

**Nicotine Replace Therapy (NRT)** is a well-recognized, evidence-based product for supporting tobacco treatment. When NRT is paired with counseling, it more than doubles a person's chances of a successful quit attempt. This remains true whether counseling is provided by a primary care provider, behavioral health staff, peer recovery coach and/or 802Quits counseling service.

In 2019, the T21 state law was passed that increased the legal age to purchase any form of tobacco (cigarette, vape or tobacco substitute, cigar, cigarillo, smokeless) to 21 years of age. This law does not affect the ability of Vermonters 18 and older to purchase nicotine replacement patches, gum and lozenges over the counter or to receive prescription NRT inhalers or sprays from their health care provider or pharmacist. The federal law that raised the age to 21 among all states does not interfere with these activities either.

Vermonters under age 18 can receive NRT as a prescription from their health care provider if nicotine addiction level warrants its use.

The most used family of quit medications is nicotine replacement therapy.

A health care provider can prescribe other types of quit medications, such as varenicline and bupropion. In combination with NRT, they can help people quit commercial tobacco and maintain success.

## 802Quits Provides Vermonters Access to Free NRT

802Quits, Vermont's tobacco treatment resource, offers NRT for FREE with enrollment by phone or online to adults 18 and older trying to quit all forms of tobacco.

- Free quit medications arrive directly to the home within 10 days of ordering.
- Vermonters can receive free nicotine patches before their quit date if they have set a quit date within 30 days of enrolling in an 802Quits program of their choice.



### References:

1) Wadgave U, Nagesh L. Nicotine Replacement Therapy: An Overview. Int J Health Sci (Qassim). 2016;10(3):425-435.

### KEY POINTS

- **Free NRT is available to Vermonters through 802Quits.**
- **Many studies have shown that use of NRT can increase the success of tobacco cessation from 50% to 70%<sup>1</sup>**