

Tobacco Free for Life Program

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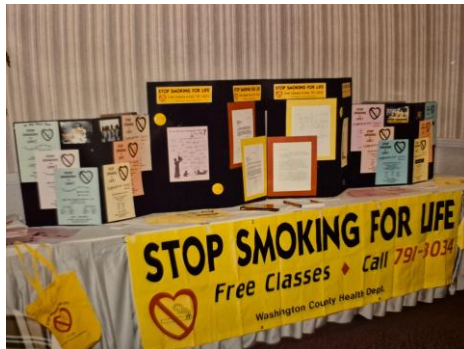
Washington County Health Department



Tobacco Control in Washington County

A History of Cessation

1995 - The Stop Smoking for Life Program (SSFL) began under the Safe & Drug Free Schools Grant



2000

The Cigarette Restitution Fund provided increased staff and funds.

- NRT is provided free to program participants in June 2001



- SSFL Data Analyzed and published in Addictive Behaviors in 2004



2004

Highlights from study data analyzed by Dr. Anthony Alberg & published in *Addictive Behaviors*:

“The influence of offering free transdermal nicotine patches on quit rates in a local health department’s smoking cessation program”

- Enrollment went up 42%
- Baseline quit rates went from 38% to 66% with introduction of free NRT patches
- **The factor most strongly associated with quitting was number of cessation classes attended.**

From 1995 - December 2005



1806 attended classes

Class Changes after Study Results & Beyond

- Class length reduced to four (4) weeks in length - still twice/week
- Free NRT went from providing 6 week supply to 8 week supply
- Additional weeks were added at the end of each class session for those requesting continued support
 - Evolved into all onsite classes becoming open, ongoing support sessions
- Fast forward to 2025 expanded into the community to reach Behavioral Health population, low income and unhoused individuals

Program name changed to **Tobacco Free for Life (TFFL)**

The TFFL Program Offers ...

- Individual & Group Support
- FREE nicotine, patches, gum, & lozenges. (while supplies last)

For information or to register for classes call
240-313-3310
TTY 800-552-7724

It's never too late to quit

The Washington County Health Department Tobacco Free For Life Program is here to HELP!



Washington County Health Department

TOBACCO FREE FOR LIFE PROGRAM (TFFL)

READY TO QUIT SMOKING OR VAPING? WE CAN HELP!

TFFL Participants:

- Register for Program
- Attend 4 Classes
- Receive 4 Weeks of NRT - "While Supplies Last"

Our Services

- FREE Support Classes
- FREE NRT With Class Attendance
- Stress Management
- Coping Strategies

240-313-3310
711 for MD Relay
washcohealth.org

Scan code to register.



Tobacco Free for Life Program Data

| Fiscal Year | # of Participants Registered | # of Groups Held | # Attending Group | Participants attending three (3) or more group sessions |
|-------------------------|------------------------------|------------------|-------------------|---|
| FY 2026 July - Sept. | 91 | 34 | 147 | |
| FY 2025* | 164 | 157 | 762 | 71 - (43%) |
| FY 2024 | 394 | 117 | 294 | 55 - (14%) |
| FY 2023 | 297 | 107 | 326 | |
| Totals | 951 | 415 | 1529 | |

* Participants required to attend group weekly to receive NRT

From 1995 - December 2005



1806 attended classes

Contact Information

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