

Appendix A.

Perinatal Tobacco Cessation: Resources for Providers

www.YouQuitTwoQuit.com

You Quit, Two Quit is the UNC Center for Maternal and Infant Health's program that provides perinatal tobacco cessation technical assistance in NC and throughout the US. The You Quit, Two Quit website provides information about tobacco cessation geared towards health care providers, women, and their family and friends. You can find [patient education materials](#), links to [additional training](#), and [updated information](#) about perinatal tobacco use and cessation.

There are two resources on the website developed specifically for providers working in outpatient settings on providing comprehensive counseling and integrating tobacco use screening and cessation in clinic settings:

- [Counseling Women Who Use Smoke: A Guide for Helping to Eliminate Tobacco Use and Exposure for Women](#)
This guide, developed by the Women and Tobacco Coalition for Health, in collaboration with the NC DHHS Women's Health Branch, the NC DHHS Tobacco Prevention and Control Branch, and You Quit, Two Quit, provides detailed information on screening women throughout the life course for tobacco use and exposure and how to provide cessation counseling.
- [Blueprint for Implementing Clinically-Based Tobacco Cessation Programs](#)
The Blueprint, funded by the US DHHS Office of Women's Health, provides step-by-step information on integrating tobacco use screening and cessation counseling into office systems. The Blueprint includes a special focus on working with low-income women of reproductive age.

www.QuitlineNC.com

The Quitline NC website provides information about the tobacco quitline, web-based tobacco cessation coaching, and a wide variety of resources for health care providers, including information on counseling for change and motivational interviewing, working with different populations, and materials for patients.

[CDC Information for Health Care Providers and Public Health Professionals: Preventing Tobacco Use During Pregnancy](#)

This CDC website for health care providers and public health professionals provides up-to-date information on tobacco use during pregnancy, including surveillance data disaggregated by race and ethnicity, as well as insurance status and timing of prenatal care initiation. The site also provides information on the use of e-cigarettes during pregnancy. A [pdf version of the information](#) can be downloaded, as well.