



Celebrating Cessation

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Tobacco Cessation Program

Iowa/Nebraska Primary Care Association

UNI-CSBR Quarterly Report

The quarterly evaluation and report for the CHC tobacco cessation program was recently completed by the University of Northern Iowa Center for Social and Behavioral Research (CSBR). Although the evaluation is ongoing, these data reflect information gathered from March through December of 2009.

In order to determine quit rates, evaluation participants were asked how often s/he smoked in the last thirty days. Program participants were contacted 3, 6, and 12 months after beginning the program, the same methodology as previous evaluations. Quit rates are improving, but not by a statistically significant amount. At 3- and 6-months, 28% of respondents reported not smoking on any of the previous 30 days and at 12-months that rate dropped to 23%. On average, a full 27% of all participants reported smoking zero of the past thirty days. Participants were also asked how satisfied s/he was with the program. Eighty-two percent (82%) of participants responded with being very satisfied or satisfied with the CHC tobacco cessation program. Not surprisingly, the most commonly used pharmacotherapy reported by participants was Chantix (66%) followed by the patch (17%). Finally, CSBR staff completed another chart review to assess the rate at which smoking status was asked and recorded at every health center visit. Of the charts reviewed, which included patient enrolled and not enrolled in the program, tobacco use status was recorded at 90% of all visits. For patients enrolled in the program, 94% were asked about tobacco use status while nonparticipants were asked only 86% of the time. The chart reviews presented a statistically significant difference between documented tobacco use status between participant and non-participant charts. This is an area for continued improvement.

Thanks to all center staff for your hard work to continue to improve this program!!

IDPH Tobacco Division - Making Progress Towards Goals

The Tobacco Division established four ongoing goals. Recent results from the University of Northern Iowa's evaluation suggest progress is being made in reaching these goals.

The following are their goals and some key initial findings pertaining to each goal.

Goal 1: Prevent the initiation and establishment of tobacco use in nonsmokers, especially among children and young people.

- In 2008, fewer youth reported having tried cigarettes than in 2000.
- In 2006, the prevalence of current cigarette use among high school students increased for the first time since 2000, but in 2008 there was a decrease.

Goal 2: Reduce the number of users of tobacco products.

- The percent of adult Iowans who are current smokers continues to decline.
- More adult smokers are being advised by their doctors to quit.
- Calls to Quitline Iowa have increased dramatically in the last three years.
- Most smokers indicate they want to quit smoking.

Goal 3: Eliminate exposure to second-hand tobacco smoke.

- Most adults do not allow smoking anywhere inside their homes.
- Most adults do not allow smoking inside their cars.

Goal 4: Identify and eliminate the disparities related to tobacco use and its effects among different population groups.

- Most survey resources do not access priority populations because of the state's demographic composition. There are efforts, however, to better reach these populations through the establishment of the five Priority Population Networks.



Questions or Comments?

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