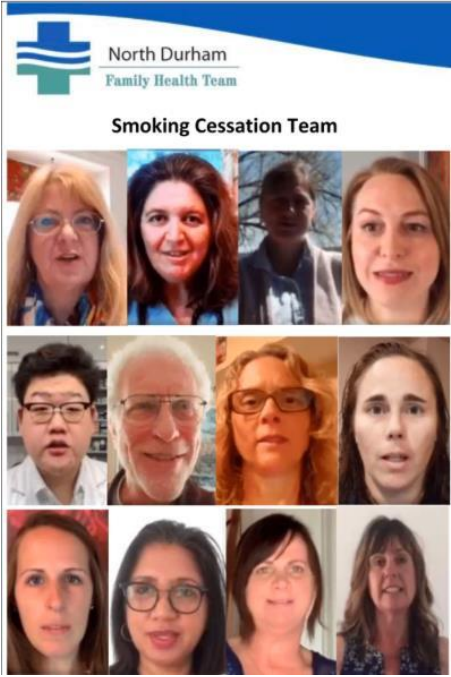




Nomination

Mental health and addiction support in primary care

**North Durham Family Health Team
North Durham Family Health Team (NDFHT)
Tackles Tobacco Addiction in Full Force**



The NDFHT Smoking Cessation Program provides comprehensive and collaborative smoking cessation support for any patient in Durham Region. Anyone who is interested in quitting or reducing their smoking.

The team includes physicians, pharmacists, nurses, nurse practitioners, dietitians, health navigators, receptionists, chiropodists and mental health therapists. The team offers not only individual counselling, but also group sessions.

Many of the counsellors have extensive smoking cessation training including TEACH (Training Enhancement in Applied Counselling and Health), and motivational interviewing training.

Tobacco addiction causes cancer, heart disease, stroke, lung disease, diabetes, and COPD. It also “increases the risk for tuberculosis, certain eye diseases and problems of the immune system, including rheumatoid arthritis.”

Smoking cessation (SC) is the most important and cost-effective preventative intervention in healthcare. Tobacco use is the leading cause of preventable death in Canada. Approximately 37,000 Canadian die each year from smoking. Second-hand and third hand smoke also carry significant health risks.

https://www.cdc.gov/tobacco/basic_information/health_effects/index.htm
<https://www.canada.ca/en/health-canada/services/health-concerns/tobacco/faqs-facts/factsheets- tobacco.html>

