RESPIRATORY HEALTH ASSOCIATION®

Evidence-based Tobacco Cessation Interventions

Resphealth.org

Respiratory Health Association

Our mission is to prevent lung disease, promote clean air and help people live better through education, research, and policy change

RESPIRATORY HEALTH ASSOCIATION®

RHA's Tobacco Control Initiatives

- Monitoring trends in smoking and tobacco use
- Identifying tobacco-related health disparities among different population groups
- Preventing young people from starting to smoke
- Eliminating exposure to secondhand smoke
- Increasing access to tobacco cessation resources

Why Tobacco Cessation?

RESPIRATORY HEALTH ASSOCIATION®

Tobacco's Toll in the US

Tobacco use is the single most avoidable cause of disease, disability, and death in the United States.

Resphealth.org

Centers for Disease Control and Prevention

RESPIRATORY HEALTH ASSOCIATION®

Kicking the Behavior

- In an average year:
  - 70% of smokers say they want to quit
  - 62.2% make a quit attempt of at least one day
  - 5% succeed in quitting for 3 months or more

- Some smokers may make repeated quit attempts (5-9) before achieving permanent abstinence

Fiore, et al. Treating Tobacco Use and Dependence: 2008 Update.

Evidence-Based Tobacco Dependence Treatment

- Tobacco dependence – chronic disease
- Treatments effective across broad range of populations
- Counseling and medications are effective
- The greater the intensity of counseling, the higher the effectiveness
- Two types of counseling:
  - Provision of practical counseling
  - Social support delivered as part of treatment
- Counseling and medication more effective when used in combination

Fiore, et al. Treating Tobacco Use and Dependence: 2008 Update.

RHA's Evidence-Based Tobacco Cessation Initiatives

RESPIRATORY HEALTH ASSOCIATION®

Counsel to Quit®

- RHA's evidence-based brief tobacco intervention for smoking cessation
- 3-10 minutes of provider counseling can increase quit rates by 60%
- 60/90-minute training for healthcare professionals to screen and support patients to quit smoking
- Outcomes highlighted in *Journal of Substance Abuse Treatment* (April 2019)
- 1,500 providers trained since 2010

Counsel to Quit® Components

- Benefits of quitting smoking
- Nicotine addiction
- Evidence-based tobacco treatment
- Motivational interviewing and Stages of Change
- Brief tobacco intervention: *Ask, Advise, Refer*
- FDA-approved cessation medications
- Experiential learning activity

Counsel to Quit® Outcomes

Analyzed data on 278 providers

- Average age: 35.9
- 51% White, 30% Black/African American, 19% Other
- Feasible and effective across multiple healthcare professions (medical, mental health, and allied support staff) and facilities
- Significantly improved providers' ability and comfort with using *Ask, Advise, Refer* approach
- Significantly improved providers' agency and knowledge of cessation interventions, perceptions of the importance of cessation interventions, and preparedness to discuss e-cigarettes

Counsel to Quit® Partners

- Rush Health
- Thresholds
- Mercy Hospital & Medical Center
- University of Chicago Medicine
- College of DuPage
- Trinity Health System

Courage to Quit®

- Partnership with Dr. Andrea King
- Programs led by a facilitator trained by RHA
- Individual or group sessions
- Full 6-session & Short 3-session Programs
- Multilingual (English, Spanish, Mandarin & Polish)
- Outcomes highlighted in *American Journal of Public Health* article (August 2014)
- Over 1,000 leaders trained since 2007

Courage to Quit® Components

- Understanding why they smoke
- Identifying their reasons for quitting
- FDA-approved cessation medications
- Components of nicotine addiction
- Building social support
- Preparing for quitting
- Identifying triggers for smoking and techniques to manage triggers
- Managing cravings and withdrawal symptoms
- Preventing relapse
- Looking ahead post-program

Courage to Quit® Partners

- Chicago Housing Authority/CVS Health
- National Urban League
- University of Chicago Medicine
- Southern Illinois Healthcare
- AMITA Health
- St. Xavier University
- Rush Health
- Trinity Health System

Courage to Quit®
Program Outcomes

Analyzed data on about 1,500 participants

- Average age: 46.4 years (18-82)
- 55% African American/Black, 28% Caucasian/White, 16% Other
- No difference in quit rates across racial/ethnic groups
- Completion rate: 61%
- Recommend to others: 90% Full; 95% Short
- Among program completers:
  - **Quit rate:** 36% Full; 22% Short
  - **Medication increases quit rate:** 39% Full; 29% Short

Chicago Quits

Our Partners

MERCY
Mercy Hospital & Medical Center

CHA
Chicago Housing Authority

H.A.S.
Healthcare Alternative Systems

The University of Chicago Medicine

SGA
Youth & Family Services

Illinois Academy of Family Physicians
Devoted to Advocacy, Education & Action

Claretian Associates
Building Community in South Chicago

College of Pharmacy Chicago Rockford UIC

the Y

Breakthrough 35 Years

CHA FAMILY WORKS PROVIDERS

The Catholic Charities of the Archdiocese of Chicago

Near West Side CDC

ucan

Centers for New Horizons
Building Communities... Strengthening Families

metropolitan family services

E&ES
employment & employer services

HOLSTEN
Holsten Real Estate Development Corporation
Holsten Management Corporation

HEARTLAND ALLIANCE

Rush University Medical Center

Trilogy Behavioral Healthcare

metropolitan family services

The Community Builders

TCA Health

Thresholds

Healthy Chicago
Chicago Department of Public Health

Chicago Urban League

Serving the Uninsured
communityhealth

WVON 1690

YTD Counsel to Quit® Numbers

536

Providers Trained

30

Sites Trained

14

Organizations Trained

RESPIRATORY HEALTH ASSOCIATION®

YTD Courage to Quit® Numbers

75

Leaders Trained

27

Organizations Trained

462

Participants

27%

Quit Smoking

RESPIRATORY HEALTH ASSOCIATION®

RHA Resources for Cessation

RHA Cessation Technical Assistance

RHA can support your hospital to:

- Build capacity to integrate tobacco cessation interventions into your service offerings to help patients, clients and employees quit smoking
- Provide training to all hospital staff and providers
- Outline best practices for tobacco screening & referrals
- Review and/or develop screening & referral tools

Other RHA Resources

https://resphealth.org/news/library/

RESPIRATORY HEALTH ASSOCIATION®

Get Involved with Health Professionals for Healthy Lungs

- Join other health professionals across Illinois who share in RHA's vision of **healthy lungs and clean air for all**
- Lend **your voice and credibility** to advocate for policies that promote healthy lungs
- **Advocacy activities** include signing on to letters or petitions and providing in-person or written testimonials to public officials
- **High impact, low commitment!**

Resphealth.org

RESPIRATORY HEALTH ASSOCIATION®

Partner with us!

- Bring Counsel to Quit® to your hospital
- Train individuals to deliver Courage to Quit ®
- Share RHA's outreach materials
- Join Health Professionals for Healthy Lungs

Questions?

Contact Us!

Lainie Kast
Senior Program Manager
LKast@resphealth.org
312-628-0241

Lesli Vaughan
Senior Program Coordinator
LVaughan@resphealth.org
312-628-0208

RESPIRATORY HEALTH ASSOCIATION®

Resphealth.org | 1440 W. Washington Blvd. Chicago, IL 60607