

Iowa Tobacco Cessation Program Evaluation Annual Report: FY2009



Division of Tobacco Use Prevention and Control

**Prepared by:
Center for Social and Behavioral Research
University of Northern Iowa**

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For
Iowa Department of Public Health
Division of Tobacco Use Prevention and Control

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TUPC Mission Statement:

To establish a comprehensive partnership among state government, local communities, and the people of Iowa to foster a social and legal climate in which tobacco use becomes undesirable and unacceptable.

CSBR Mission Statement:

The Center for Social and Behavioral Research (CSBR) at the University of Northern Iowa will be a leading academic organization dedicated to advancing, applying and facilitating high standards of social and behavioral research practice for a wide variety of audiences within the university and across community, state and national arenas.

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Executive Summary

PURPOSE AND METHODOLOGY:

The purpose of this report is to present the findings of the fiscal year 2009 (FY09) Tobacco Use Prevention and Control Surveillance and Evaluation conducted by the Center for Social and Behavioral Research (CSBR) at the University of Northern Iowa (UNI). This ongoing evaluation assesses the Quitline Iowa and the Iowa/Nebraska Primary Care Association (IA/NEPCA) clinic cessation programs. Quitline Iowa (operated by National Jewish Health in Denver, CO) offers telephone-based cessation counseling services as well as two weeks of free nicotine replacement patches, gum, or lozenges. The Healthcare Systems Based Tobacco Cessation/Treatment Program for Low-Income Tobacco Users (HSTCT) offers free pharmacotherapy and accompanying cessation counseling to all Iowa patients of participating community health centers in the Iowa/Nebraska Primary Care Association. Patients are eligible for up to 12 weeks of pharmacotherapy plus counseling. The HSTCT health centers are working to bring cessation services to low-income Iowans and to simultaneously improve tobacco screening protocols in the clinics. This is the second annual report by CSBR. Data collection methods include follow-up interviews with participants, secret shopper calls, and medical chart reviews.

MAIN FINDINGS (FOLLOW-UP INTERVIEWS):

Most Quitline and clinic respondents said they smoked cigarettes at baseline, whereas 5% or less of respondents said they used cigars, pipes, or smokeless tobacco. Use of all products decreased from baseline to follow-up. In both the Quitline and clinic samples, cigarette smoking cessation rates in all three follow-up cohorts were approximately 20%. The group of respondents in the Quitline sample who smoked cigarettes at baseline did not increase the use of smokeless tobacco from baseline to follow-up.

The majority of all respondents in both the Quitline Iowa and the clinic cessation samples thought it *likely* that they would use tobacco products at some point during the next year, in part because most respondents had not quit using tobacco. Over half of all respondents in both the Quitline and the clinic cessation samples thought it likely they would use pharmacotherapy products (nicotine replacement therapies or medications) in the next year.

A greater percent of clinic respondents than Quitline respondents were satisfied with the amount of NRT they received from the program. Quitline respondents and clinic respondents reported similar satisfaction with the amount of counseling received. Most participants in both samples were generally satisfied with the programs and would recommend program services to others trying to quit using tobacco products.

Among respondents in both samples who were cigarette smokers at baseline, the majority cited health reasons as a motivation for quitting (62% among smokers in the Quitline sample and 66% among smokers in the clinic sample).

During the follow-up period, the most commonly used form of pharmacotherapy in both the Quitline and clinic samples was Chantix, although Quitline does not offer Chantix to callers. Quitline respondents who used Chantix during the follow-up period were most likely Medicaid clients who were receiving Chantix and Quitline counseling as part of their Medicaid benefit. The method or strategy most commonly used by respondents to quit using tobacco during the follow-up period was tapering down their consumption.

MAIN FINDINGS (OTHER METHODS):

From the beginning of the evaluation through the end of FY09, 130 secret shopper calls were placed. In the majority of calls, provider protocol was followed throughout the call; consent for evaluation was asked in 58% of calls. From the beginning of the evaluation through the end of FY09, CSBR research staff had reviewed 1,042 charts (560 participants and 482 non-participant charts). Smoking status was assessed at approximately 90% of clinic visits among all charts reviewed.

SUMMARY AND CONCLUSIONS:

The Quitline and clinic cessation programs are effectively supporting Iowans who want to quit using tobacco products, particularly cigarettes. The cigarette smoking cessation rate of approximately 20% is sustained up to one year after beginning a treatment program; considering that the cessation rate for individuals who try to quit without support is approximately 5%, it is clear that the state-funded tobacco cessation programs are positively impacting smokers in Iowa.

Results of the Tobacco Cessation Program Evaluation show that about half of Quitline callers are only speaking with a Quitline representative one or two times; this is fewer than the program-recommended eight sessions in a complete counseling protocol. Similarly, between one-third and one-half of clinic respondents said they received one or two counseling sessions and at least half of respondents who said they received Chantix, Wellbutrin, or NRT patches picked up only one or two two-week prescriptions of that pharmacotherapy.

Clearly, Quitline and clinic cessation participants are not taking full advantage of the services available to them. Furthermore, although 20% of respondents are quitting, a full 80% of respondents are continuing to use tobacco products, most notably cigarettes, albeit often at reduced levels. This could very likely be a matter of participants simply not being ready to quit using tobacco products. The Quitline Iowa program tailors coaching to callers' readiness to quit using tobacco products, but results of this evaluation show that even that effort is not consistently effective in retaining participants in the program. An additional module added to the evaluation follow-up questionnaire for FY2010 will attempt to address this "not yet quit" population regarding challenges or barriers to quitting and aspects of the programs respondents find most helpful.

Introduction

The Iowa Department of Public Health (IDPH) Division of Tobacco Use Prevention and Control (Tobacco Division) implements comprehensive tobacco control programming for the state. Important achievements have been made in recent years to strengthen Iowa's tobacco control and prevention efforts. In March 2007, the state excise tax on cigarettes was raised by \$1.00 to \$1.36 per pack. The resulting increased tax revenue was used, in part, to fund cessation services for Iowans. In 2008, a statewide Smokefree Air Act was passed and signed into law. The Act places bans on smoking in virtually all indoor public places in Iowa.

