

**Kansas Department of Health & Environment**  
**Bureau of Health Promotion**  
**Tobacco Use Prevention Program**

*Program Overview*



# Kansas Tobacco Use Prevention Program (TUPP)

- Committed to improving the lives of all Kansans by reducing the use of & exposure to tobacco.
- Work with state & local partners to promote CDC's Best Practices interventions.
- Administer the Chronic Disease Risk Reduction (CDRR) grants



# TUPP Goals

1. Eliminate exposure to secondhand smoke
2. Promote tobacco cessation
3. Prevent initiation of tobacco use among youth
4. Identify & eliminate tobacco use disparities

# TUPP Technical Support

- TUPP provides advice, resources and assistance to grantees in the following areas:
  - Counter-marketing
  - Clean Indoor Air education
  - Youth empowerment
  - Coordinated School Health
  - Physical Activity and Nutrition



# Other Services TUPP Provides

- Statewide counter-marketing campaigns
- Training opportunities
- Smoking and Pregnancy initiatives
- Kansas Tobacco Quitline

# TUPP Staff

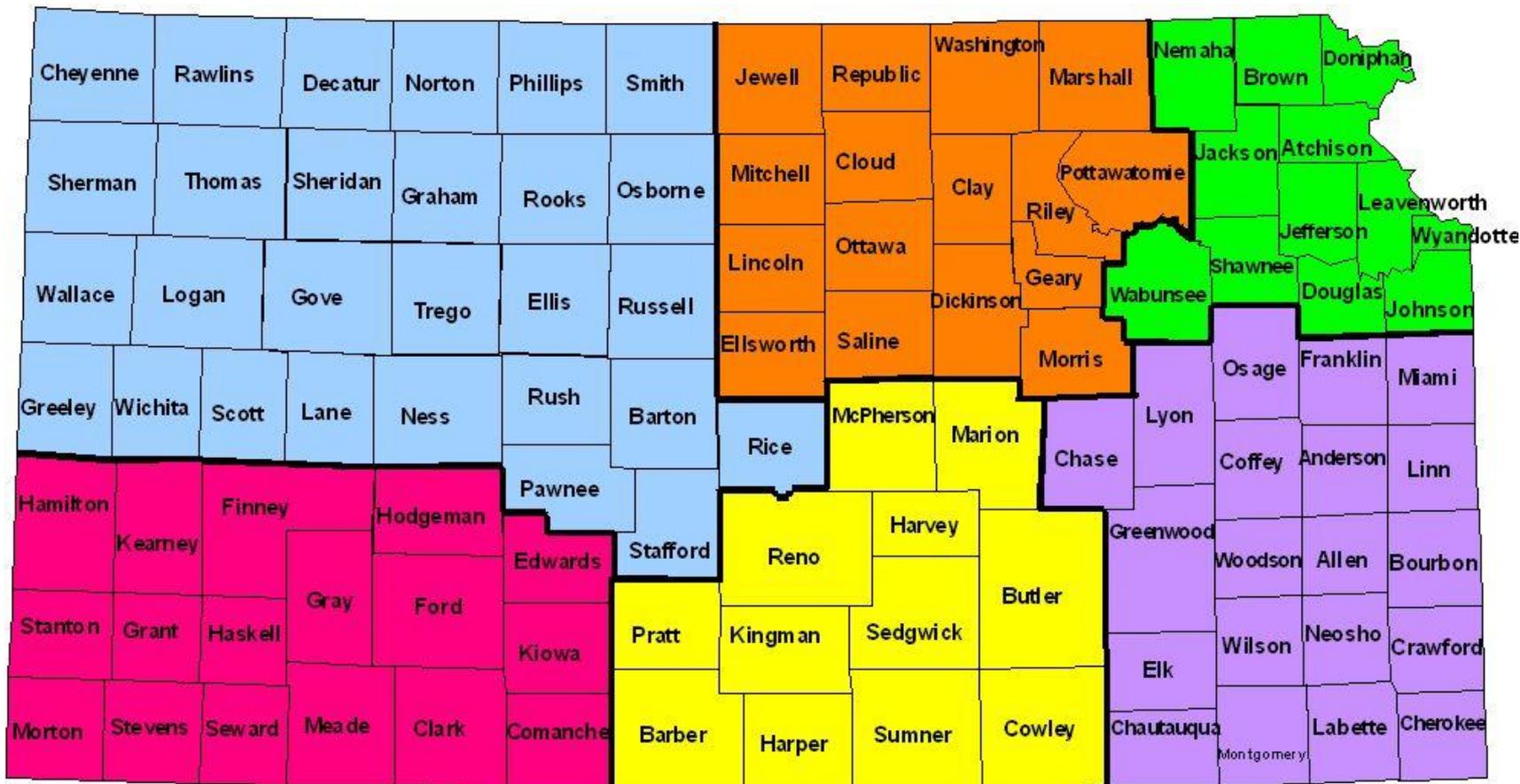
- Director – Dr. Candace Ayars
- Program Manager – Carol Cramer
- Epidemiologist – Trevor Christenson
- Media & Policy Coordinator – Ginger Park
- CPPW Media Coordinator – JD Warnock
- Quitline Coordinator – Matthew Schrock
- Outreach Coordinators
  - Northwest - Travis Rickford
  - Southwest – Vacant
  - North Central – Vacant
  - South Central – Jena Chacko
  - Northeast – Liesl Hays
  - Southeast – Vacant

