The Kentucky Department for Public Health
University of Kentucky College of Nursing
Local Health Department Tobacco Cessation Survey, 2007

Cumberland Valley District
Health Department

Report prepared through a contract between the Kentucky Cabinet for Health and Family Services and the University of Kentucky College of Nursing

For more information, contact:
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<table>
<thead>
<tr>
<th></th>
<th>Cumberland Valley</th>
<th>Kentucky*</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1A. Are you or other health department staff involved in providing tobacco cessation programs?</strong></td>
<td>Yes</td>
<td>56</td>
<td>100.0%</td>
</tr>
<tr>
<td><strong>What cessation programs do you provide?</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>1A1. Cooper-Clayton Method to Stop Smoking</strong></td>
<td>Yes</td>
<td>54</td>
<td>96.4%</td>
</tr>
<tr>
<td>a. How many programs were offered in the last year?</td>
<td>7</td>
<td>Total = 316</td>
<td>Mean = 6.1</td>
</tr>
<tr>
<td>b. How many individuals participated in the last fiscal year?</td>
<td>60</td>
<td>Total = 4067</td>
<td>Mean = 79.7</td>
</tr>
<tr>
<td>c. Within the last fiscal year, how many individuals quit using tobacco at the completion of the program?</td>
<td>8</td>
<td>Total = 1816</td>
<td>Mean = 35.6</td>
</tr>
<tr>
<td><strong>1A2. Freedom From Smoking</strong></td>
<td>No</td>
<td>2</td>
<td>3.6%</td>
</tr>
<tr>
<td>a. How many programs were offered in the last year?</td>
<td></td>
<td>Total = 4</td>
<td>Mean = 2.0</td>
</tr>
<tr>
<td>b. How many individuals participated in the last fiscal year?</td>
<td></td>
<td>Total = 0</td>
<td>Mean = 0.0</td>
</tr>
<tr>
<td>c. Within the last fiscal year, how many individuals quit using tobacco at the completion of the program?</td>
<td></td>
<td>Total = 0</td>
<td>Mean = 0.0</td>
</tr>
<tr>
<td><strong>1A3. Fresh Start</strong></td>
<td>No</td>
<td>5</td>
<td>8.9%</td>
</tr>
<tr>
<td>a. How many programs were offered in the last year?</td>
<td></td>
<td>Total = 9</td>
<td>Mean = 2.3</td>
</tr>
<tr>
<td>b. How many individuals participated in the last fiscal year?</td>
<td></td>
<td>Total = 80</td>
<td>Mean = 26.7</td>
</tr>
<tr>
<td>c. Within the last fiscal year, how many individuals quit using tobacco at the completion of the program?</td>
<td></td>
<td>Total = 35</td>
<td>Mean = 17.5</td>
</tr>
</tbody>
</table>

*number represents the number of counties/districts that answered "Yes" to the question
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<table>
<thead>
<tr>
<th>Program</th>
<th>Cumberland Valley</th>
<th>Kentucky*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>number</td>
<td>%</td>
</tr>
<tr>
<td>Make Yours a Fresh Start Family</td>
<td>Yes</td>
<td>45</td>
</tr>
<tr>
<td>a. How many individuals</td>
<td>Total = 3005</td>
<td>Mean = 187.8</td>
</tr>
<tr>
<td>participated in the last fiscal year?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. Within the last fiscal year, how many individuals quit using tobacco at the completion of the program?</td>
<td>Total = 33</td>
<td>Mean = 8.3</td>
</tr>
<tr>
<td>Not on Tobacco (N.O.T.)</td>
<td>No</td>
<td>8</td>
</tr>
<tr>
<td>a. How many programs were</td>
<td>Total = 107</td>
<td>Mean = 13.4</td>
</tr>
<tr>
<td>offered in the last year?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. How many individuals</td>
<td>Total = 1527</td>
<td>Mean = 254.5</td>
</tr>
<tr>
<td>participated in the last fiscal year?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. Within the last fiscal year, how many individuals quit using tobacco at the completion of the program?</td>
<td>Total = 7</td>
<td>Mean = 1.4</td>
</tr>
<tr>
<td>Quit and Win</td>
<td>No</td>
<td>5</td>
</tr>
<tr>
<td>a. How many programs were</td>
<td>Total = 8</td>
<td>Mean = 1.6</td>
</tr>
<tr>
<td>offered in the last year?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. How many individuals</td>
<td>Total = 222</td>
<td>Mean = 44.4</td>
</tr>
<tr>
<td>participated in the last fiscal year?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. Within the last fiscal year, how many individuals quit using tobacco at the completion of the program?</td>
<td>Total = 12</td>
<td>Mean = 6</td>
</tr>
<tr>
<td>TEG/TAP</td>
<td>Yes</td>
<td>36</td>
</tr>
<tr>
<td>a. How many programs were</td>
<td>Total = 162</td>
<td>Mean = 4.8</td>
</tr>
<tr>
<td>offered in the last year?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. How many individuals</td>
<td>Total = 1149</td>
<td>Mean = 35.9</td>
</tr>
<tr>
<td>participated in the last fiscal year?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. Within the last fiscal year, how many individuals quit using tobacco at the completion of the program?</td>
<td>Total = 242</td>
<td>Mean = 9.3</td>
</tr>
</tbody>
</table>