Cessation services for Iowans include mass media campaigns to raise awareness of services, telephone-based counseling services, financial assistance for cessation services, and systems change to increase tobacco use screenings of patients in healthcare settings. Two state-funded cessation programs are offered to Iowans. Quitline Iowa (operated by National Jewish Health in Denver, CO) offers telephone-based cessation counseling services as well as two weeks of free nicotine replacement patches, gum, or lozenges. The Healthcare Systems Based Tobacco Cessation/Treatment Program for Low-Income Tobacco Users (HSTCT) offers free pharmacotherapy and accompanying cessation counseling to all Iowa patients of participating community health centers in the Iowa/Nebraska Primary Care Association. Patients who use any pharmacotherapy other than the medication Chantix are eligible for up to 12 weeks of pharmacotherapy plus counseling. Patients taking Chantix who complete 12 continuous weeks of treatment may be eligible for an additional 12 weeks of pharmacotherapy plus counseling. The HSTCT health centers are working to bring cessation services to low-income Iowans and to simultaneously improve tobacco screening protocols in the clinics. In addition, Iowa Medicaid has included tobacco cessation as a covered benefit; Medicaid patients are required to receive Quitline counseling to receive this cessation benefit. As part of the cessation benefit, Medicaid covers Chantix as well as nicotine replacement patches and gum.

As part of the surveillance and evaluation of tobacco use prevention and control efforts in Iowa, the Tobacco Division contracts with the University of Northern Iowa (UNI) Center for Social and Behavioral Research (CSBR). CSBR evaluates two cessation services funded by the state: Quitline Iowa and the HSTCT program. The purpose of this report is to present the findings of the fiscal year 2009 (FY09) Tobacco Use Prevention and Control Surveillance and Evaluation conducted by CSBR. This is the second such report created by CSBR and the second year of the evaluation. The primary goals of the evaluation are 1) to assess tobacco quit rates among participants of the Quitline and the HSTCT programs; and 2) to assess program satisfaction, consistency, and systems change.

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Methodology

Research Questions

The following research questions were developed to focus the evaluation activities:

- Do the services offered by Quitline Iowa and HSTCT achieve acceptable rates of tobacco cessation by those receiving the services?
 - What are the quit rates of program participants?
 - What are the behavioral and demographic characteristics of program participants?
 - How is program participation characterized?
 - What contextual factors may be influencing results?
 - What is the degree of program fidelity?
 - What is the rate of tobacco use screening in healthcare settings? (HSTCT program)

Study Design

The study design is quasi-experimental with multiple post-tests. The evaluation includes both process and outcome measures; the study consists of some elements that are similar for both programs and others that are unique to each program. All evaluation activities were approved by the UNI Institutional Review Board (IRB).

Data Sources

Client Follow-Up Interviews

The purpose of the follow-up interviews is to assess changes in tobacco use (including behavioral changes such as quit rates or reductions), program utilization, and program satisfaction. Follow-up interviews are conducted with program participants only. On a monthly basis, NJH and IA/NEPCA provide CSBR with names and contact information of new clients (enrolled in the month prior) who have actively consented to be contacted for follow-up interviews. These groups of clients form the samples from which CSBR selects independent, random samples for 3-, 6-, and 12-month follow-up interviews via computer assisted telephone interviewing (CATI) technology.

CSBR randomly samples program participants for follow-up interviews from client lists generated by the program providers. It is important to note that the goals for completed interviews can only be achieved if CSBR is able to contact participants. Anticipated response rates for follow-up interviews were based on response rates obtained by NJH during follow-up

interviewing conducted previously as part of the Colorado Quitline. CSBR estimated 41%, 36%, and 24% response rates at the 3-, 6-, and 12-month follow-up calls, respectively.

Secret Shopper Calls

Quitline Iowa is evaluated for fidelity through “secret shopper” calls to the hotline. The purpose of these calls is to evaluate the extent to which Quitline Iowa counselors consent callers for follow-up evaluation, provide counseling consistent with protocols, and provide appropriate content to callers. The secret shopper call protocol was developed using the IDPH TUPC Request for Proposals (RFP) and the NJH intake and coaching protocols as guides. The RFP outlined minimum service criteria for successful proposals, and the NJH protocol provided specific strategies to meet those criteria. These general criteria and specific strategies provided an outline for the secret shopper call protocol. During the secret shopper calls, trained CSBR interviewers use mock identities (with mock contact information). These mock identities are purposively determined to represent various caller profiles across the evaluation period. NJH is provided with information about these calls after they occur so they can be omitted from the Quitline data system.

Chart Reviews

For the HSTCT program a random sample of client charts are reviewed each year. This review is conducted by the Program Evaluator at the IA/NEPCA service provider sites in Iowa which are implementing the tobacco cessation/treatment program. Using a chart review form based on the information collected and entered into the clinics’ i2iTracks system, the evaluator will complete approximately 800 chart reviews per full fiscal year (400 in November, 400 in May).

The number of charts collected at each clinic is determined through a sampling design in which the proportion of charts reviewed at each clinic reflects the proportion of program participants served at that clinic. For example, if a community health center serves 18% of the total sample of program participants, then approximately 18% of the 800 charts reviewed each year will come from that community health center. Charts of both participating and non-participating clients are reviewed (approximately 50% of the reviewed charts in each group). No identifying information or information protected through HIPAA guidelines is collected. There is not an individual-level linkage between the chart review data and the follow-up data. Conclusions based upon information gathered through the chart review process are generalizable at the system or population level only and not at the clinic level.

