

**KCC Lung Cancer Network
Tobacco Treatment Consumers' Workgroup (*potential
name*)**



August 29, 2017:

Next Steps/Action Items:

- Opportunities and Barriers:
 - So many resources available, it's difficult to know what to recommend or how to organize it in a way that is most helpful to consumers
 - Quitline uses minutes – barrier for those with limited minutes or pay-by-the-minute plans
 - Many who need to quit smoking don't have access to or use apps and websites
 - Tear sheets versus websites and other resources are more beneficial for providers to use with patients
 - Issues with childcare, transportation, etc. in getting patients into see health care providers for pharmacology appointments
 - Difficult to get into see Physicians in some locations – potential need for more advanced nurses and nurse practitioners to provide education and prescriptions.
 - Need to have advocates in various settings for peer resources
 - Need to develop and/or collect stories in KY from people who have successfully quit
 - Need to evaluate the success of the cessation bill
 - KY Voices for Health is tracking data, but not a full scale evaluation
 - May need to look at qualitative interviews, continuing barriers, etc.
- **Next Steps:**
 - **Meet again via webinar sometime the week of September 18th** – look for calendar invite soon!
 - Kick it Kentucky!
 - ACS Event to promote Smoking Cessation Resources – Press Event Wednesday, September 27 – more information forthcoming
 - Coalition for a Smoke-Free Kentucky – Foundation for a Healthy KY Coordinating and website will be live in a few weeks. Please send cessation resources to Angela Kock: akoch@healthy-ky.org
 - Explore further how to collect and develop videos of stories of Kentuckians who have successfully quit tobacco and develop a dissemination plan
 - Is anyone already collecting stories or videos?
 - Check with health plans
 - Include rural Kentuckians
 - Include number quit attempts to encourage rather than discourage (it's not easy or quick)
 - Explore who/how to evaluate the outcomes of the cessation bill (SB89)
 - Choose a name:
 - KY – Leaders of the Pack for a Tobacco Free Future, Consumers'
 - KCC Lung Cancer Network Tobacco Treatment Consumers' Workgroup

Resources Discussed:

Quit Now Kentucky:

<https://www.quitnowkentucky.org/en-US/>

Missouri Quitline website and fact sheet:

<http://health.mo.gov/living/wellness/tobacco/smokingandtobacco/tobaccocontrol.php>

<http://health.mo.gov/living/wellness/tobacco/smokingandtobacco/pdf/QuitlineFactSheet2.pdf>

(Contact for Missouri is Tiffany Tuua - tiffany.tuua@health.mo.gov; [\(573\) 522-2800](tel:5735222800))

KMA Commit to Quit KY:

www.committoquitky.com

ALA Freedom from Smoking:

<http://www.freedomfromsmoking.org/>

ACS How to Quit Smoking or Smokeless Tobacco:

<https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html>

KCP Plan to Be Tobacco Free:

Plan to be Tobacco Free is a program to help Kentuckians learn which smoking cessation programs are available and assist them with deciding which option is best for them. The FREE one-time class is conducted by KCP Tobacco Treatment Navigators at worksites and in community locations for individuals who use tobacco, their friends and family. Participants will learn about tobacco cessation products, assess personal habits, and develop a customized quit plan. "Contact your KCP representative" to schedule a program or to enroll in an upcoming session.

KCP Regional Staff: <http://www.kcp.uky.edu/about/RCCS%20Offices%20State.pdf>

ACS Benefits of Quitting Over Time: <https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html>

Pfizer Quitter's Circle Website (app also available):

<https://www.quitterscircle.com/>

CDC Tips from Former Smokers (including success stories that could be used):

https://www.cdc.gov/tobacco/campaign/tips/stories/index.html?s_cid=OSH_tips_D9388

Videos would be great to play in provider's offices. (Beats soap operas!)

Attendees: Kendra Adkisson, Kathryn Parrish, Heather Wehrheim, Sandi Knight, Amanda Bucher, Jonelle Flowers, Jeff Vella, Bonnie Hackbarth, Emily Beauregard, Rudy Bess, Angela Criswell, Zim Okoli, Cathy Reising, Maria Gomez, Katie Bathje, Jennifer Knight, Kristian Wagner