

Cessation Interventions to Decrease Tobacco Use Among Adults and Youth

Our Mission: To protect and improve the health and environment of all Kansans.



Cessation Interventions: Promote Health Systems Change



Tobacco use is the leading cause of preventable death and disease in Kansas.

As a health care provider, you can help.

KanQuit
1-800-QUIT-NOW (784-8869)
Ksquit.org

The Kansas Department of Health and Environment presents:

Addressing Tobacco Use in Kansas: The Brief Tobacco Intervention

Free
online
training!



In this online training, you will...

- ✓ Learn how to effectively talk with your patients about tobacco in less than 3 minutes.
- ✓ Learn about the free, state-of-the-art tobacco cessation service called the Kansas Tobacco Quitline.

To view the training, visit...

www.kstobaccointervention.org

The Brief Tobacco Intervention

- kstobaccointervention.org
- Launched December 2014
- Site development with contributions from:
 - KS Academy of Family Physicians Executive Director, Social Workers, Walgreens Clinic and Health Department nurses, Safety Net Clinic staff, KS Academy of Family Physicians Executive Director
- Takes approximately 45 minutes to complete

Brief Tobacco Intervention

Ask, Advise, Refer



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www.kstobaccointervention.org

**CME credits
available**

An interactive, multi-media online course for health care providers that follows best practice guidelines to help patients quit tobacco.

Contact Matthew Schrock, Kansas Tobacco Use Prevention Program, at 316-337-6056 or mschrock@kdheks.gov.



Next Steps for Continuing Education Credits

- Awaiting approval from Kansas Dental Board for CE's
- Plan to submit CE application to the following professional organizations for approval:
 - Social Work
 - Dental Hygienist
 - Nurse
 - Respiratory Therapists



Cessation Interventions:

Educate Decision Makers about
Evidence-Based Cessation Treatment

Regional Cessation Trainings

Using an Organizational and Team Based Approach to Tobacco Cessation

- Half-day cessation trainings beginning March 2015
- Main training site will be KU Edwards Campus in Kansas City
 - Training will be broadcast to 5 satellite locations: Wichita, Pittsburg, Salina, Hays, Garden City
- In coordination with the KU Area Health Education Center (AHEC)
- Speakers and topics include:
 - Kim Richter, KU: Brief Intervention Counseling
 - Mary Koehn: Motivational Interviewing
 - Matthew Schrock, On-line training/Quitline overview
 - Trevor Christenson & Babalola Faseru- E-cigarettes

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Cessation Interventions: Support State Quitline Capacity

KanQuit!

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

KSquit.org

Text2QuitSM

THE NEWEST WAY TO KEEP YOUR HANDS BUSY.

We now offer Text2Quit, a new feature that will help you set a Quit Date, manage urges, play craving games, and track your quit weeks before and months after you stop using tobacco. Doing these things increases your odds of staying quit, and now they're right at your fingertips.

Text2Quit sends tailored text messages to your supported mobile device when you need them and keeps your Quit Coach[®] in the loop of your progress. Enroll in the program today to take advantage of this exciting new feature.

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



Text2Quit



How does it work?

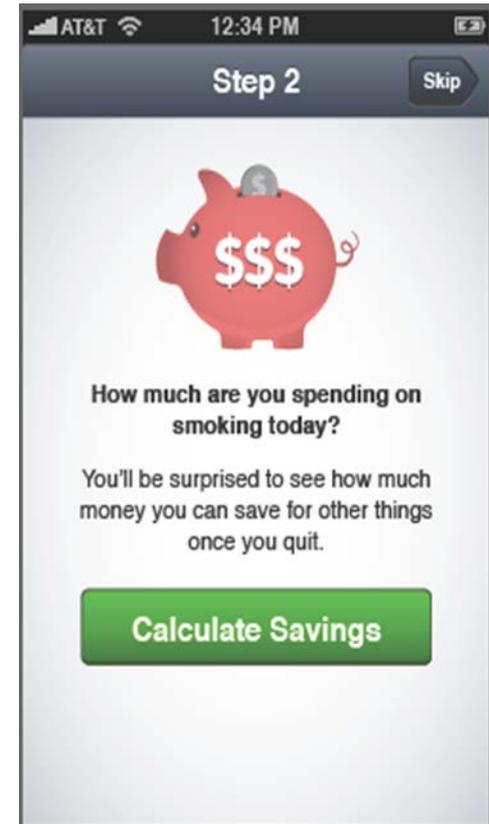
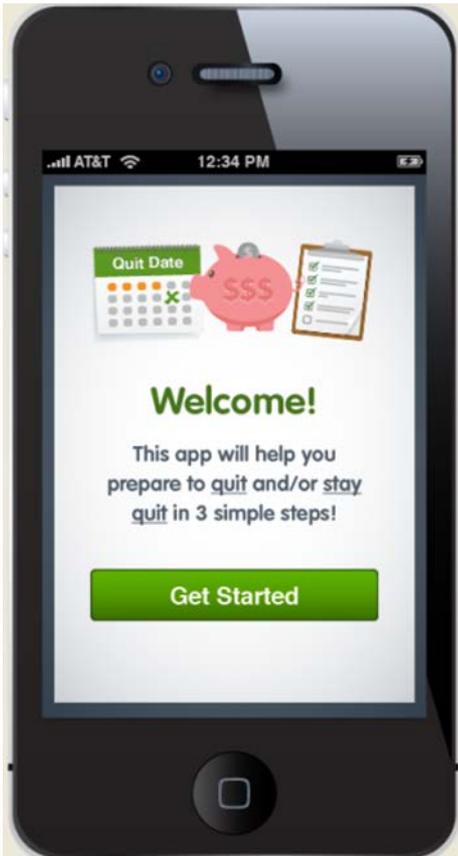
Participants opt in to receive text messages tailored to their Quitting Plan and profile, established by a Quit Coach or by the participants themselves on Web Coach®.

- ✓ Setting a Quit Date
- ✓ Managing Urges
- ✓ Program Reminders
- ✓ Pre and Post Quit Tracking

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QUIT NOW Mobile App



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Mobile App Screen Shots



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Community Health Promotion
Kansas Department of Health & Environment
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316-337-6056

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