Service Provider Reports

NJH and IA/NEPCA submit monthly, quarterly, and annual reports to IDPH, with copies sent to CSBR. The Center collects and consolidates these reports for review, with the goal of tracking trends in program participation and comparing programmatic data with evaluation data.

Defining Tobacco Use and Cessation

In the Tobacco Cessation Program Evaluation, current use of a tobacco product is defined as having used the product on any days in the past 30 days (at baseline or follow-up), frequent use is defined as having used the product on 20 or more of the past 30 days (at baseline or follow-up), and cessation is defined as having used the product on zero days in the past 30 days (at follow-up).

Report Notes









In this report, findings are divided into two main sections: (a) findings from the follow-up interviews and (b) findings from other data collection methods. Findings from the follow-up interviews are further divided into nine sub-sections. The first eight present descriptive findings from the 3-, 6-, and 12-month follow-up samples. The last sub-section presents results of analyses which compare low-income and higher-income respondents on several indicators.

Finally, all results presented in this report reflect aggregate findings of all data collected since the beginning of the evaluation. Rather than representing only those findings for data collected in FY09, this report presents a more complete view of the Quitline Iowa and clinic cessation programs by including all data.






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Main Findings: Follow-Up Interviews

Highlights

-  Response rates in both the Quitline Iowa respondent sample and the IA/NEPCA clinic cessation respondent sample ranged from approximately 30% to approximately 50% in the 3-, 6-, and 12-month follow-up cohorts.
-  In both the Quitline Iowa and clinic cessation samples, approximately two-thirds were female and most were White and non-Hispanic (approximately 90% and 98%, respectively). Over half of respondents in both samples rated their health as *good, very good, or excellent*.
-  In both the Quitline and clinic samples, cigarette smoking cessation rates in all three follow-up cohorts were approximately 20%.
-  Most Quitline and clinic respondents said they smoked cigarettes at baseline, whereas 5% or less of respondents said they used cigars, pipes, or smokeless tobacco. Use of all tobacco products decreased from baseline to follow-up.
-  In both samples, the vast majority of respondents who said they were cigarette smokers at baseline *did not* supplement or replace their cigarette use with smokeless tobacco from baseline to follow-up.
-  In both samples, the majority of respondents said they felt that they smoked less at follow-up than they had when they first called Quitline or entered the clinic program.
-  Respondents were asked whether they thought they would use tobacco products in the next year and whether they thought they would use pharmacotherapy products in the next year. The majority of respondents in both the Quitline Iowa and the clinic cessation samples thought it *likely* that they would use tobacco products and that they would use pharmacotherapy at some point during the next year, in part because the majority were still smoking. Among respondents who had quit, most (about 95%) said it was *unlikely* they would use tobacco in the future, but one-fourth said they would need pharmaceutical support to remain tobacco-free.
-  More clinic respondents than Quitline respondents were satisfied with the amount of NRT they received from the program. Quitline respondents and clinic respondents

reported similar satisfaction with the amount of counseling received. Most participants in both samples were generally satisfied with the programs and would recommend program services to others trying to quit using tobacco products.

-  Among respondents in both samples who were cigarette smokers at baseline, the majority cited health reasons as a motivation for quitting (62% among smokers in the Quitline sample and 66% among smokers in the clinic sample).
-  Among Quitline respondents, 2,638 individuals (75%) said they used some form of pharmacotherapy during the follow-up period. Of these, 43% used the NRT patch and 38% used Chantix. Although Quitline does not provide Chantix to callers, Medicaid clients enrolled in Quitline counseling may receive Chantix as part of their Medicaid cessation benefit.
-  Among clinic respondents, 469 individuals (84%) said they used some form of pharmacotherapy during the follow-up period. Of these individuals, 70% used Chantix and 15% used the NRT patch.
-  Most respondents in both samples used a method or strategy to help them quit using tobacco. The most commonly used method was tapering down the amount of tobacco used.
-  Low-income respondents were not significantly different from higher-income respondents regarding cigarette smoking in the past 30 days at baseline or follow-up.

Response Rates

Follow-up interview response rates were slightly higher among Quitline participants than among clinic participants (Tables 1 and 2). Response rates declined over time in both samples; however, all rates exceeded the original estimates.

Table 1: Quitline follow-up interview response rates April 1, 2008 – June 30, 2009				
	Overall	3-month cohort	6-month cohort	12-month cohort
Working phone numbers dialed	8,264	3,222	2,516	2,526
Completed interviews	3,512	1,606	1,068	838
Response rate	42%	50%	42%	33%

Table 2: Clinic cessation follow-up interview response rates May 1, 2008 – June 30, 2009				
	Overall	3-month cohort	6-month cohort	12-month cohort
Working phone numbers dialed	1,476	589	469	295
Completed interviews	558	243	192	123
Response rate	38%	41%	41%	29%

Demographic Characteristics

Among Quitline and clinic respondents, the majority were female (65% and 67%, respectively), White (93% and 88%, respectively), and non-Hispanic (98% in both samples; see Tables 3 and 4). More than half of respondents in Quitline and the clinic program (55% and 56%, respectively) reported an annual household income of less than \$20,000.

Among Quitline respondents, although 38% rated their health as *fair* or *poor*, 37% rated their health as *good* and 25% as *very good* or *excellent*. Among clinic respondents, 41% rated their health as *fair* or *poor*; 37% rated their health as *good* and 22% as *very good* or *excellent*.

Among respondents in both programs, the distributions of demographic characteristics were similar in the 3-, 6-, and 12-month cohorts (see Tables 3 and 4).

