

Great American Smokeout

By AAFP

Help spread the word to family physicians that **November 21** is the Great American Smokeout. Take this opportunity to talk to your patients about quitting tobacco use. The AAFP's Ask and Act program has numerous resources available to physicians to help your patients with their tobacco cessation efforts.

Ask and Act Practice Toolkit: <http://www.aafp.org/patient-care/public-health/tobacco-cessation/ask-act.html>

Please share if you're planning anything special this month around the Great American Smokeout.

Learn more about Ask and Act or view Ask and Act resources for your practice.

AAFP also provides Tar Wars as a resource for you to become proactive in your community. “Tar Wars” is a tobacco-free education program for fourth- and fifth-grade students. The goal of the program is to educate and motivate students to be tobacco free; mobilize health care professionals to become proactive in their community's health education; and encourage community involvement in support.

Learn more about Tar Wars or become a Tar Wars presenter.