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1A8. Other Programs (Ascent, Free and Clear, Toborg, Baby Shower Programs, 1-1 Counseling Program, modified tobacco in-school suspension program, independent classes)
   a. How many programs were offered in the last year?
      Total = 225  Mean = 16.1  SD = 40.2
   b. How many individuals participated in the last fiscal year?
      Total = 1747  Mean = 124.8  SD = 312.8
   c. Within the last fiscal year, how many individuals quit using tobacco at the completion of the program?
      Total = 105  Mean = 10.5  SD = 16.0

1B. What is the job classification of health department staff providing cessation programs?

   1B1. Health Educator  Yes  47  83.9%  56
   1B2. Nurse  Yes  38  67.9%  56
   1B3. Social Worker  Yes  7  12.5%  56
   1B4. Physician  No  1  1.8%  56
   1B5. Program Coordinator/Specialist/Director  No  7  12.5%  56
   1B6. Dietician/Nutritionist  No  8  14.3%  56
   1B7. Other  Yes  10  17.9%  56

2. On average, how many requests for tobacco cessation does your health department receive per month?
   Total = 749  Mean = 13.6  SD = 17.5

3. If Cooper-Clayton programs have been provided in your service area, how many people in your area are trained to provide Cooper-Clayton?
   Total = 439  Mean = 8.3  SD = 15.3

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### How do you promote tobacco cessation programs in your area?

<table>
<thead>
<tr>
<th>Option</th>
<th>Cumberland Valley</th>
<th>Kentucky*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Word of Mouth</td>
<td>Yes</td>
<td>98.2%</td>
</tr>
<tr>
<td>Flyers/Brochures</td>
<td>Yes</td>
<td>92.9%</td>
</tr>
<tr>
<td>Newspaper</td>
<td>Yes</td>
<td>92.9%</td>
</tr>
<tr>
<td>Radio</td>
<td>Yes</td>
<td>67.9%</td>
</tr>
<tr>
<td>Television</td>
<td>Yes</td>
<td>37.5%</td>
</tr>
<tr>
<td>Church or Community Bulletins</td>
<td>Yes</td>
<td>55.4%</td>
</tr>
<tr>
<td>Health Fairs/Career Fairs</td>
<td>Yes</td>
<td>10.7%</td>
</tr>
<tr>
<td>Website</td>
<td>No</td>
<td>8.9%</td>
</tr>
<tr>
<td>Billboards/Signs</td>
<td>No</td>
<td>16.1%</td>
</tr>
<tr>
<td>No promotions</td>
<td>No</td>
<td>1.8%</td>
</tr>
<tr>
<td>Other promotions</td>
<td>Yes</td>
<td>39.3%</td>
</tr>
</tbody>
</table>

### Approximately how much money have you spent in the past year promoting your cessation programs through the radio, newspaper and/or television?

