

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 looking for help quitting and a promotional toolkit for states to promote the texting program.

Participants receive:

- Five coaching sessions by phone, live text or online chat.
- Seamless keyword interactive messages for anytime support and live coaching in the same conversation by texting 36072.
- Coaching with tobacco treatment specialists trained by nationally-recognized experts in working with young adults
- Nicotine replacement therapies (NRT; if offered by the state).
- A personalized Welcome Packet with personalized educational materials and the industry renowned *My Quit Journey*® workbook.
- A suite of eHealth services to supplement coaching including customized text messages tailored by stage of change and type of tobacco product, and interactive online resources.

The enhanced services for young adults were developed with input from young adults. More than 100 young adult participants provided feedback on their experience and identified ways to improve the program for other young adults. Participants provided strategies on how to reach and engage young adults in tobacco and vaping cessation.



**Quit smoking.
Save money.
Enjoy life.**

**Text START to 36072
for more information.**

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.



#1 in Respiratory Care

