

**NHMS Policy on Nicotine/Tobacco education, counseling, and treatment**

Whereas combustible tobacco/nicotine products (e.g., cigarettes, cigars) remain the number one cause of premature, preventable death and disability in the United States.

Whereas there exists no safe or harmless tobacco/nicotine product (whether it be chewable, dissolvable, heated, aerosolized, or via electronic nicotine delivery systems) vapes, or e-cigarettes, despite recognizing the *possibility* of harm reduction in some of these products;

Whereas nicotine is a rewarding substance that is subject to addiction, similar to alcohol, opioids, THC, scheduled prescription medications, and others.

Whereas there is vetted and known data that nicotine can serve as a “gateway” drug which may increase vulnerability to other substance use disorders;

Whereas the developing human brain, which is the last organ to fully develop at approximately age 25, is especially susceptible, primed, and vulnerable to nicotine addiction and other substance use disorders; and

Whereas nicotine addiction is known to lead to impaired attention capacity, working memory, and impulse control, as well as increased mood disorders such as anxiety and depression; therefore, be it

Resolved, that the New Hampshire Medical Society urge all health care professionals, as part of routine medical care, to ask all patients about tobacco/nicotine use; and be it further

Resolved, that healthcare professionals offer, encourage, and initiate tobacco/nicotine use disorder treatment or referral to a program or provide resources for tobacco/nicotine use treatment; and be it further

Resolved that all healthcare professionals be educated regarding tobacco/nicotine products, tobacco/nicotine-related disease, tobacco/nicotine use disorder, and tobacco/nicotine use disorder treatment; and be it further

Resolved that the NHMS society advocate for a vetted, known comprehensive policy program, including but not limited to tobacco/nicotine product price increases through consumer fees or taxes, package labeling to include an advisement of risks/danger to health, media regulations and campaigns, second-hand smoke, and second-hand aerosol free environments, eliminating flavors including menthol in tobacco/nicotine products, reducing nicotine to non-addictive levels, and social media/on-line regulations aimed at keeping youth, young adults, pregnant persons, and non-tobacco/nicotine users free from any tobacco/nicotine product use with the goal of a tobacco/nicotine-free society.

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