1. Are you or other health department staff involved in providing tobacco cessation programs?  
   **Kentucky (N=55)**
   
   55 (100.0%) Yes

2. **If “Yes,” what programs do you provide?**
   a. Fresh Start (American Cancer Society) 6 (10.9%) Yes
   b. Freedom from Smoking (American Lung Association) 0 (0%) Yes
   c. Cooper-Clayton Method to Stop Smoking 51 (92.7%) Yes
   d. Make Yours a Fresh Start Family (American Cancer Society) 51 (92.7%) Yes
   e. Quit and Win 25 (45.5%) Yes
   f. TEG/TAP 42 (76.4%) Yes
   g. NOT 8 (14.5%) Yes

3. **If “Yes,” how many tobacco cessation programs were offered within the last year?**
   
   Total Programs = 504
   Mean = 9.5 (SD = 12.8)

4. **If “Yes,” how many clients/patients participated in tobacco cessation programs within the last year?**
   
   Total Clients/Patients = 4439
   (5277*)
   Mean = 83.8 (SD = 87.0)

5. **If “Yes,” how many clients/patients completed tobacco cessation programs within the last year?**
   
   Total Clients/Patients = 2580
   Mean = 49.6 (SD = 50.4)
   (58.1% Completion Rate)

6. **If “Yes,” what is the job title of health department staff providing tobacco cessation?**
   a. Health Educator 37 (67.3%) Yes
   b. Nurse 43 (78.2%) Yes
   c. Social Worker 7 (12.7%) Yes
   d. Physician 0 (0%) Yes

---

*Number of participants in LHD cessation programs + number of Quit and Win registrants - number enrolled in both (see question 8).
7. On average, how many requests for tobacco cessation does your health department receive per month?  
   Total Requests = 455  
   Mean = 9.1 (SD = 16.5)

8. According to our records, 975 people in your area participated in the Quit & Win Tobacco-Free Contest. To the best of your knowledge, about how many people involved in your cessation programs also participated in Quit and Win 2003?  
   Total People = 137  
   Mean = 5.1 (SD = 10.9)

9. Within the past year, have any Cooper-Clayton Method to Stop Smoking programs been provided in your service area?  
   Yes (85.5%)

10. If “Yes,” how many people in your service area are trained to provide Cooper-Clayton programs?  
    Total People = 290  
    Mean = 6.4 (SD = 7.7)

11. How are the tobacco cessation programs in your area promoted?  
    a. Word of mouth Yes (100%)
    b. Flyers/Brochures Yes (96.4%)
    c. Newspapers Yes (94.5%)
    d. Radio Yes (63.6%)
    e. Television Yes (32.7%)
    f. Church or Community bulletins Yes (54.5%)
    g. No promotion Yes (0%)

12. Approximately how much money have you spent in the past year promoting your cessation programs through newspaper, radio or television?  
    Total Amount = $163,854.00  
    Mean = $3,486.30  
    (SD = $9061.36)