**Table 3: Quitline follow-up demographic characteristics
April 1, 2008 – June 30, 2009**

Measure	Overall		3-month		6-month		12-month	
Age (mean)	42.4 (SD=13.4)		42.2 (SD=13.5)		42.0 (SD=13.4)		42.8 (SD=13.4)	
	<i>Number (N)</i>	<i>Percent (%)</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>
Gender								
<i>Male</i>	2832	35	1156	36	880	35	888	35
<i>Female</i>	5173	65	2066	64	1636	65	1638	65
Race								
<i>White</i>	3238	93	1470	92	987	93	781	94
<i>African American or Black</i>	138	4	68	4	42	4	28	3
<i>Asian</i>	7	<1	3	<1	4	<1	0	0
<i>American Indian or Alaskan Native</i>	61	2	35	2	17	2	9	1
<i>Native Hawaiian or Pacific Islander</i>	6	<1	4	<1	0	0	2	<1
<i>Other</i>	44	1	20	1	12	1	12	1
Hispanic or Latino								
<i>Yes</i>	65	2	29	2	21	2	15	2
<i>No</i>	3440	98	1574	98	1043	98	823	98
Income								
<i>Less than \$20,000</i>	1822	55	843	55	560	55	419	54
<i>\$20,001 to \$40,000</i>	836	25	376	25	251	25	209	27
<i>\$40,001 to \$60,000</i>	388	12	174	11	132	13	82	11
<i>\$60,001 to \$80,000</i>	156	5	75	5	43	4	38	5
<i>\$80,001 or more</i>	112	3	53	4	32	3	27	3
General health								
<i>Excellent</i>	213	6	99	6	65	6	49	6
<i>Very Good</i>	657	19	308	19	200	19	149	18
<i>Good</i>	1276	37	567	36	388	37	321	39
<i>Fair</i>	819	23	388	24	260	24	171	21
<i>Poor</i>	529	15	237	15	151	14	141	17
Insurance status								
<i>Private insurance</i>	976	30	406	30	312	29	258	31
<i>Medicaid</i>	1043	32	457	33	345	32	241	29
<i>Medicare</i>	410	13	159	12	116	11	135	16
<i>Military health car</i>	30	1	6	<1	16	2	8	1
<i>None</i>	559	17	236	17	185	17	138	17
<i>Other</i>	230	7	109	8	78	7	43	5

**Table 4: Clinic cessation follow-up demographic characteristics
May 1, 2008 – June 30, 2009**

Measure	Overall		3-month		6-month		12-month	
Age (mean)	44.2 (SD=11.4)		44.8 (SD=11.6)		43.2 (SD=11.5)		44.7 (SD=10.3)	
	<i>Number (N)</i>	<i>Percent (%)</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>
Gender								
<i>Male</i>	178	37	96	40	60	35	22	33
<i>Female</i>	300	63	143	60	113	65	44	67
Race								
<i>White</i>	489	88	212	88	168	88	109	89
<i>African American or Black</i>	50	9	23	10	17	9	10	8
<i>Asian</i>	1	<1	0	0	1	1	0	0
<i>American Indian or Alaskan Native</i>	7	1	1	<1	3	2	3	2
<i>Native Hawaiian or Pacific Islander</i>	1	<1	4	0	1	1	0	0
<i>Other</i>	6	1	4	2	1	1	1	1
Hispanic or Latino								
<i>Yes</i>	14	2	7	3	6	3	1	1
<i>No</i>	541	98	234	97	186	97	121	99
Income								
<i>Less than \$20,000</i>	288	56	124	55	104	57	60	55
<i>\$20,001 to \$40,000</i>	159	31	66	29	57	31	36	33
<i>\$40,001 to \$60,000</i>	47	9	21	9	16	9	10	9
<i>\$60,001 to \$80,000</i>	14	3	9	4	3	2	2	2
<i>\$80,001 or more</i>	11	2	6	3	4	2	1	1
General health								
<i>Excellent</i>	22	4	11	5	6	3	5	4
<i>Very Good</i>	102	18	47	20	32	17	23	19
<i>Good</i>	204	37	91	37	68	35	45	37
<i>Fair</i>	152	27	60	25	60	31	32	26
<i>Poor</i>	78	14	34	14	26	14	18	15
Insurance status								
<i>Private insurance</i>	117	23	48	25	40	21	29	24
<i>Medicaid</i>	36	7	13	7	17	9	6	5
<i>Medicare</i>	42	8	15	8	18	9	9	8
<i>Military health car</i>	5	1	1	<1	4	2	0	0
<i>None</i>	282	56	110	56	105	55	67	56
<i>Other</i>	25	5	8	4	8	4	9	8

Tobacco Product Use and Cessation

Baseline question: Think back to when you (first called Quitline/first started this program). During the 30 days before your first call, on how many days did you smoke cigarettes?

Follow-up question: In the past 30 days, on how many days did you smoke cigarettes?

Findings:

- Among all respondents, cigarettes are the most commonly used tobacco product.
- Most Quitline and clinic respondents said they smoked cigarettes at baseline, whereas 5% or less of respondents said they used cigars, pipes, or smokeless tobacco (Tables 5 and 6). Use of all products decreased from baseline to follow-up. Reductions diminished over time from the 3-month cohort to the 12-month cohort.

Table 5: Quitline respondents' tobacco use from baseline to follow-up				
Measure	Baseline	3-month	6-month	12-month
Cigarettes				
Any use in past 30 days	98%	79%	79%	78%
Frequent smoker (20 days or more in the past 30)	93%	59%	65%	68%
Daily smoker (30 days in the past 30)	91%	52%	60%	62%
Cigars				
Any use in past 30 days	5%	3%	3%	4%
Frequent smoker (20 days or more in the past 30)	1%	<1%	<1%	<1%
Daily smoker (30 days in the past 30)	<1%	<1%	<1%	<1%
Pipe tobacco				
Any use in past 30 days	2%	<1%	<1%	1%
Frequent smoker (20 days or more in the past 30)	<1%	<1%	<1%	<1%
Daily smoker (30 days in the past 30)	<1%	<1%	<1%	<1%
Smokeless tobacco				
Any use in past 30 days	4%	3%	2%	3%
Frequent user (20 days or more in the past 30)	2%	1%	1%	2%
Daily user (30 days in the past 30)	2%	1%	1%	1%

Note. Baseline and follow-up results in this table are based on all respondents.