| Total = $87,818.00 | Mean = $1,596.70 | SD = $3,432.80 |

### Within the past year, how have you promoted the Kentucky Quit Line (1-800-QUIT-NOW)?

<table>
<thead>
<tr>
<th>Option</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Distributed brochures/fliers</td>
<td>Yes</td>
</tr>
<tr>
<td>Distributed Quit Line prescription pads</td>
<td>Yes</td>
</tr>
<tr>
<td>Paid advertising</td>
<td>Yes</td>
</tr>
<tr>
<td>Earned (unpaid) media</td>
<td>Yes</td>
</tr>
<tr>
<td>Cooper-Clayton or other program</td>
<td>Yes</td>
</tr>
<tr>
<td>Hospitals/Clinic</td>
<td>Yes</td>
</tr>
<tr>
<td>Health Fairs</td>
<td>No</td>
</tr>
<tr>
<td>Other</td>
<td>Yes</td>
</tr>
</tbody>
</table>

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12/12/2007
<table>
<thead>
<tr>
<th>Question</th>
<th>Cumberland Valley</th>
<th>Kentucky*</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>7. Within the past year, has your health department provided education programs on tobacco cessation for health care providers?</td>
<td>Yes</td>
<td>21 38.2%</td>
<td>55</td>
</tr>
<tr>
<td>7a. If yes, how many programs were provided</td>
<td>1 Total = 49 Mean = 2.3 SD = 1.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Does your health department have a tobacco user identification system?</td>
<td>Yes</td>
<td>49 89.1%</td>
<td>55</td>
</tr>
<tr>
<td>8a. If yes, is the tobacco user identification system used for every patient at every clinic visit?</td>
<td>Yes</td>
<td>49 100.0%</td>
<td>49</td>
</tr>
<tr>
<td>9. Does your health department provide individual counseling for tobacco users who want to quit?</td>
<td>Yes</td>
<td>47 87.0%</td>
<td>54</td>
</tr>
<tr>
<td>9a. If yes, is the counseling typically:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brief intervention (3-5 minutes)</td>
<td>Yes</td>
<td>37 77.1%</td>
<td>48</td>
</tr>
<tr>
<td>Intermediate (6-10 minutes)</td>
<td>Yes</td>
<td>14 29.8%</td>
<td>47</td>
</tr>
<tr>
<td>Intensive (&gt;10 minutes)</td>
<td>No</td>
<td>9 19.1%</td>
<td>47</td>
</tr>
<tr>
<td>10. Are all indoor areas, including offices at your health department, smoke free?</td>
<td>Yes</td>
<td>55 100.0%</td>
<td>55</td>
</tr>
<tr>
<td>11. Are your health care providers aware that Medicaid reimburses for smoking cessation counseling and support programs for pregnant women?</td>
<td>Yes</td>
<td>48 96.0%</td>
<td>50</td>
</tr>
<tr>
<td>11a. If yes, are you using diagnosis and CPT codes to bill Medicaid for smoking cessation?</td>
<td>25 64.1%</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td>12. Does your clinic have self-help materials for tobacco use cessation available in every exam room?</td>
<td>Yes</td>
<td>47 85.5%</td>
<td>55</td>
</tr>
<tr>
<td>13. Are materials on secondhand smoke available in every exam room?</td>
<td>Yes</td>
<td>42 76.4%</td>
<td>55</td>
</tr>
<tr>
<td>14. Do your health care providers routinely advise patients to ban smoking in the home?</td>
<td>Yes</td>
<td>55 100.0%</td>
<td>55</td>
</tr>
<tr>
<td>15. Do your health care providers routinely advise patients to ban smoking in their cars?</td>
<td>Yes</td>
<td>46 83.6%</td>
<td>55</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>Question</th>
<th>Cumberland Valley</th>
