



- *Assistant Professor*
- *Division of Medical, Behavioral & Community Health*
- *Clinical Director, Health Initiatives Programs*
- *Health Initiatives Program*
- *Department of Medicine*

Conditions Treated:

Research Areas:

- *Health Behavior Change*
- *Tobacco Dependence*
- *Health Systems Change*
- *Population Health Management*

Programs & Services:

- *Department of Medicine*
- *Division of Medical, Behavioral & Community Health*
- *Tobacco Cessation*
- *Smoking Cessation*

Thomas Ylioja, PhD, is the Clinical Director for Health Initiatives at National Jewish Health. He is a licensed social worker with years of health care practice and research experience, and expertise working with individuals who use tobacco and other substances. Dr. Ylioja focuses his work with people who have health disparities or who have social disadvantage. Nationally, he collaborates with researchers, clinicians, and state health departments to build strong connections between health systems and the tobacco cessation programs of National Jewish Health. He is a thought leader in the area of youth vaping cessation and led the development of the My Life, My Quit™ program. Operated by National Jewish Health, My Life, My Quit is the first program to offer a comprehensive quitline – including text, online and phone coaching – designed to help youth stop vaping and using other tobacco products. The program has garnered national and international attention, having been included in hundreds of media stories since its launch on July 1, 2019.

Board Certification

Pennsylvania Board of Social Workers, Licensed Social Worker

Education

2010 - 2011 University of Toronto, Toronto, Ontario, MSW

2014 - 2018 University of Pittsburgh, Pittsburgh, PA, PhD, Social Work

Professional Memberships

Society of Research on Nicotine and Tobacco
Society for Social Work and Research
Council on Social Work Education

Doctor's Contact Information

Office: 877.225.5654

Locations

National Jewish Health Main Campus
1400 Jackson St.

Denver, CO 80206