Table 6: Clinic cessation respondents' tobacco use from baseline to follow-up				
Measure	Baseline	3-month	6-month	12-month
Cigarettes				
Any use in past 30 days	99%	74%	81%	76%
Frequent smoker (20 days or more in the past 30)	96%	51%	68%	63%
Daily smoker (30 days in the past 30)	94%	44%	65%	60%
Cigars				
Any use in past 30 days	5%	3%	2%	2%
Frequent smoker (20 days or more in the past 30)	1%	<1%	<1%	0%
Daily smoker (30 days in the past 30)	1%	<1%	<1%	0%
Pipe tobacco				
Any use in past 30 days	1%	0%	1%	0%
Frequent smoker (20 days or more in the past 30)	1%	0%	<1%	0%
Daily smoker (30 days in the past 30)	1%	0%	<1%	0%
Smokeless tobacco				
Any use in past 30 days	3%	2%	<1%	2%
Frequent user (20 days or more in the past 30)	1%	0%	<1%	<1%
Daily user (30 days in the past 30)	1%	0%	<1%	<1%

Note. Baseline and follow-up results in this table are based on all respondents.

Cessation rates were determined by dividing the number of respondents who said they used a particular tobacco product at follow-up by the number of respondents who said they used a particular tobacco product at baseline.

Cigarettes: In both the Quitline and clinic samples, cessation rates in all three follow-up cohorts were approximately 20% (Tables 7 and 8). Differences between cohorts within each sample were not statistically significant.

Cigars: In the Quitline sample, 48 of 80 cigar smokers (59%) quit in the 3-month cohort, 34 of 58 (59%) in the 6-month cohort, and 22 of 42 (51%) in the 12-month cohort. Among clinic respondents, in the 3-month cohort, 12 of 30 cigar smokers (51%) quit, whereas 1 of 4 people (25%) quit in the 6-month cohort and 1 of 2 people (50%) quit in the 12-month cohort.

Pipe tobacco: In the Quitline sample, 15 of 22 pipe tobacco smokers (68%) quit in the 3-month cohort, 13 of 19 (68%) in the 6-month cohort, and 6 of 12 (50%) in the 12-month cohort. In the clinic sample, 2 people reported smoking pipe tobacco at baseline in the 3-month cohort and both quit (100%); 3 of 5 (60%) pipe tobacco smokers quit in the 6-month cohort. No respondents reported smoking pipe tobacco at baseline in the 12-month cohort.

Smokeless tobacco: In the Quitline sample, 30 of 71 SLT users (42%) quit in the 3-month cohort, 18 of 39 (46%) in the 6-month cohort, and 14 of 32 (44%) in the 12-month cohort. In the clinic sample, 5 of 8 SLT users (62%) quit in the 3-month cohort, 4 of 5 (40%) in the 6-month cohort, and 4 of 5 (40%) in the 12-month cohort.

Note: Results of analysis with sample sizes less than n = 50 can be quite unstable and should be interpreted with caution.

Table 7: Quitline respondents' tobacco cessation rates

Tobacco Product	3-month		6-month		12-month	
	N	%	N	%	N	%
Cigarettes						
Baseline users	1556		1039		802	
Follow-up users	1237		837		634	
Cessation rate		20%		19%		21%

Table 8: Clinic cessation respondents' tobacco cessation rates

	3-month		6-month		12-month	
	N	%	N	%	N	%
Cigarettes						
Baseline users	238		190		120	
Follow-up users	180		154		92	
Cessation rate		24%		19%		23%

Changes in Cigarette Smoking Behavior

Baseline question: Think back to when you (first called Quitline/first started this program). On the average, on days when you smoked, about how many cigarettes did you smoke a day?

Follow-up question: On the average, on days when you smoked in the past 30 days, about how many cigarettes did you smoke a day?

Findings:

- In both the Quitline and clinic cessation samples, among respondents who reported smoking cigarettes, there was a reduction from baseline to follow-up in the number of cigarettes smoked per day (Tables 9 and 10).
- At baseline, 63% of Quitline respondents who reported smoking cigarettes smoked two packs or more per day. At follow-up, 35% of the 3-month cohort and 42% of the 6- and 12-month cohorts smoked two packs or more per day (Figure 1).
- At baseline, 70% of clinic respondents who reported smoking cigarettes smoked two packs or more per day. At follow-up, 36% of the 3-month cohort, 49% of the 6-month cohort, and 52% of the 12-month cohort smoked two packs or more per day (Figure 2).

Table 9: Quitline respondents' mean number of cigarettes per day

Measure	Baseline	3-month	6-month	12-month
Mean number of cigarettes smoked per day	21	14	16	16

Table 10: Clinic respondents' mean number of cigarettes per day

Measure	Baseline	3-month	6-month	12-month
Mean number of cigarettes smoked per day	23	14	17	17

