



ST. MARY'S COUNTY
HEALTH DEPARTMENT

Tobacco & Nicotine Cessation Programs

Overview

Chronic Disease

- **Tobacco Program Coordinator - ME!**
- **CD Admin Assistant - Derisha Marshall**
- **CD Supervisor - Stephanie Thomas**

Together we oversee programs and activities associated with the following grants

- **CRF Tobacco:** Provides cessation education to those who want to quit. Also provides community education on the dangers of smoking and vaping nicotine products.
- **Tobacco Enforcement:** Works with retailers who sell nicotine products and the St. Mary's County Sheriff's Office to ensure current laws and regulations are being followed.
- **Tobacco/Diabetes:** Combination program that partners with community organizations to educate on the dangers of smoking and vaping nicotine products and provides healthy eating habits to prevent and improve diabetes through the Taking Off Pounds Sensibly (TOPS) weight management program.

CRF Tobacco

● Cessation Classes

- Currently 100% Virtual
- Facilitated by myself and Emily Whitsett from Health Connections @ Medstar
- Classes have ended for FY24
 - Target FY25 start is Sept
- Name Change
 - Nicotine Cessation vs Tobacco Cessation
 - Nicotine is what makes products addictive
 - Encompasses all products containing nicotine, NOT just cigarettes
- MD QUITLINE **CALL 1-800-QUIT-NOW (1-800-784-8669) or TEXT "READY" to 200-400 to enroll now.**

● Plan to implement 1-on-1 sessions in FY25

- Concurrently or upon completion of class

● Community partnership with MOC

- Provide educational opportunities to youth to inform about tobacco/nicotine products
 - Educated close to 450 youth via MOC outreach events (Jan-current)
- Intend to continue into FY25
- HUGE thanks to Nat Scroggins and his team for all the work they have put into this initiative



Interested or know someone who might be?

Link to Google Form → <https://forms.gle/FxiGb2gy7ckAVNV17>

We love referrals!

Enforcement

- **SMCHD x SMCSO**
 - NO SALE UNDER 21!
 - Sheriff's office completes compliance visits with undercover participants
 - SMCHD completes retailer education
 - ~86% compliance rate
 - Policy Change Fall 2024
 - Military ID Exemption goes into effect
 - Current MD law allows for sales to 18-20 year old with valid ID
 - Fine for violations increasing
 - Currently \$300 for first violation
 - Will increase to \$500
 - Can suspend license after 2nd violation for up to 90 days
 - Licensing fee increases from \$25 to \$175

If interested, I can provide list of retailers who are non-compliant

Tobacco/Diabetes

- **Taking off Pounds Sensibly (TOPS)**
 - We cover memberships!
 - New incentives coming FY25
 - Rolling enrollments for both groups
- **Two current groups**
 - SMCHD Cohort
 - Wednesdays in Room 12 at HD
 - Google Group/Site coming soon
 - Lexington Park Cohort
 - Wednesdays at Lexington Park Library
 - Weekly weigh-in, education & activities
 - Member-run
- **Third coming in FY25**
 - Possibly county government?
- **Tobacco Education**
 - Community partnership with PFLAG/Stella's Girls
 - Educate and engage youth and LGBTQIA+ community
 - Intend to continue into FY25



**TAKE OFF POUNDS
SENSIBLY**



Cannabis (NEW!)

- **Cannabis Control Program**

- Responsible adult use
- Reduce/eliminate use in youth

- **Maryland Cannabis Administration**

- Partnered with marketing firm to design and produce ads/graphics
 - Have you seen any TV ads?
 - Also posting from SMCHD
- Community Questions & Concerns
 - We want your feedback!
 - What do you know already? What would you like to know?
 - Focus groups

- **Partnership with Cannabis Alcohol Commission (CAC)**

- Just had meeting today!
- June 25th is next meeting date (virtual)
- Heavy involvement with youth/young adults



Thank you!



Nicotine Cessation Class
Google Form



TOPS Interest
Google Form



Maryland Cannabis
Administration Website