



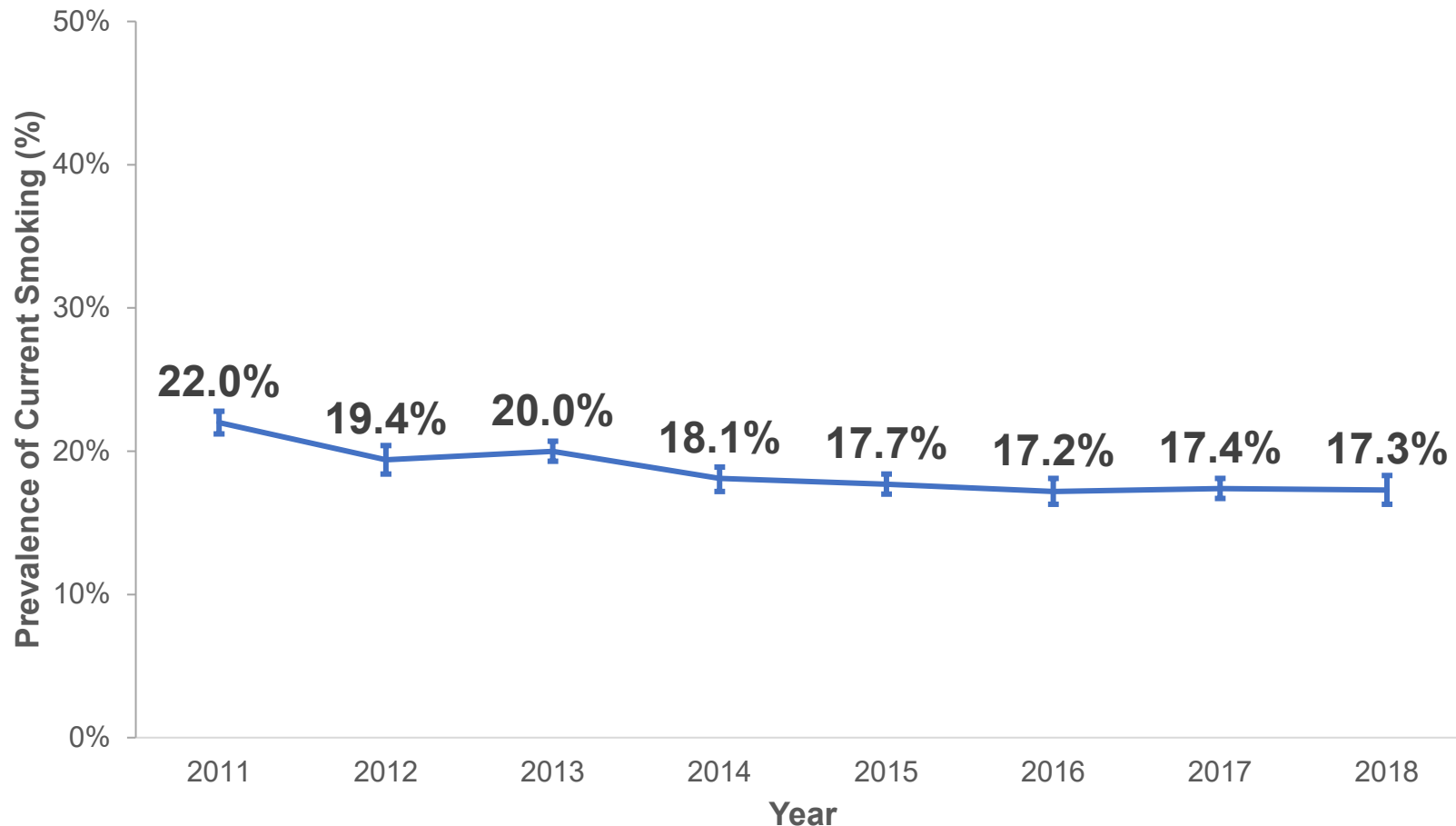
# Kansas Tobacco Cessation Resources

## December 1, 2022

# Tobacco Products



# Prevalence of Current Smoking among Kansas Adults Age 18 Years and Older, Kansas 2011-2018



- **17.3% of Kansas adults currently smoke** conventional cigarettes, higher than the national estimate of 16.1%
- In Kansas, current smoking of conventional cigarettes **declined significantly** from 2011 to 2014
- But smoking **remains the leading cause** of preventable death

2011-2018 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, Kansas Department of Health and Environment

2018 Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention

U.S. Department of Health and Human Services. *The Health Consequences of Smoking – 50 Years of Progress: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 2014.

