• Link to <a href="http://www.smokefree.gov">www.smokefree.gov</a></li> <li>• Consumer information fact sheets</li> </ul>	<ul style="list-style-type: none"> <li>• Provides information on tobacco research, literature and statistics</li> <li>• Lists the national Quitline number (1-800-QUIT NOW) &amp; NCI smoking quitline: 1 (877) 44U- Quit; TTY: 1 (800) 332-8615</li> <li>• Key in 'smoking cessation' in search field to access fact sheets</li> </ul>
National Cancer Institute Smokefree (NCI) <a href="http://www.smokefree.gov">www.smokefree.gov</a>	Both	<ul style="list-style-type: none"> <li>• <i>4-Step</i> online quit guide</li> <li>• Telephone resources – Instant Messaging w/NCI Information Specialist</li> <li>• List of state, national and other agencies' quitline numbers</li> </ul>	<ul style="list-style-type: none"> <li>• Links to information on tobacco research, literature and statistics for healthcare professional. PowerPoint presentation available for download; Current clinical trials listing w/recruitment status</li> <li>• NCI's LiveHelp service – Information Specialists answers questions about cancer and provides information on cancer and cancer-related resources</li> <li>• Information about 'how to stop' smoking is also available.</li> <li>• Provides help in navigating NCI Web sites</li> </ul>
National Center for Tobacco-Free Older Persons <a href="http://www.tcsg.org/tobacco.htm">www.tcsg.org/tobacco.htm</a>	Both	<ul style="list-style-type: none"> <li>• Links to other Web sites offering programs</li> </ul>	<ul style="list-style-type: none"> <li>• Site provides information specifically targeting the elderly.</li> <li>• Links to other Web sites including the American Cancer Society and The American Lung Association</li> <li>• Includes help-lines, related research sites and literature and a link for healthcare professionals and policymakers</li> </ul>
National Heart, Lung and Blood Institute (NHLBI) <a href="http://www.nhlbi.nih.gov">www.nhlbi.nih.gov</a>	Both	<ul style="list-style-type: none"> <li>• Links to other Web sites offering programs</li> </ul>	<ul style="list-style-type: none"> <li>• Links to National Guideline Clearinghouse, a public resource for evidence-based clinical practice guidelines</li> <li>• NGC is an initiative of the <a href="http://www.ahrq.gov">Agency for Healthcare Research and Quality (AHRQ)</a> with link to the surgeon general's Web site - <a href="http://www.surgeongeneral.gov/tobacco">www.surgeongeneral.gov/tobacco</a></li> </ul>

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National Institute on Drug Abuse <a href="http://www.nida.nih.gov">www.nida.nih.gov</a>	Patients	<ul style="list-style-type: none"> <li>• Informational datasheets</li> </ul>	<ul style="list-style-type: none"> <li>• Provides general information &amp; links to other Web sites such as the CDC Web site for more specific information</li> <li>• Some resources available in Spanish</li> </ul>
National Institutes of Health <a href="http://www.nih.gov">www.nih.gov</a>	HCP	<ul style="list-style-type: none"> <li>• Links to other Web sites</li> </ul>	<ul style="list-style-type: none"> <li>• Links to the National Cancer Institute, the National Heart Lung and Blood Institute (NHLBI), National Institute on Drug Abuse (NIDA) and others</li> </ul>
North American Quitline Consortium <a href="http://www.naquitline.org">www.naquitline.org</a>	Patients	<ul style="list-style-type: none"> <li>• Links to state quitline counseling numbers</li> </ul>	<ul style="list-style-type: none"> <li>• Information is sorted by state including name of Quitline, telephone number, Web site address, hours of operation, languages available through translation, what services are offered, populations counseled and whether the counseling is proactive or reactive as requested by the patient</li> </ul>

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Office of the Surgeon General <a href="http://www.surgeongeneral.gov">www.surgeongeneral.gov</a>	HCP	<ul style="list-style-type: none"> <li>• Links to multiple quit guides found at <a href="http://www.smokefree.gov">www.smokefree.gov</a></li> <li>• <i>You Can Quit Smoking Now</i></li> <li>• <i>You Can Quit Smoking</i></li> <li>• <i>Quitting Helps You Heal Faster</i> hospital card</li> <li>• Link to <i>Treating Tobacco Use and Dependence</i> clinician's information packet</li> </ul>	<ul style="list-style-type: none"> <li>• Offers information on the latest drugs and counseling techniques for treating tobacco use and dependence. Publishes the <i>Clinical Guideline for Treating Tobacco Use and Dependence</i></li> <li>• Links to US Department of Health and Human Services, Public Health Service consumer and clinician resources</li> <li>• Some resources available in Spanish</li> </ul>
Organized Labor and Tobacco Control Network <a href="http://www.laborandtobacco.org">www.laborandtobacco.org</a>	HCP	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• The Organized Labor and Tobacco Control Network seeks to reduce class-based health disparities due to high levels of tobacco use and exposure to secondhand smoke among working people and their families. It provides: <ol style="list-style-type: none"> <li>1. consultation on how to create links between the labor and tobacco control movements</li> <li>2. information, presentations, and other resources about how to work with labor unions and the tobacco control movement</li> <li>3. networking, research, and educational opportunities through network-sponsored activities</li> </ol> </li> </ul>

