

COMMUNITY OUTREACH

NDP presents educational programs to community organizations on a variety of topics related to tobacco use prevention or cessation, including: science, policy, advertising, secondhand smoke, pregnancy, and youth. Contact the program to schedule a presentation.

RESEARCH

NDP conducts research studies related to tobacco use cessation and policy change at individual, organizational, and community levels. Our website describes studies underway and provides links to study reports.



Nicotine Dependence Program Staff

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www.ndp.unc.edu



UNC
SCHOOL OF MEDICINE

DEPARTMENT OF FAMILY MEDICINE

NICOTINE DEPENDENCE PROGRAM

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The University of North Carolina

nicotine dependence

PROGRAM

Resources for creating tobacco-free
communities, workplaces, families,
and individuals



UNC
SCHOOL OF MEDICINE

UNC Nicotine Dependence Program

The UNC Nicotine Dependence Program (NDP) provides leadership for implementing comprehensive tobacco use treatment services and disseminating resources to promote tobacco-free communities.

NDP carries out its mission through:

- Inpatient and outpatient cessation programs;
- Health care provider training in nicotine dependence treatment;
- Research to advance tobacco use treatment knowledge and practice; and
- Tobacco-free policy promotion and evaluation.

HEALTH CARE PROVIDER TRAINING

Every clinician is encouraged to give brief cessation counseling to patients who smoke or use other tobacco products.



NDP trains health care providers on topics such as brief cessation counseling, current best practices, use of pharmacotherapy, patients with special needs, Quitline NC and fax referral services, reimbursement, and coding.

NICOTINE DEPENDENCE CLINIC

The Nicotine Dependence Program Clinic offers tobacco use cessation resources for anyone interested in quitting smoking or other tobacco use. The treatment program:

- addresses physical, mental, social, and spiritual issues related to tobacco use;
- tailors quit plans to individual needs, support, resources, and goals;
- offers medications (e.g. nicotine replacement, Chantix) when appropriate; and
- supports clients with follow-up phone calls and visits.

Clinic visits are covered by Medicaid, Medicare, and most insurance plans. Those without health insurance may receive services at reduced costs. The clinic is located in the UNC Family Medicine Center. **For appointments: 919.966.0211.**

Visit our website at
www.ndp.unc.edu

GROUP CESSATION CLASSES

Working with UNC Health Care System's Occupational Health Services, NDP facilitates group classes in tobacco use cessation for employees who want to quit smoking or discontinue other tobacco use. Interested employees can contact OHS (966-4480) or NDP.

NDP contracts with local businesses to provide smoking cessation classes for interested employees. Including these services in wellness plan benefits makes good business sense.



INPATIENT CONSULTATION

NDP and UNC hospital staff have created a system to ensure that patients receive screening for tobacco use. Those who use tobacco are offered appropriate nicotine replacement therapy and other pharmacotherapy for help in coping with withdrawal symptoms during their hospital stay. NDP consults with patients who are interested in quitting, or who have other special needs related to their tobacco use.