# Prevalence of Current Use, KS Adults

## Smokeless Tobacco

**5.8%**

## E-Cigarettes

**5.5%**

# COPD and Tobacco Use



- COPD is most common among current smokers at 15.2% compared to 7.6% among former smokers and only 2.8% among people who never smoked

Smoking & Tobacco Use, Centers for Disease Control and Prevention. Health Effects. Last updated February 8, 2018.

U.S. Food & Drug Administration. How Cigarettes are Made and How You Can Make a Plan to Quit. Last updated December 19, 2017.

# Asthma and Smoking



- The rates of smoking among people with asthma are nearly 25% higher than the general population.
- Cigarette smoke can cause and exacerbate asthma

Centers for Disease Control and Prevention. [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/general\\_facts/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm)

Centers for Disease Control and Prevention. <https://www.cdc.gov/tobacco/campaign/tips/diseases/copd.html>

# Benefits of Cessation

There is no safe amount of tobacco that can be smoked when it comes to lung diseases

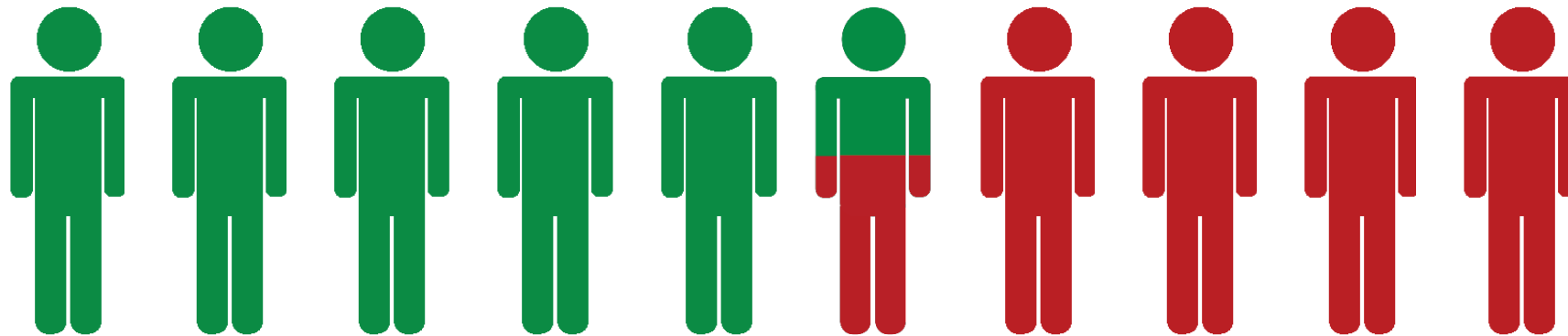


- Preventing cigarette smoking is a critical step in stopping the development of asthma and COPD
- Quitting smoking may reduce asthma symptoms, improve treatment success and overall quality of life.
- The progression of COPD may be slowed.

Surgeon General Report;

# Quitting Tobacco

- In Kansas, more than 5 out of 10 (54.9%) adults who currently smoke made a quit attempt in the past year.<sup>1</sup>



- Most smokers will cycle through several periods of remission and relapse.<sup>2</sup>

<sup>1</sup>2018 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE.

<sup>2</sup>Caponnetto P, Keller E, Bruno CM, Polosa R. Handling relapse in smoking cessation: strategies and recommendations. Intern Emerg Med. 2013;8:7-12



# Promote KanCare Cessation Benefits

- KanCare recipients in Kansas are now eligible for up to 4 rounds of any FDA-approved cessation medication per year with no lifetime caps: Gum, Patch, Lozenge, Spray, Inhaler, Chantix, Zyban
- Ongoing Cessation counseling services with no annual or lifetime caps
- KDHE has financial arrangement with Health Care Finance to reimburse Quitline counseling costs and 4 weeks of NRT to Medicaid Quitline enrollees

# For adults and e-cigarettes...

There is insufficient evidence from randomized controlled trials about the effectiveness of e-cigarettes as cessation aids compared with no treatment or to FDA-approved cessation aids.