# Outreach Coordinator Regions

**Northwest**  
**Travis Rickford**  
[trickford@kdheks.gov](mailto:trickford@kdheks.gov)  
 785-625-5663

**North Central**  
**(Vacant)**  
[lhays@kdheks.gov](mailto:lhays@kdheks.gov)  
 785-296-1949

**Northeast**  
**Liesl Hays**  
[lhays@kdheks.gov](mailto:lhays@kdheks.gov)  
 785-296-1949



**Southwest**  
**(Vacant)**  
[trickford@kdheks.gov](mailto:trickford@kdheks.gov)  
 785-625-5663

**South Central**  
**Jena Chacko**  
[jmchacko@kdheks.gov](mailto:jmchacko@kdheks.gov)  
 316-337-6054

**Southeast**  
**(Vacant)**  
[jmchacko@kdheks.gov](mailto:jmchacko@kdheks.gov)  
 316-337-6054

# Chronic Disease Risk Reduction (CDRR) Grants

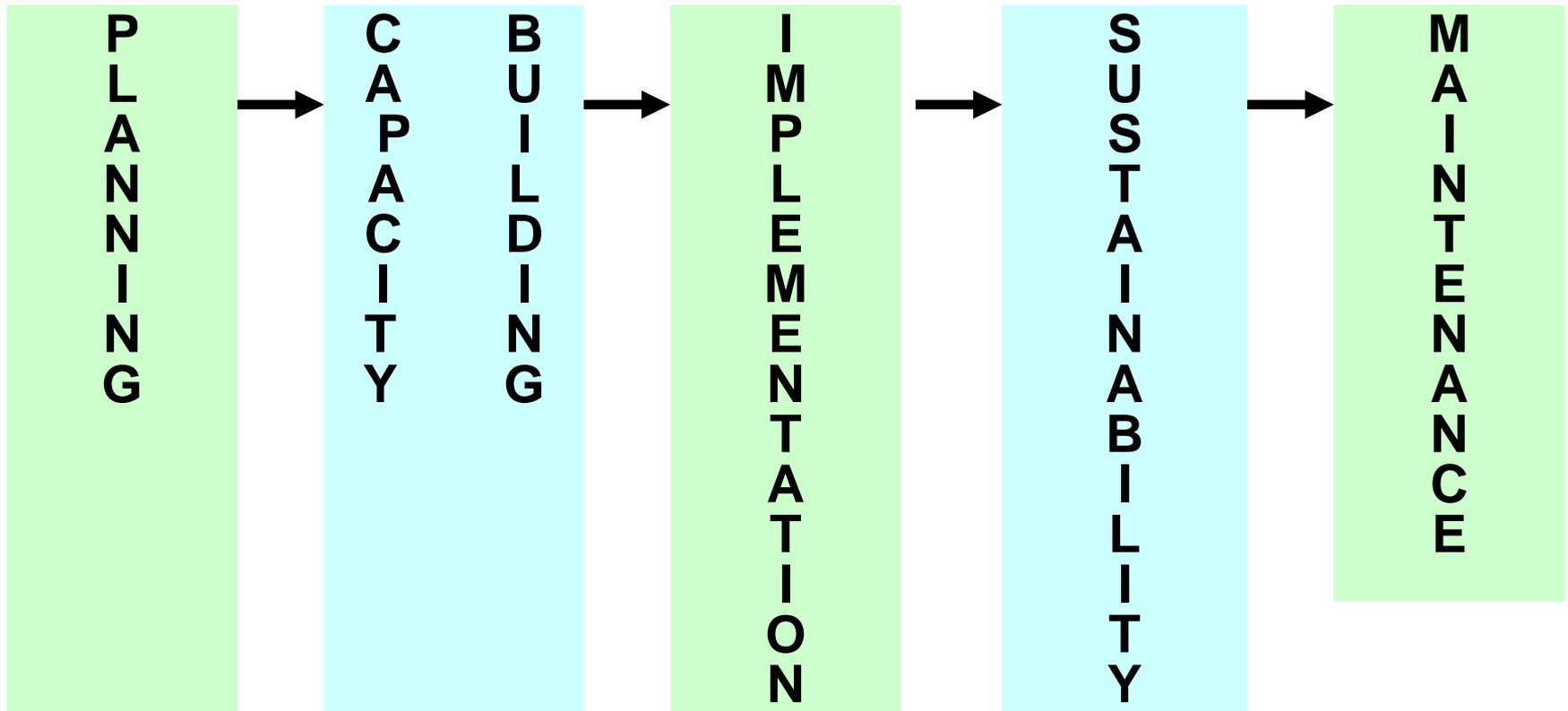
**Currently 55 counties receive funding to support tobacco prevention efforts in the first three CDRR grant phases.**