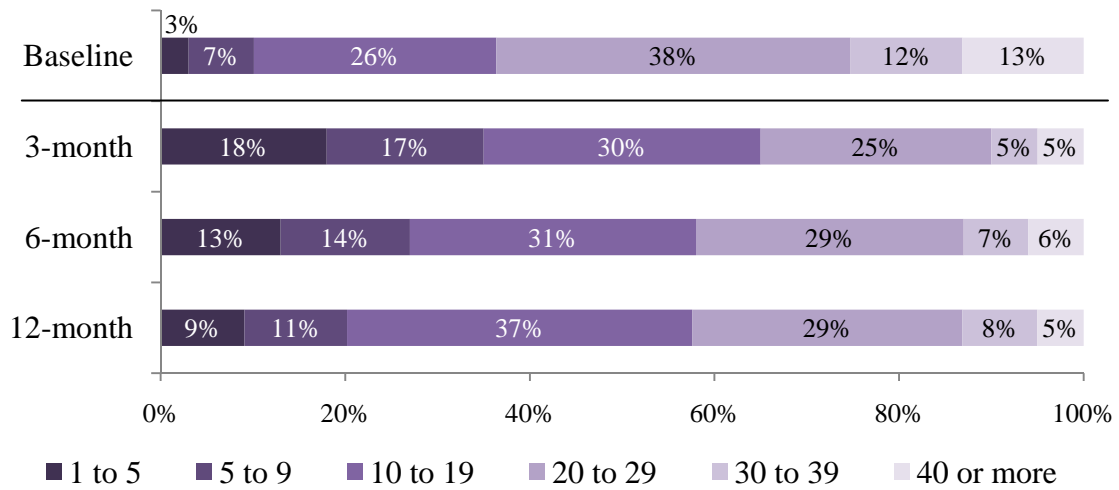


Figure 1: Number of cigarettes smoked per day, Quitline respondents

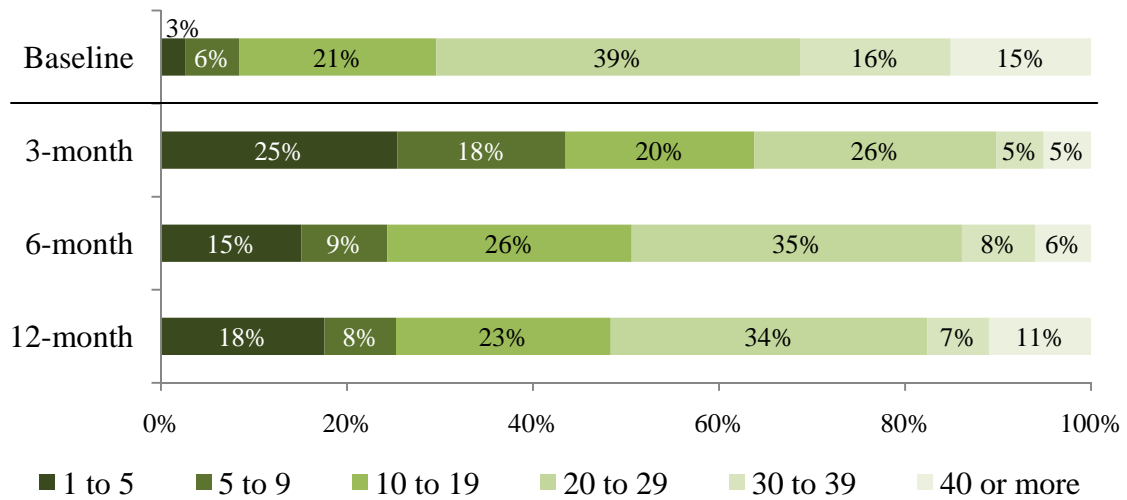


Figure 2: Number of cigarettes smoked per day, clinic respondents

Baseline question: Think about a typical morning back when you (first called Quitline/first started the program). How soon after waking up did you first use any tobacco product?

Follow-up question: How soon after you wake up do you first use any tobacco products?

Findings:

- In both the Quitline and clinic samples, a larger proportion of cigarette smokers had their first tobacco more than 60 minutes after waking at follow-up than at baseline (Figures 3 and 4).
- Among clinic respondents, the proportion of smokers who used tobacco within 5 minutes of waking decreased from baseline to follow-up in the 3- and 6-month cohorts, but was unchanged from baseline to follow-up in the 12-month cohort (Figure 4).