# Screen for Tobacco Use

Ask about tobacco and nicotine use in the context of routine screening, using language that your clients will understand.

Sample screening questions include:

“Do you use any tobacco products, like cigarettes, chewing tobacco, or hookah? Have you used them in the last year?”

“Do you use any vaping products, like e-cigarettes or JUUL? Have you used them in the last year?”

## The 2A and R Brief Tobacco Intervention

- **Ask**
    - Ask every patient if they use tobacco at every visit. If they don't use tobacco or have already quit, provide approval and encouragement.
  - **Advise**
    - Advise every tobacco user to quit. Personalize advice to their particular health issues or goals. Offer encouragement and materials if the patient is not ready to quit.
  - **Refer**
    - Refer tobacco using patients who are ready to quit to a quit resource where they can receive help, like KanQuit
- Ask patients if they have ever used or currently use any type of tobacco product, rather than if they smoke.
- Keep the door open to future conversations about quitting
- Communicate that you will follow up with them about their tobacco use at the next appointment.

# Kansas Tobacco Quitline

- The Kansas Tobacco Quitline provides evidence-based coaching (via phone or web) for **free to all Kansas tobacco users** who want to quit.
- Enrollment options
  - Phone: toll-free 1-800-QUIT-NOW (784-8669)
  - Web-based services @ KSquit.org
  - Fax and Web referrals
- Intake & Coaching offered 24 hours a day/7 days a week
- Currently offering 4 weeks of FREE NRT to all enrollees
- English, Spanish, Arabic and other languages
- Experienced health coaches provide one-on-one support to form a quit plan



# Mental Health & Substance Abuse



- 7 phone coaching sessions
- 4 weeks of free NRT shipped to home
- A team of dedicated Coaches who have received additional extensive training on mental illness, substance abuse and tobacco cessation
- Eligible for those who report during intake: Schizophrenia, Bi-Polar, Depression, Anxiety, PTSD and Alcohol or Substance Abuse Disorder

# Youth Services (13-17 years of age)



## My Life, My Quit

- Dedicated toll-free number youth can call or text, **855-891-9989**
- Youth-oriented cessation website and online enrollment form (<https://mylifemyquit.com/>)
- Enrollees work with a coach who has received additional training on developmentally appropriate methods for engaging youth

# Pregnancy and Postpartum Services



- Provide 5 coaching sessions during pregnancy and 4 sessions postpartum with the same Coach, also eligible for free text message support
- Receive personalized welcome package containing two publications
- \$30 Mastercard gift cards to enrollees for each coaching call completed (up to 9)



