



QuitNow's newsletter for interdisciplinary health care professionals.

Here you will find information on upcoming webinars, the latest in news and research, and program highlights. Together, we're helping British Columbians breathe a little easier.

[QUITNOW.CA →](https://quitnow.ca)



Upcoming Webinar: Supporting Youth in Vaping Cessation

Join us on **October 31 from 12:00 – 12:30pm PST** for a webinar on supporting youth in vaping cessation.

The vaping rate for BC youth is one of the highest in the world and providers play a key part in changing this trend! We will provide an overview of vaping and how you can help support youth to quit vaping, including how to use QuitNow services as a resource.

[Register Here →](#)



QuitNow Live Workshops

These facilitated training sessions will help you gain confidence in supporting your clients cessation goals. They cover current topics and trends for treating nicotine dependence through interactive activities.

Session 1:

Tuesday, October 8, 2024: 1:00 - 3:00 pm

Monday, October 21, 2024: 3:00 - 5:00 pm

Monday, November 4, 2024: 3:00 pm - 5:00 pm

Thursday, November 14, 2024: 1:00 pm - 3:00 pm

Session 2:

Thursday, October 10, 2024: 1:00 - 3:00 pm

Monday, October 28, 2024: 3:00 - 5:00 pm

Tuesday, November 5, 2024: 3:00 pm - 5:00 pm

Tuesday, November 19, 2024: 1:00 pm - 3:00 pm

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The Latest: News & Research

No amount of smoking is safe during pregnancy

- A recent study found that even exposure to light smoking can cause serious health problems in newborns. A harm reduction approach to support pregnant people or those planning to become pregnant to quit smoking is key. [Read about the study here.](#)

Identifying predictors of vaping cessation among young people

- A review aimed to summarize the factors that predict vaping cessation-related behaviours among youth. Predictors included: harm perception of vaping, current usage of nicotine containing products, frequency of use, and level of nicotine dependence.
- These predictors can inform public health and policymakers to plan targeted vaping cessation programs for high-risk populations, increasing the perception of harm from vaping, and might increase youth's intentions to quit. [Read about the study here.](#)

Effective digital cessation intervention platforms should improve people's knowledge and confidence in their ability to quit

- A study from Sweden investigated the mechanisms that drive effective digital nicotine cessation interventions.
- The key mechanisms were found to be 1) improving individuals' confidence in their ability to quit and 2) building their knowledge on how to quit, suggesting a two-pronged approach for effective digital nicotine cessation intervention platforms. [Read about the study here.](#)

Culturally adapted text messaging intervention has promising effects on abstinence

- A US study found that Chinese immigrants experience significant disparities in tobacco use, without many culturally appropriate options available. To support those at all levels of readiness to quit and address their access barriers, this

study developed the WeChat Quit Coach, a culturally and linguistically appropriate peer group mobile messaging intervention.

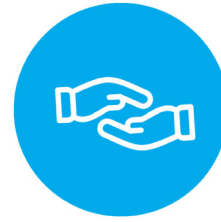
- This pilot offers a possible roadmap for programs attempting to reach underserved populations. [Read about the study here.](#)



New to British Columbia Guide

To support you in helping your patients who are new to British Columbia and Canada, we have developed a resource for newcomers seeking to quit or reduce their nicotine use and how to access tools and services to support them.

[Download](#)



Refer to Quit Now

Refer clients using our easy online form. It is non-searchable and only accessible to pre-programmed referral agents. Please email us at quitnow@bclung.ca with your name, organizational affiliation, and phone number to get setup as a referral agent. (If you prefer fax, [go here](#) to download our form.)

[Refer](#)



About QuitNow

QuitNow is a free program for British Columbians aged 10 and up looking to quit or reduce tobacco and e-cigarette use, delivered by the BC Lung Foundation on behalf of the Government of British Columbia. Our evidence-based strategies and individualized program features have helped thousands of British Columbians.

quitnow.ca

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