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<p>PACT Professional Assisted Cessation Therapy</p> <p><a href="http://www.endsmoking.org">www.endsmoking.org</a></p> <p>(Web site currently under redesign)</p>	<p>HCP</p>	<ul style="list-style-type: none"> <li>• NA</li> </ul>	<ul style="list-style-type: none"> <li>• An independent consortium of leaders in the treatment of tobacco dependence whose mission is to lower barriers to broader utilization of cessation therapy through education and advocacy</li> <li>• Links to various programs &amp; AHRQ Clinical Practice Guidelines and materials for patients, healthcare professionals, and employers</li> </ul>
<p>QuitNet</p> <p><a href="http://www.quitnet.com">www.quitnet.com</a></p>	<p>Patients</p>	<ul style="list-style-type: none"> <li>• A buddy support system.</li> </ul>	<ul style="list-style-type: none"> <li>• Launched in 1995, QuitNet is the Web's original quit smoking site operated in association with Boston University School of Public Health.</li> <li>• Some resources available in Spanish</li> </ul>
<p>Rx for Change (University of California, San Francisco)</p> <p><a href="http://rxforchange.ucsf.edu/">http://rxforchange.ucsf.edu/</a></p>	<p>HCP</p>	<ul style="list-style-type: none"> <li>• Rx for Change program based on 5 A's intervention model</li> </ul>	<ul style="list-style-type: none"> <li>• Provides comprehensive teaching tool for health care professional students with training in smoking cessation techniques. Lists available resources for reference, patient aids and complete teaching tools</li> <li>• Generally focused towards pharmacology faculty and students but adaptable to any healthcare provider audiences</li> <li>• All materials are available free of charge</li> </ul>

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Smokefree.gov <a href="http://www.smokefree.gov">www.smokefree.gov</a>	Patients	<ul style="list-style-type: none"> <li>• Provides a <i>4-step</i> plan</li> <li>• Toll-free Quitlines by state</li> </ul>	<ul style="list-style-type: none"> <li>• Provides information on tobacco research, literature and statistics</li> <li>• Lists the national Quitline number 1-800-QUIT NOW (1-800-784-8669). Links to state and other agency's quitline numbers:  <a href="#">American Cancer Society</a>            1-800-227-2345; 1-800-ACS-2345  <a href="#">American Lung Association</a>            1-800-586-4872; 1-800-LUNG-USA  <a href="#">National Cancer Institute</a>            1-877-44U-QUIT  <a href="#">American Legacy Foundation Great Start</a>            1-866-667-8278; 1-866-66-START</li> </ul>
Smoking Cessation Leadership Center <a href="http://smokingcessationleadership.ucsf.edu">http://smokingcessationleadership.ucsf.edu</a>	HCP	<ul style="list-style-type: none"> <li>• Lists the national and state 1-800-Quitline numbers</li> </ul>	<ul style="list-style-type: none"> <li>• The Smoking Cessation Leadership Center (SCLC) is a national program office of the Robert Wood Johnson Foundation whose aim is to increase smoking cessation rates and increase the number of health professionals who help smokers quit. The Center creates partnerships with a variety of groups and institutions to develop and implement action plans around smoking cessation</li> <li>• Links to multiple articles and Web sites for smoking cessation programs &amp; resources</li> </ul>

