

Nicotine Use Prevention and Control (NUPAC) Program

From vapes and pouches to cigarettes, all nicotine-based products are highly addictive and harmful to health.

Tobacco use is the most preventable cause of disease, disability, and death in the United States.

NUPAC aims to reduce the impact of nicotine addiction and non-traditional tobacco use to protect the health of people and communities in New Mexico.



Program Strategies

Promote Quitting

Helping New Mexicans break free from nicotine addiction means connecting them to care. Proven Quit support is offered for free, statewide. Health systems and organizations are given training and support so they can offer help and refer people to Quit services.

Prevent Initiation

Stopping tobacco use and nicotine addiction starts with outreach and education. Schools and communities are reached with programs that teach about risks, empower youth, and provide the tools to prevent harm and addiction.

Eliminate Exposure

Protecting families and youth from nicotine exposure means creating healthy places. Housing complexes, healthcare facilities, schools, and organizations are supported to adopt voluntary policies that protect health.

Research

Tracking evolving products and behaviors (how and why people use nicotine) gives NUPAC the information needed to shape support and measure real impact. This includes ensuring that communities most affected by nicotine are reached with prevention and treatment services.

FREE Help to Quit



1-800-QUIT-NOW provides nicotine patches, gum, or lozenges to help adults quit and connects them with coaches who know how to help people through the process. Call or visit [QuitNowNM.org](https://www.QuitNowNM.org).



Live Vape Free connects youth and young adults with coaching, text support, videos, and podcasts to quit vaping. Parents and other adults who want to help teens quit nicotine can get support too. Visit [LiveVapeFree.com](https://www.LiveVapeFree.com).