



Quit with Nancy™ Tobacco Cessation Program©

***Curriculum Vitae***  
**Nancy Caspersen, RN**  
**Tobacco Cessation Specialist**

The **Mission Statement** of Quit and Live Global, Inc is to provide effective, comprehensive and easily accessible tobacco education and cessation programs to people around the world.

**Personal**

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**Education**

2011 Mayo Clinic Tobacco Cessation Pharmacology Update  
2010 Scripps Institute Integrative Holistic Medicine Conference  
2009 National Conference on Tobacco or Health  
2004 Mayo Clinic Tobacco Dependency and Treatment Training  
1990 Certified: Natural Health Educator Heartwood Institute, Garberville,  
California  
1977 Bachelor of Science: Southwest Missouri State Univ., Springfield, Missouri  
1977 Registered Nurse, Diploma: St. John's Hospital, Springfield, Missouri

**Honors**

2013 Finalist *Idaho Innovator of the Year*  
2011 Tobacco Free Idaho Alliance, *Conrad Colby Legacy Award*  
2011 GetGoingGirly.com *Our Inspiring Woman from Idaho*  
2011 Idaho Business Review, *2011 Idaho Health Care Heroes Innovator Award*  
2010 Idaho Women's Journal, *Quitters Do Win! (Cover story)*  
2008 Idaho Governor's *Brightest Star Award*  
2008 Idaho Business Review, *Idaho Women of the Year Award*  
2006 Boise State University, *Women Making History Award*

**License**

1980-2017 State of Idaho Registered Nurse

## **Professional Employment**

- 2011-2017 The DVD format is currently utilized in many corporate and community facilitated programs. The DVD is used both in groups and with individuals and coached by a Licensed Facilitator. On line course format coming soon for 2017.
- 2009-2011 Converted the unique and successful live program, the *Quit with Nancy™ Tobacco Cessation Program©*, into an 8-hour instructional DVD (and on-line format) that integrates animation, metaphor and technology to engage the viewer in an educational experience that is motivating and entertaining.
- 1996-2017 Self-employed owner and facilitator of Quit and Live Global, Inc., a company that provides a creative approach to tobacco cessation for individuals, groups and corporations (Simplot, Motive Power, Hewlett Packard, Micron, Idaho Health and Welfare, Ada County, Idaho Elks Rehabilitation Hospital, Boise State University and the Idaho Auto Auction, MPC, Franklin Building Supply, AmeriBen).
- 2000-2010 Contractor with Central, Southeastern, and Southwest District Health Departments as a Tobacco Cessation Instructor, providing programs to urban and rural communities in Idaho.
- 1990-1996 Idaho Rehabilitation and Pain Center, Registered Nurse.  
Program developer for Tobacco Cessation, Life Skills, Stress Management and Headache Program.
- 1977-1990 13 years of work experience as a Registered Nurse in traditional hospital and clinic settings, in both staff and administrative positions.

## **Professional Organizations**


- 2000-2017 Member of Tobacco Free Idaho Alliance
- 2000-2017 Member of the Coalition for a Healthy Idaho

### ***Bio***

### **Nancy Caspersen, RN Tobacco Cessation Specialist**

As an ex-smoker, I have dedicated my career to helping people quit tobacco. Drawing on the latest tobacco research and years of experience with thousands of tobacco users, I have designed the comprehensive and successful *Quit with Nancy™ Tobacco Cessation Program©*. My live program is provided to businesses, groups and individuals and is available on DVD as an 8-hour program with a 40 page workbook.

I founded Quit and Live Global, Inc. in 1996. With over 30 years of nursing experience and 20 years of specializing in tobacco addiction and treatment, I am well qualified to teach tobacco users how to quit. I trained at the Mayo Clinics Nicotine Dependence Center, and incorporate



the latest research, treatment and clinical practice guidelines into my unique approach to tobacco cessation.

I have delivered my program to over 15,000 smokers and chewers in live programs. I also worked with many corporations and organizations to deliver my program to employees on-site.

I have worked with employees from many organizations and corporations including Simplot, Hewlett Packard, Motive Power, Micron, Sorrento Lactalis, Idaho Health and Welfare, Ada County, Idaho Elks Rehabilitation Hospital, Boise State University, Idaho Auto Auction, MPC, Franklin Building Supply, AmeriBen, Saint Lukes and Saint Alphonsus.

My research-based program is developed from the following guidelines:

- Mayo Clinic's Nicotine Dependence Centers
- CDC's Best Practices for Comprehensive Tobacco Control Program
- U.S. Department of Health and Human Services "Treating Tobacco Use and Dependence"
- Idaho's Comprehensive Cancer Strategic Plan
- American Medical Association, The Agency for Health Care Policy and Research *Smoking Cessation Clinical Practice Guideline 2008*
- National Institute on Drug Abuse Treatment Guidelines for Tobacco Addiction

I have been a speaker at the following organizations presenting the issue of tobacco cessation:

- Annual Idaho Academy of Family Physicians' Conference 2012
- The Tobacco Free Idaho Alliance 2012
- The Idaho Industrial Commission Conference
- The Annual Idaho OsteoPhysicians Conference 2010, 2011
- Conference on Alcohol and Drug Dependency 2010
- Idaho Industrial Commission

In addition, I have provided many in-services for medical providers, been featured on KTVB TV many times, and been a guest speaker at anti-tobacco organizations, churches, schools, and corporations.