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Society for Research on Nicotine & Tobacco  <a href="http://www.srnt.org">www.srnt.org</a>	HCP	<ul style="list-style-type: none"> <li>Brief, Intensive and Group Interventions are addressed.</li> </ul>	<ul style="list-style-type: none"> <li>The mission of the Society is to stimulate the generation of new knowledge concerning nicotine in all its manifestations - from molecular to societal. The Society has three main aims:               <ol style="list-style-type: none"> <li>to sponsor scientific meetings and publications fostering the exchange of information on nicotine and tobacco</li> <li>to encourage scientific research on public health efforts for the prevention and treatment of tobacco use</li> <li>to provide a means by which legislative, governmental, regulatory and other public agencies can obtain expert advice and consultation on nicotine and tobacco</li> </ol> </li> </ul>
Staying Free	HCP	<ul style="list-style-type: none"> <li>Staying Free</li> </ul>	Stanford University School of Medicine training program designed to provide professionals with tools to deliver a smoking cessation intervention to hospitalized patients. More information is available from the Center for Excellence for Inpatient Tobacco Use Cessation at (650-725-5735)
Tobacco Bulletin Board  <a href="http://www.tobacco.org">www.tobacco.org</a>	HCP	<ul style="list-style-type: none"> <li>None</li> </ul>	<ul style="list-style-type: none"> <li>Site is a news brief resource on the latest tobacco news in the media. The tobacco news service will be moving to a paid subscription plan by the end of the 2005</li> </ul>
Tobacco Free Nurses Initiative  <a href="http://www.tobaccofreenurses.org">www.tobaccofreenurses.org</a>	HCP	<ul style="list-style-type: none"> <li>5A's intervention model</li> <li>Link to QUITNET</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco Free Nurses is the first national program focused on helping nurses and student nurses to stop smoking</li> <li>Tobacco Free Nurses sponsors free membership to QUITNET for nurses</li> </ul>

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Tobacco Information and Prevention Sources (TIPS)  <a href="http://www.cdc.gov/tobacco/">www.cdc.gov/tobacco/</a>	Both	<ul style="list-style-type: none"> <li>• Patient focused resources</li> <li>• Links to other Web sites</li> <li>• Quit Help guide</li> <li>• Information on coverage for tobacco use cessation treatments</li> </ul>	<ul style="list-style-type: none"> <li>• Links to all Surgeon Generals Reports</li> <li>• Educational materials &amp; information on the available treatments for tobacco use for clinicians</li> <li>• Provides guidelines &amp; challenges all clinicians to help smokers quit</li> </ul>
Treatobacco.net  <a href="http://www.treatobacco.net">www.treatobacco.net</a>	HCP	<ul style="list-style-type: none"> <li>• Brief, Intensive and Group Interventions are addressed.</li> </ul>	<ul style="list-style-type: none"> <li>• Treatobacco.net is run by the Society for Research on Nicotine and Tobacco (SRNT) and the World Health Organization (WHO) and is a collaborative initiative between public and private organizations</li> <li>• Treatobacco.net is currently available in 11 languages making it a genuinely international resource for those interested in treating tobacco dependence around the world</li> </ul>
Try to Stop.net - MA Tobacco Control Program  <a href="http://www.trytostop.org">www.trytostop.org</a>	Both	<ul style="list-style-type: none"> <li>• 6-step plan/process</li> <li>• Bulletin Board for sharing smoking cessation tips</li> <li>• MA &amp; Rhode Island users can call: 1-800-979-8678 (English) 1-800-833-5256 (Spanish) 1-800-833-1477 (TTY)</li> </ul>	<ul style="list-style-type: none"> <li>• Directly targets the smoker and uses a quit wizard to chart progress and plan adherence for the patient</li> <li>• Must login and register to access resources. Registered users can post to a bulletin board.</li> <li>• The Massachusetts Department of Public Health's guide to assist employers in implementing the smoke-free workplace law at their establishments is available for download</li> <li>• Multi-language options</li> </ul>

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<p>UC Tobacco-Related Disease Research Program (TRDRP)</p> <p><a href="http://www.trdrp.org">www.trdrp.org</a></p>	<p>HCP</p>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• The mission of TRDRP is to support research that focuses on the prevention, causes, and treatment of tobacco-related disease and the reduction of the human and economic costs of tobacco use in California. Program goals are               <ol style="list-style-type: none"> <li>1. to fund excellent research addressing all aspects of tobacco use</li> <li>2. to widely disseminate the research findings through a variety of media</li> <li>3. to encourage and support new scientific infrastructures and networks critical for a comprehensive approach to tobacco control</li> <li>4. to serve as an information resource for those interested in issues of tobacco control</li> </ol> </li> </ul>
<p>World Health Organization (WHO) Tobacco Free Initiative</p> <p><a href="http://www.who.int/tobacco/en/">www.who.int/tobacco/en/</a></p>	<p>HCP &amp; Policy Makers</p>	<ul style="list-style-type: none"> <li>• NA</li> </ul>	<ul style="list-style-type: none"> <li>• Recommends that treatment of tobacco dependence should be part of a comprehensive tobacco control policy based on a broad framework that consists of three strategies:               <ol style="list-style-type: none"> <li>1) a public health approach that seeks to change the social climate</li> <li>2) a health systems approach that seeks to use best practices guidelines</li> <li>3) a surveillance research approach for exchange and dissemination of information between healthcare providers</li> </ol> </li> <li>• Recommends individual behavioral approach combined with pharmacological aids and a supportive environment</li> </ul>

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