**Planning** – Establish a coalition and conduct community assessment

**Capacity Building** – Work in one of the following focus areas based on assessment: promote cessation, prevent initiation, or eliminate exposure to secondhand smoke

**Implementation** – Address all 3 focus areas

# Chronic Disease Risk Reduction Grant Phase Progression



# Chronic Disease Risk Reduction Grant

## Planning

- Provide funds to establish a tobacco prevention coalition
- Conduct assessment of what is happening in the community
- In effect for one year, maximum of two years

## Capacity Building

- Met planning requirements (coalition established & meets quarterly)
- Based on assessment address **one** primary focus:
  - Promote quitting
  - Prevent initiation
  - Eliminate exposure to secondhand smoke
- In effect no longer than three years, must reapply

## Implementation

- Address all 3 focus areas, add policy focus to plan
- Begin efforts to sustain program
- In effect no longer than five years, must reapply each year

## Sustainability

- Increase amount of outside funds each year to support activities
- Address all 3 focus areas
- In effect no longer than five years, must reapply

## **Maintenance**

- Funds will allow for continued dollars for required data collection, conference attendance & evidence-based activities
- Will be asked to serve as a “Mentor” as needed
- Address all 3 focus areas
- Eligibility for maintenance grants will be in effect as long as all requirements are met, must reapply



# Kansas Indoor Clean Air Act

- **Kansas enacted a statewide smoke-free law on July 1, 2010.**
- **Smoking is prohibited in the following locations:**
  - Restaurants
  - Bars
  - Workplaces
  - Public Places
  - Within 10 feet of any doorway, open window or air intake of such facilities
- **Visit [www.KSsmokefree.org](http://www.KSsmokefree.org) for more information.**



# Kansas Tobacco Quitline

- **Toll-free 1-800-QUIT-NOW (784-8669) or [www.KanQuit.net/Kansas](http://www.KanQuit.net/Kansas)**
- **Free service for all Kansans**
- **Experienced cessation counselors provide one-on-one phone or online support to quit tobacco use**
- **Intake offered 24 hours a day, 7 days a week, 365 days a year**
- **Counseling provided in English, Spanish and more than 100 other languages**



# How the Quitline Counseling Process Works

- **1<sup>st</sup> call is intake**
- **Average a total of 5 counseling calls**
- **10 call program for pregnant women**
- **Youth Support Program for 13 -17 years of age**
- **Examine reasons for quitting**
- **Discuss strategies to avoid triggers or alternate activities**
- **Create a plan to quit**
- **Set a quit date**

## Contact Information:

**Kansas Tobacco Use Prevention Program**

**785-296-8127**

**tupp@kdheks.gov**

**KanQuit!**

**1-800-QUIT-NOW (784-8669)**

**KANSAS TOBACCO QUITLINE**  
KANSAS TOBACCO USE PREVENTION PROGRAM

