

Asthma Resource Guide

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Free Tobacco and Nicotine Cessation Resources
for New Mexico Asthma Healthcare Providers

Prepared by



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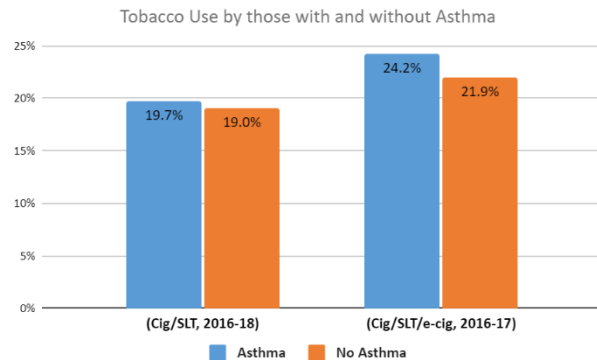
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Asthma and Nicotine in New Mexico - An Overview

The CDC states to fully control asthma, individuals should remove triggers which cause symptoms. These triggers include ceasing use of tobacco and nicotine products and to remove second and third hand smoke from all environments as smoking tobacco and nicotine products and subsequent exposure can significantly impact an individual's ability to control their asthma.

Following the national trend, the 2016-2018 New Mexico Behavioral Risk Factor Surveillance System (BRFSS) shows among adults with asthma in New Mexico are more likely to smoke compared to adults with no asthma.



*New Mexico Adult Tobacco Use, BRFSS 2016-2018

Secondhand Smoke-Free Resources

Organization	Website Information
Smoke-Free Homes and Cars for Kids	https://www.aredoingenuoughnm.com/
Secondhand Smoke Resources for Native American Communities	https://www.smokefreesignals.com/
Smoke-Free Multi Unit Housing Resources	https://www.smokefreeathomenm.org/
Information Sheet on the Dee Johnson Clean Indoor Air Act	https://www.nmtupac.com/wp-content/uploads/2020/02/Dee_Johnson_Clean_Indoor_Air-Act.pdf

Ready for Health Systems Change?

NM Tobacco System Change Training and Outreach Program will customize training for your clinic or organization. Providing technical assistance and resources to systematically identify tobacco users, provide advice, and make appropriate referrals to patients.

View a 20-minute guide to tobacco systems change work in New Mexico here: <https://www.nmtupac.com/health-systems-change/>

For inquiries, or to sign up, please call 1-844-267-4497.

Need Free Online Training?

Organization	Website Information
Online Training for Healthcare Professionals, Community Health Workers, and Behavioral Healthcare Professionals – by NMDOH TUPAC.	https://www.nmtupac.com/online-training-modules/
Online Training for Healthcare Providers – by American Lung Association -	https://lung.training/?cat=tobacco

National Resources - Websites and Info To-Go

Healthcare Provider Tools and Printable Resources, Centers for Disease Control and Prevention

<https://www.cdc.gov/tobacco/campaign/tips/partners/health/index.html>

Secondhand Smoke - Easy To Read Booklet for Patients

Centers for Disease Control and Prevention:

https://www.cdc.gov/tobacco/data_statistics/sgr/2006/consumer_summary/index.htm

EXHALE Guide for Patients, Centers for Disease Control and Prevention:

<https://www.cdc.gov/asthma/exhale/documents/EXHALE-Guide-People-with-Asthma-Families-Caregivers-508.pdf>

EXHALE Guide for Schools, Centers for Disease Control and Prevention:

https://www.cdc.gov/asthma/exhale/documents/EXHALE_Guide_Schools-508.pdf

Other Helpful Resources to Know

Electronic fax referral form for patients to QUITNOW services:

<https://www.nmtupac.com/wp-content/uploads/2020/02/Fax-Referral-Form.pdf>

QUITNOW Website:

<https://www.quitnownm.com/>

Dejelo Ya New Mexico (QUITNOW website in Spanish):

<https://www.dejeloanm.com/>

Cessation options poster (English and Spanish):

https://www.nmtupac.com/wp-content/uploads/2020/02/2018_Cessation_Services.pdf