

Tobacco Cessation and Health Care in Kansas Adults

2012-2013 Adult Tobacco Survey

The 2012-2013 Kansas Adult Tobacco Survey (ATS) was conducted September 2012 through September 2013 by the Bureau of Health Promotion, Kansas Department of Health and Environment, with funding support from the Kansas Health Foundation. In total, 9,656 Kansas adults 18 years and older participated in the ATS. This document reviews some of the major findings from the ATS.

42.3 percent of Kansas adult smokers stopped smoking for one day or more in the past 12 months because they were trying to quit smoking.

- ◇ The Kansas Behavioral Risk Factor Surveillance System (BRFSS) consistently reports annual quit attempts above 50 percent. However, because the ATS and BRFSS ask about quit attempts differently, estimates across surveys are not comparable.
- ◇ Past-year quit attempts are more common among young adults than older adults. For example, 52.5 percent of adult smokers aged 18-24 years old tried to quit smoking in the past year compared to only 30.4 percent of adult smokers age 65 years or older.
- ◇ 30.5 percent of adults who made a quit attempt in the past 12 months used nicotine replacement therapy (NRT) or medication to help them quit smoking. NRT and medication use was more common among older adults making a quit attempt than younger adults.
- ◇ 20.4 percent of adults who made a quit attempt in the past 12 months used products that have not been demonstrated to be effective at supporting tobacco cessation, such as smokeless tobacco and e-cigarettes.

63.8 percent of Kansas adults who saw a health care professional in the past year were asked about tobacco use.

- ◇ 51.4 percent of adult tobacco users who saw a health care professional in the past 12 months were advised to stop using tobacco.
- ◇ 63.4 percent of adult tobacco users who were advised by a health care professional in the past 12 months to stop using tobacco were asked if they want to try to quit.
- ◇ 58.6 percent of adult tobacco users who were advised by a health care professional in the past 12 months to stop using tobacco were offered assistance, information or advice to help them quit using tobacco.

- ◇ 63.7 percent of adult tobacco users who were advised by a health care professional in the past 12 months to stop using tobacco were provided booklets, videos, website addresses or other information to help them quit.
- ◇ 49.1 percent of adult tobacco users who were advised by a health care professional in the past 12 months to stop using tobacco were referred to a Quitline, cessation class or 1-on-1 tobacco cessation counseling.
- ◇ 54.3 percent of adult tobacco users who were advised by a health care professional in the past 12 months to stop using tobacco were recommended or prescribed NRT or medication to help them quit using tobacco.
- ◇ Nearly half (49%) of Kansas adult smokers with health insurance do not know if their insurance covers cessation counseling or medication.
- ◇ More than half (62.4%) of Kansas adults with health insurance who use tobacco products other than cigarettes do not know if their insurance covers cessation counseling or medication.

1 in 3 Kansas adults (33.0%) are aware of free Quitline services available to help tobacco users quit.

- ◇ There is a higher prevalence of Quitline awareness among current smokers (57.5%) than among former and never smokers (27.6%).
- ◇ Awareness of the Kansas Tobacco Quitline appears to be more common in sub-populations with a higher prevalence of smoking.
 - Younger adults have a higher prevalence of Quitline awareness than older adults. For example, 43.5% of Kansas adults 25-34 years are aware of free Quitline services compared to 21.7% of adults 65 years and older.
 - Kansas adults with lower annual household income have a higher prevalence of Quitline awareness than adults with higher annual household income. For example, 41.4% of Kansas adults with an annual household income less than \$15,000 are aware of free Quitline services compared to 32.2% of those with an annual household income \$50,000 or greater.