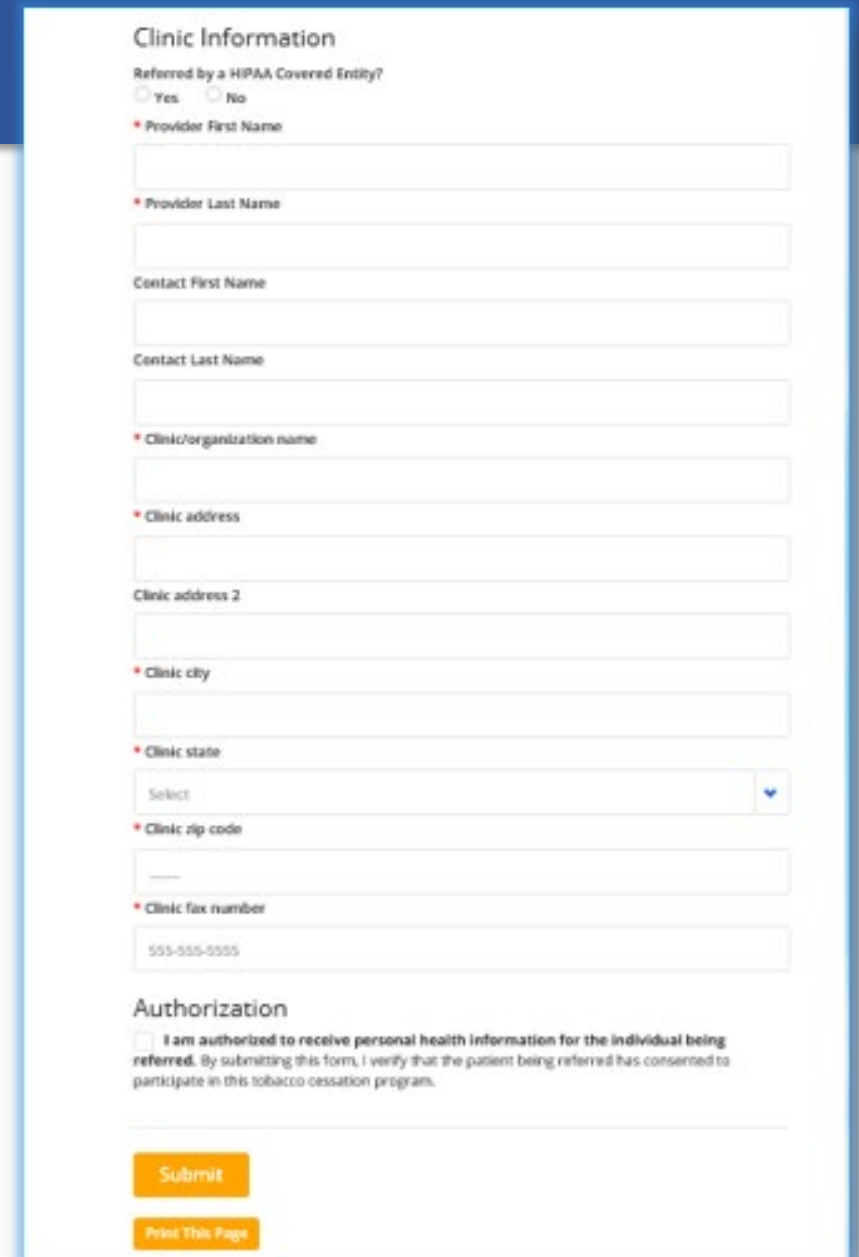
# Referring Patients to the Quitline

- Health providers can refer their patients who use tobacco to the Quitline via fax or web-based referral
- Proactive call is made by the Quitline to patient within 24 hours – 3 total calls made
- Feedback provided to referring organization up to 5 times to communicate:
  - When the referral is received
  - When the patient enrolls
  - When the patient is shipped NRT (if eligible)
  - When patient completes program or disenrolls

# KTQL Web Referral

- Visit: <https://kansas.quitlogix.org/en-US/Health-Professionals/Make-a-Referral>
- Clinic or provider information can be stored and saved using cookies or other tracking software so it does not have to be entered for each referral
- Patient status sent to HIPAA-covered entities by fax back
- No fee associated with this referral process

<https://kansas.quitlogix.org/en-US/Just-Looking/Health-Professional/How-to-Refer-Patients/Provider-Web-Referral>



The screenshot shows a web form titled "Clinic Information". It includes a question "Referred by a HIPAA Covered Entity?" with "Yes" and "No" radio buttons. Below are several text input fields: "Provider First Name", "Provider Last Name", "Contact First Name", "Contact Last Name", "Clinic/organization name", "Clinic address", "Clinic address 2", "Clinic city", "Clinic state" (a dropdown menu with "Select" and a blue arrow), "Clinic zip code", and "Clinic fax number" (with a placeholder "555-555-5555"). At the bottom, there is an "Authorization" section with a checkbox and text: "I am authorized to receive personal health information for the individual being referred. By submitting this form, I verify that the patient being referred has consented to participate in this tobacco cessation program." Below the authorization text are two orange buttons: "Submit" and "Print This Page".