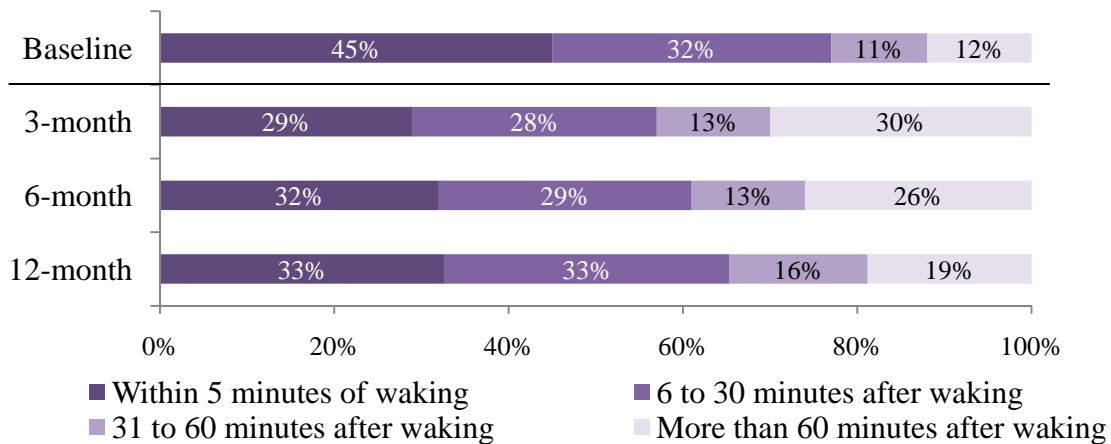


Figure 3: Time to first cigarette of the day, Quitline respondents

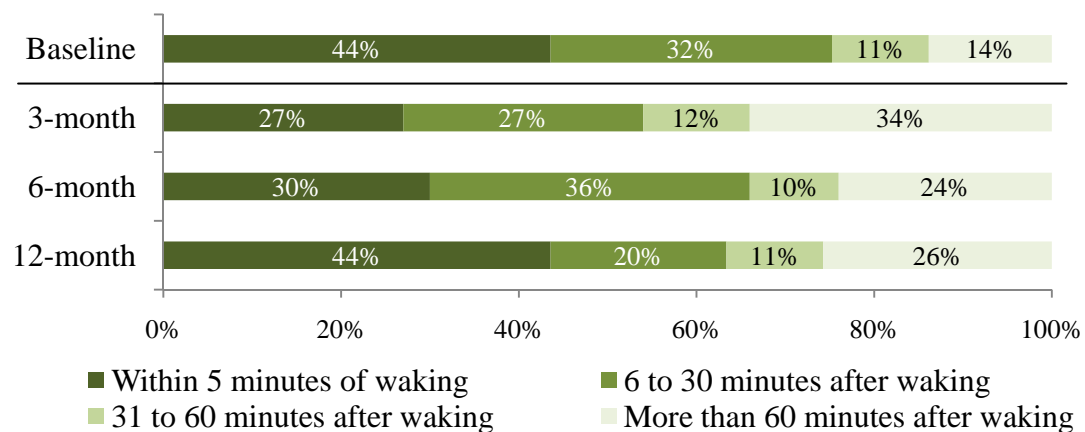








Figure 4: Time to first cigarette of the day, clinic respondents

Smokeless Tobacco Use

Two composite variables (one for baseline responses and one for follow-up responses) were created to cluster respondents into one of four groups at baseline and follow-up: those who smoked cigarettes only, those who used smokeless tobacco (SLT) only, those who used both cigarettes and SLT, and those who used neither cigarettes nor SLT (Figures 5 and 6). The two composite variables were compared to examine changes in patterns of product use among users of cigarettes and SLT (Figures 7 and 8).

Findings:

-  In general, there was very little change in which tobacco products were used from program entry (baseline) to follow-up.
-  In both samples, the vast majority of respondents who said they were cigarette smokers at baseline *did not* supplement or replace their cigarette use with smokeless tobacco from baseline to follow-up.
-  Among all Quitline respondents at baseline, 95% were exclusive users of cigarettes, 1% were exclusive users of SLT, and 3% used both cigarettes and SLT. At follow-up, 76% were exclusive users of cigarettes, less than 1% were exclusive users of SLT, and 2% used both.
-  Among all Quitline respondents who used SLT exclusively at baseline (n = 45), about one-third (n = 13) did not use cigarettes or SLT at follow-up. Among respondents who smoked cigarettes exclusively at baseline (n = 3,278), 0% (n = 1) reported exclusive use of SLT at follow-up and less than 1% (n = 23) reported using SLT in addition to cigarettes at follow-up.
-  Among all clinic respondents at baseline, 96% were exclusive users of cigarettes, less than 1% were exclusive users of SLT, and 2% used both cigarettes and SLT. At follow-up, 76% were exclusive users of cigarettes, less than 1% were exclusive users of SLT, and 1% used both.
-  Among all clinic respondents who used SLT exclusively at baseline (n = 4), three did not use cigarettes or SLT at follow-up. Among respondents who smoked cigarettes exclusively at baseline (n = 535), 0% (n = 0) reported exclusive use of SLT at follow-up and less than 1% (n = 4) reported using SLT in addition to cigarettes at follow-up.

