

# Young Adult Tobacco Cessation Program

Quitting tobacco, vaping and other nicotine products is hard, but it is the best way to establish healthy patterns that last a lifetime.

National Jewish Health offers a comprehensive tobacco cessation program for young adults (age 18-24). The implementation of laws restricting the sale of tobacco to anyone under age 21 provides additional motivation for young adults to quit smoking, vaping, and chewing tobacco products. Our Quitline program offers enhanced services to young adults with input from young adults. Coaches are specially trained to address cessation needs, support individual identity development, and work towards healthy living. Young adults can access real-time support by phone, live text messaging or online chat.

## Participants receive:

- Five coaching sessions by phone, live text or online chat.
- Extensive library of keyword-interactive text messages adapted to specific tobacco products, including vaping, and tailored to readiness for change to enable anytime support with just four short enrollment questions.
- Live text coaching integrated in the same conversation to move seamlessly between automated and live messaging.
- Coaching with tobacco treatment specialists trained by nationally recognized experts in working with young adults.
- Nicotine replacement therapy (if offered by the state).
- A *Welcome Package* with personalized educational materials and the industry renowned *My Quit Journey*© workbook.
- An evidence-based interactive online program with online chat to develop a Quit P.L.A.N. customized to each individual.



## Why National Jewish Health?

National Jewish Health is the nation's leading respiratory hospital. As one of the most established tobacco cessation programs available, we have helped more than 1.5 million people as they quit tobacco. By developing individualized quit plans and providing true person-to-person connections, we consistently achieve one of the highest tobacco quit rates in the nation.



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