



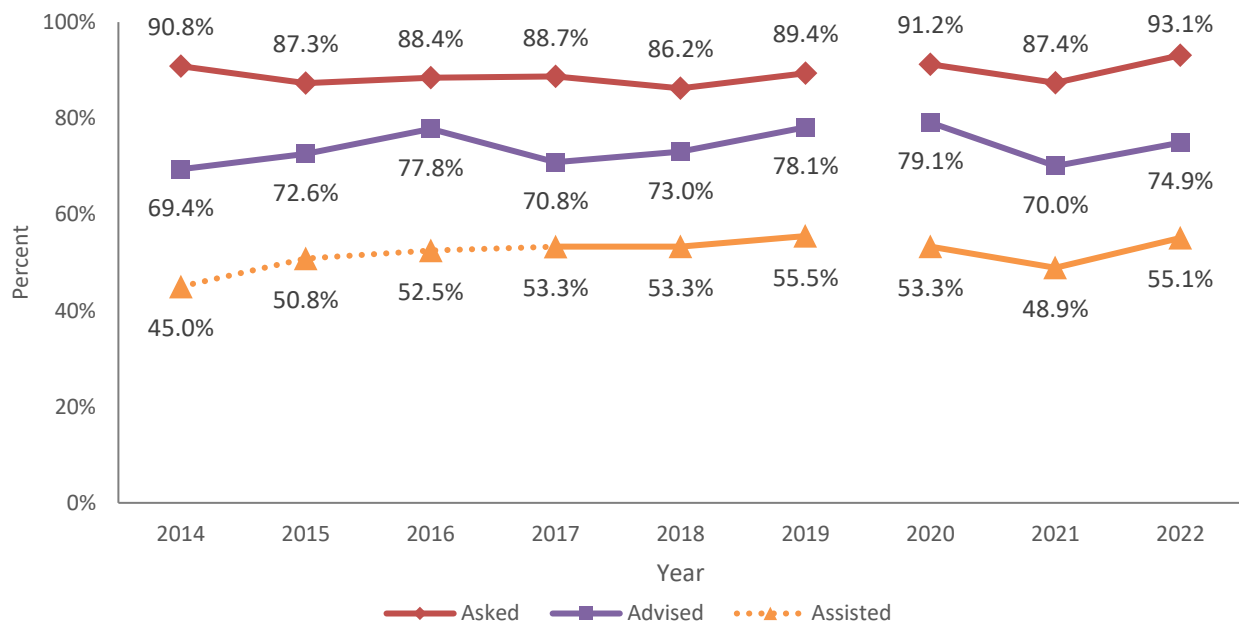
Recommendation to Health Care Providers: Ask, Advise, and Assist Patients to Quit Smoking

The Clinical Practice Guidelines for Treating Tobacco Use and Dependence recommend that health care providers ASK if their patients smoke, ADVISE smokers to quit, and ASSIST patients with quit attempts through counseling and medications. According to 2022 data from the NY Adult Tobacco Survey (NY-ATS), an estimated 75.5% of current smokers have seen a health care provider in the past 12 months; among them:

- ASK: 93.1% of current smokers who saw a health care provider in the past 12 months were asked if they smoke cigarettes.
ADVISE: 74.9% reported their health care provider advised them to quit smoking.
ASSIST: 55.1% reported their health care provider offered assistance to quit.

In 2022, 51% of adult smokers stopped smoking for one day or more because they were trying to quit smoking, according to data from the NY-ATS (data not shown). Receiving health care provider assistance doubles the odds of quitting. The aim of the Tobacco Control Program's Health Systems for a Tobacco-Free NY initiative is to work with medical and mental health care organizations to implement systematic, guideline-concordant, evidenced-based tobacco dependence treatment.

Percentage of Smokers who were Asked, Advised, or Assisted with Smoking Cessation by their Providers, NY-ATS 2014-2022



1. Fiore, M., Jaen, C., Froelicher, E., Baker, T., & Baily, W. (2008). A clinical practice guideline for treating tobacco use and dependence: 2008 update. American Journal of Preventive Medicine, 35(2): 158-176.
2. In 2020 the data collection frequency changed, moving from a quarterly to a biannual data collection schedule (see description here). This change is denoted by a break in the trendline between the years 2019 and 2020. Estimates from 2020 and after may not be directly comparable to estimates from previous years. In 2017, the NY-ATS was modified to ensure that all smokers who saw a health care provider in the past year were asked the Assist items. Prior to this change, respondents who reported they were not assisted were not asked the Assist items. This change in definition is indicated by a dotted line in the chart.