13. Within the past year, has your health department provided education programs on tobacco cessation for health care providers?  
    Yes (35.2%)
<table>
<thead>
<tr>
<th>Question</th>
<th>Kentucky (N=55)</th>
</tr>
</thead>
<tbody>
<tr>
<td>14. If “Yes,” about how many programs did you provide?</td>
<td>Total Programs = 39 Mean = 2.1 (SD = 1.7)</td>
</tr>
<tr>
<td>15. Does your health department have a tobacco-user identification system (e.g. tobacco use as a vital sign, flagging the charts)?</td>
<td>48 (87.3%) Yes</td>
</tr>
<tr>
<td>16. If “Yes,” is the tobacco-user identification system used for every patient at every clinic visit?</td>
<td>44 (91.7%) Yes</td>
</tr>
<tr>
<td>17. What kinds of educational methods are used for tobacco use cessation in your health department?</td>
<td></td>
</tr>
<tr>
<td>a. Formal group classes</td>
<td>42 (76.4%) Yes</td>
</tr>
<tr>
<td>b. Individual counseling</td>
<td>54 (98.2%) Yes</td>
</tr>
<tr>
<td>c. Audio-visual materials</td>
<td>45 (81.8%) Yes</td>
</tr>
<tr>
<td>d. Printed materials</td>
<td>55 (100.0%) Yes</td>
</tr>
<tr>
<td>e. Posters</td>
<td>53 (96.4%) Yes</td>
</tr>
<tr>
<td>18. Does your clinic have self-help materials for tobacco use cessation available in every exam room?</td>
<td>43 (78.2%) Yes</td>
</tr>
<tr>
<td>19. Are materials on secondhand smoke available in every exam room?</td>
<td>37 (67.3%) Yes</td>
</tr>
<tr>
<td>20. Do your health care providers routinely ask patients about secondhand smoke exposure in the home?</td>
<td>50 (90.9%) Yes</td>
</tr>
<tr>
<td>21. Do your health care providers routinely advise patients to ban smoking in the home?</td>
<td>51 (94.4%) Yes</td>
</tr>
<tr>
<td>22. Do you health care providers routinely advise patients to ban smoking in their cars?</td>
<td>51 (94.4%) Yes</td>
</tr>
<tr>
<td>23. Do your health care providers routinely provide brief cessation interventions using the 5 A’s (Ask, Advise, Assess, Assist, Arrange)?</td>
<td>35 (64.8%) Yes</td>
</tr>
<tr>
<td>24. Do your providers routinely refer tobacco users who want to quit to a counselor or to a program available in your community for tobacco cessation treatment?</td>
<td>53 (98.1%) Yes</td>
</tr>
</tbody>
</table>
25. Does your employee health plan(s) at your health department reimburse for tobacco use cessation treatment? (including nicotine gum/patch and/or counseling)  
   24 (47.1%) Yes

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

   a. Nicotine Gum
      1= Never  40.0%
      2= 16.4%
      3= 14.5%
      4= 9.1%
      5= Very Often 20.0%

   b. Nicotine Patch
      1= Never  32.7%
      2= 5.5%
      3= 9.1%
      4= 20.0%
      5= Very Often 32.7%

   c. Nicotine Nasal Spray
      1= Never  64.8%
      2= 22.2%
      3= 11.1%
      4= 0.0%
      5= Very Often 1.9%

   d. Nicotine Inhaler
      1= Never  68.5%
      2= 20.4%
      3= 5.6%
      4= 1.9%
      5= Very Often 3.7%

   e. Nicotine Lozenges
      1= Never  70.4%
      2= 11.1%
      3= 9.3%
      4= 3.7%
      5= Very Often 5.6%
f. Buproprion (Wellbutrin, Zyban)

1 = Never  49.1%
2 = 12.7%
3 = 12.7%
4 = 16.4%
5 = Very Often 9.1%

g. Clonidine (suppresses opioid withdrawal symptoms; typically used to treat high blood pressure)

1 = Never  78.8%
2 = 9.6%
3 = 11.5%
4 = 0.0%
5 = Very Often 0.0%

h. Nortriptyline (antidepressant)

1 = Never  80.8%
2 = 9.6%
3 = 9.6%
4 = 0.0%
5 = Very Often 0.0%

27. We have enough staff to provide tobacco cessation programs.

1 = Strongly Disagree  16.4%
2 = Disagree  21.8%
3 = Agree  40.0%
4 = Strongly Agree  21.8%

28. Our staff are not trained to provide tobacco cessation.

1 = Strongly Disagree  36.4%
2 = Disagree  43.6%
3 = Agree  14.5%
4 = Strongly Agree  5.5%

29. We are too busy to provide tobacco cessation.

1 = Strongly Disagree  30.9%
2 = Disagree  52.7%
3 = Agree  16.4%
4 = Strongly Agree  0.0%
30. We have few requests for tobacco cessation programs.
   1= Strongly Disagree  24.1%
   2= Disagree  31.5%
   3= Agree  29.6%
   4= Strongly Agree  14.8%

31. Tobacco cessation programs are too expensive.
   1= Strongly Disagree  38.2%
   2= Disagree  41.8%
   3= Agree  14.5%
   4= Strongly Agree  5.5%

32. Tobacco cessation programs are effective.
   1= Strongly Disagree  0.0%
   2= Disagree  1.9%
   3= Agree  64.2%
   4= Strongly Agree  34.0%

This report was prepared through a contract between the Kentucky Cabinet for Health Services and the University of Kentucky College of Nursing

For more information, contact:
Dr. Ellen Hahn, DNS, RN
Associate Professor
University of Kentucky
College of Nursing
(859) 257-2358
ejhahn00@pop.uky.edu