<th>Kentucky* number</th>
<th>Kentucky* %</th>
<th>Kentucky* N</th>
</tr>
</thead>
<tbody>
<tr>
<td>16. Do your health care providers routine provide brief cessation interventions using the 5 A's?</td>
<td>Yes</td>
<td>41</td>
<td>74.5%</td>
<td>55</td>
</tr>
<tr>
<td>17. Do your providers routinely refer tobacco users who want to quit to a counselor or program available?</td>
<td>Yes</td>
<td>55</td>
<td>100.0%</td>
<td>55</td>
</tr>
<tr>
<td>17a. To what person or program do they refer?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17a1. Kentucky's Tobacco Quit Line</td>
<td>Yes</td>
<td>54</td>
<td>98.2%</td>
<td>55</td>
</tr>
<tr>
<td>17a2. Cooper-Clayton Group Program</td>
<td>Yes</td>
<td>55</td>
<td>100.0%</td>
<td>55</td>
</tr>
<tr>
<td>17a3. Cooper-Clayton Self-Help Program</td>
<td>Yes</td>
<td>14</td>
<td>25.5%</td>
<td>55</td>
</tr>
<tr>
<td>17a4. Tobacco Control Center</td>
<td>No</td>
<td>3</td>
<td>5.5%</td>
<td>55</td>
</tr>
<tr>
<td>17a5. Health Educator</td>
<td>Yes</td>
<td>52</td>
<td>94.5%</td>
<td>55</td>
</tr>
<tr>
<td>17a6. Community Health Nurse</td>
<td>Yes</td>
<td>31</td>
<td>56.4%</td>
<td>55</td>
</tr>
<tr>
<td>17a7. Nutritionist</td>
<td>Yes</td>
<td>20</td>
<td>36.4%</td>
<td>55</td>
</tr>
<tr>
<td>17a8. Health Care Provider/Hospital</td>
<td>Yes</td>
<td>8</td>
<td>14.5%</td>
<td>55</td>
</tr>
<tr>
<td>17a9. Other</td>
<td>Yes</td>
<td>6</td>
<td>10.9%</td>
<td>55</td>
</tr>
<tr>
<td>18. Do your health care providers routinely discuss relapse with former smokers within 12 months after quitting?</td>
<td>Yes</td>
<td>33</td>
<td>60.0%</td>
<td>55</td>
</tr>
<tr>
<td>19. Does your employee health plan at your health department reimburse for tobacco use cessation treatment?</td>
<td>Yes</td>
<td>42</td>
<td>76.4%</td>
<td>55</td>
</tr>
<tr>
<td>19a. If yes, does the plan cover:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19a1. Nicotine Replacement Therapy (NRT)</td>
<td>Yes</td>
<td>40</td>
<td>97.6%</td>
<td>41</td>
</tr>
<tr>
<td>19a2. Other medications</td>
<td>Yes</td>
<td>30</td>
<td>71.4%</td>
<td>42</td>
</tr>
<tr>
<td>19a3. Classes or counseling for cessation</td>
<td>Yes</td>
<td>24</td>
<td>58.5%</td>
<td>41</td>
</tr>
</tbody>
</table>

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How frequently do your health care providers prescribe or recommend the following medications for tobacco use cessation?

<table>
<thead>
<tr>
<th></th>
<th>Cumberland Valley</th>
<th>Kentucky*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 = Never</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>n</td>
<td>%</td>
</tr>
<tr>
<td>20. Nicotine Gum</td>
<td>5</td>
<td>14</td>
</tr>
<tr>
<td>21. Nicotine Patch</td>
<td>5</td>
<td>8</td>
</tr>
<tr>
<td>22. Nicotine Nasal Spray</td>
<td>5</td>
<td>30</td>
</tr>
<tr>
<td>23. Nicotine Inhaler</td>
<td>5</td>
<td>30</td>
</tr>
<tr>
<td>24. Nicotine Lozenges</td>
<td>5</td>
<td>14</td>
</tr>
<tr>
<td>25. Bupropion (Wellbutrin, Zyban)</td>
<td>5</td>
<td>15</td>
</tr>
<tr>
<td>26. Varenicline (Chantix)</td>
<td>5</td>
<td>13</td>
</tr>
<tr>
<td>27. Other Medications</td>
<td>1</td>
<td>55</td>
</tr>
</tbody>
</table>

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