# Kansas Tobacco Cessation Help Training

- Free online courses-offers CME, CNE and CPE credit  
<http://quitlogixeducation.org/kansas/>
- Structured into 8 learning modules: Medicaid & Quitline benefits, how to counsel patients, special programs, behavioral health, chronic diseases, secondhand and thirdhand smoke and vaping
- After completing each modules, complete the evaluation and collect the certificate
- Listen to a sample coaching interactions
- Information on how to access additional cessation trainings and resources to help your patients quit

# Free Materials

**Order free KanQuit! materials!**

[https://kdheks.co1.qualtrics.com/jfe/form/SV\\_2ukW5mW9TG\\_Az4Ro](https://kdheks.co1.qualtrics.com/jfe/form/SV_2ukW5mW9TG_Az4Ro)

YOU HAVE YOUR REASONS TO QUIT USING TOBACCO.

WE'LL HELP YOU **CREATE A PLAN TO QUIT.**

**KANSAS TOBACCO QUITLINE**  
**KSquit.org**  
**1-800-QUIT-NOW (784-8669)**  
 FREE support, 7 days a week, 24 hours a day\*

USTED TIENE SUS MOTIVOS PARA DEJAR DE FUMAR.

LE AYUDAREMOS A **CREAR UN PLAN PARA DEJAR DE FUMAR.**

**LÍNEA DE AYUDA PARA DEJAR DE FUMAR DE KANSAS**  
**1-855-DEJELO-YA (1-855-335-3569)**  
 7 días a la semana, 24 horas al día

**Smoking is harmful to you and your pets**

The best way to protect your pets from secondhand smoke is to quit. The Kansas Tobacco Quitline offers **FREE** help 24/7.

**KanQuit!**  
 1-800-QUIT-NOW (784-8669)  
 KSquit.org

**Kansas**  
 Department of Health and Environment

**KanQuit!**  
 1-800-QUIT-NOW (784-8669)  
 KSquit.org

**Breathe Easy. Live Happily.**

Call 24/7 for **FREE** help to quit smoking.

**FREE ONLINE TRAINING**

**Tobacco use** is the leading cause of preventable death and disease in Kansas. As a health care provider, you can help.

**Brief Tobacco Intervention Online Training**  
[www.KSTobaccoIntervention.org](http://www.KSTobaccoIntervention.org)

Learn how to effectively talk with your patients about tobacco in less than 3 minutes.

**Help Your KanCare Patients Quit Tobacco for Good! Expanded Tobacco Cessation Benefits for KanCare Enrollees**

For your patients enrolled in KanCare, an expanded benefit for tobacco cessation is now available. Benefits include:

- **MEDICATIONS:** Comprehensive, barrier-free coverage of all FDA-approved medications:
  - Chantix, Bupropion, all nicotine replacements (patch, gum, lozenge, inhaler, nasal spray)
  - Evidence-based combinations (e.g., concurrent patch/lozenge)
  - No prior authorization or copays
- **COUNSELING:** No annual or lifetime limits
  - Individual (Billing Codes 99406/99407)
  - Group Counseling (Billing Code 9453)

For more information, contact:

**UnitedHealthcare** 1-877-542-9238  
**sunflower health plan** 1-877-644-4629  
**aetna** 1-855-221-9656

**Your reason to quit smoking gets bigger every day...**

**Quitting smoking while you're pregnant:**

- Improves your baby's health throughout their childhood, especially the health of their lungs.
- Makes it more likely that you will have a healthy pregnancy without complications.
- Makes it less likely that your baby will be born early (before 37 weeks) or born with a low birth weight.
- Makes it less likely that your baby will be born with certain birth defects.

**Quitting smoking and staying quit is important to your baby's health. Children who grow up in smoke-free homes:**

- Are at lower risk for sudden infant death syndrome (SIDS).
- Have lower risk of having bronchitis and pneumonia and have fewer ear infections.
- Are less likely to ever have asthma.
- Children with asthma who are not exposed to secondhand smoke sleep better and miss fewer school days.
- Are less likely to become smokers as teenagers.

**TOBACCO FREE BUILDING**

**KanQuit!**  
 1-800-QUIT-NOW (784-8669)  
 KSquit.org

A PROGRAM OF THE KANSAS DEPARTMENT OF HEALTH AND ENVIRONMENT

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