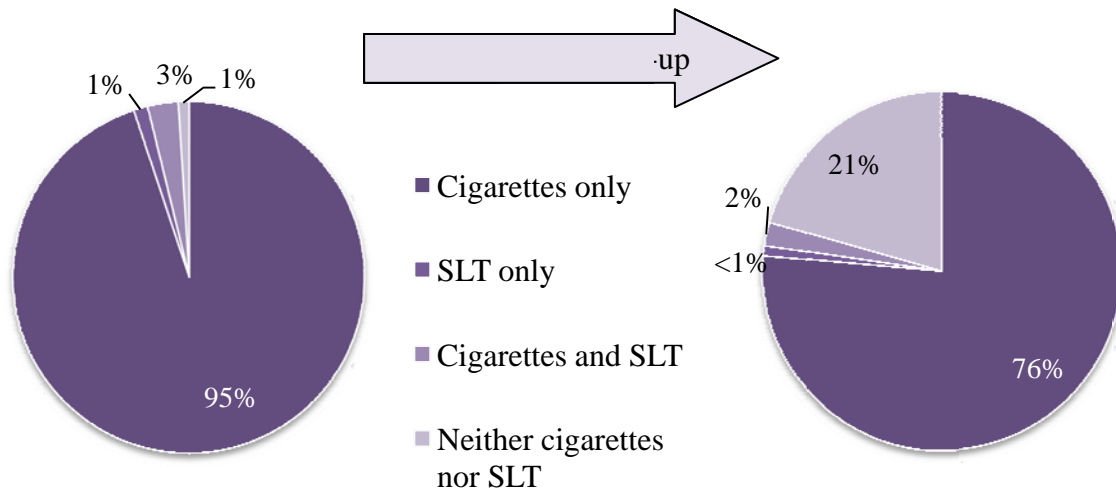


Figure 5: Change in use of cigarettes and SLT, Quitline respondents

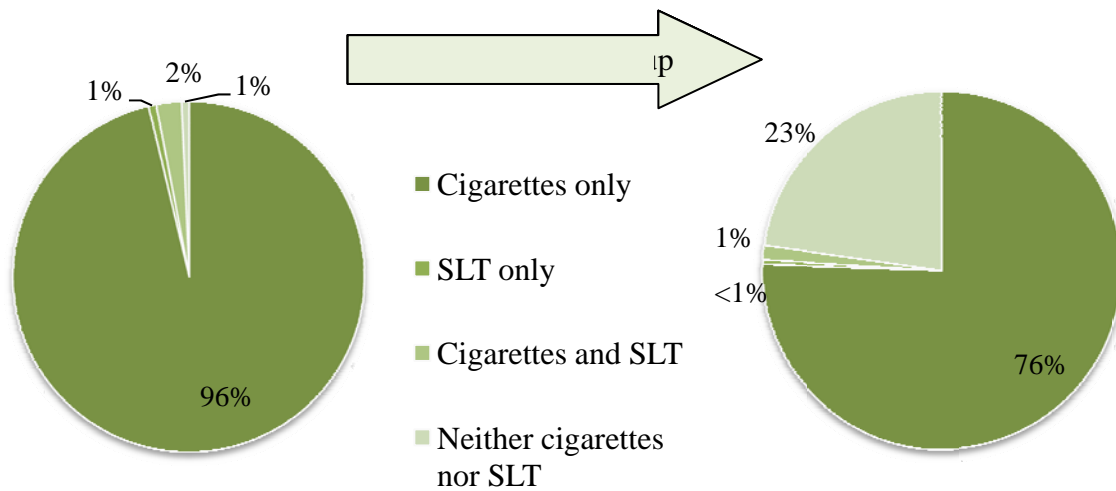
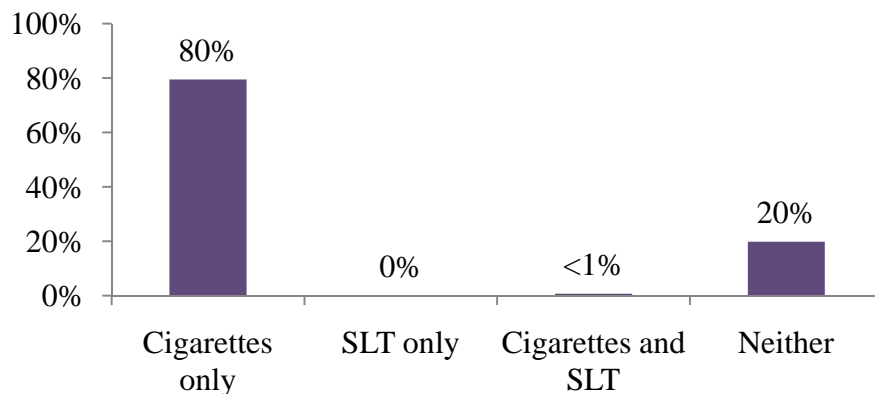
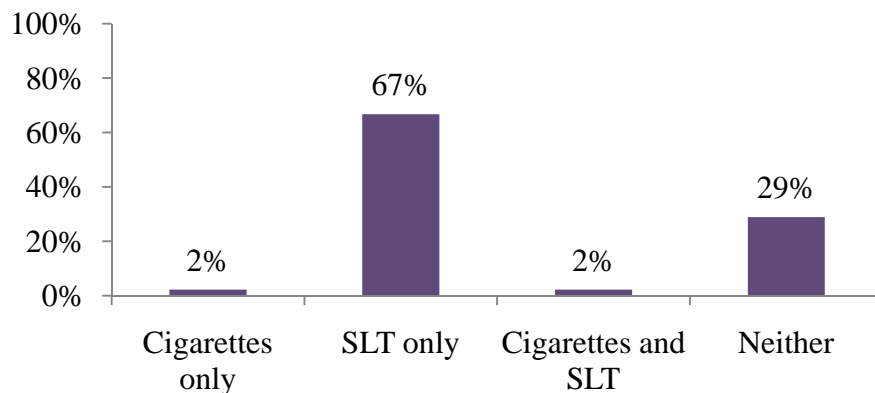


Figure 6: Change in use of cigarettes and SLT, clinic respondents

*In the Quitline sample, among **exclusive users of cigarettes** at baseline (n = 3,278), less than 1% used SLT exclusively or in combination with cigarettes at follow-up.*



*In the Quitline sample, among **exclusive users of SLT** at baseline (n = 45), about 2% switched to cigarettes and about 2% added cigarettes at follow-up.*



*In the Quitline sample, among **users of both cigarettes and SLT** at baseline (n = 97), about 2% used SLT exclusively and 30% used cigarettes exclusively at follow-up.*

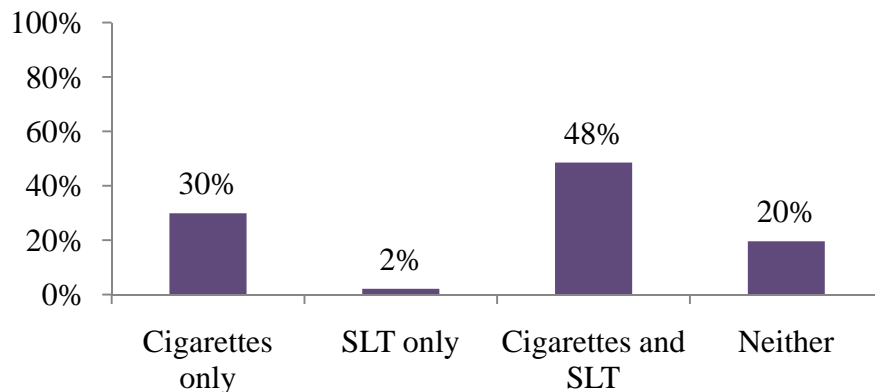
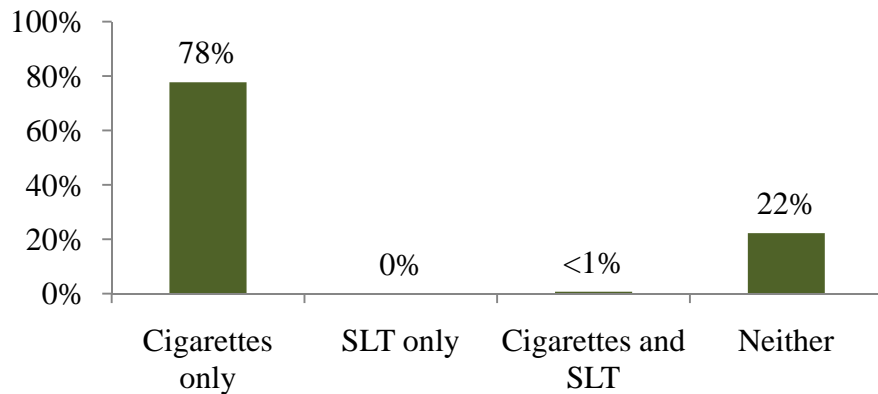
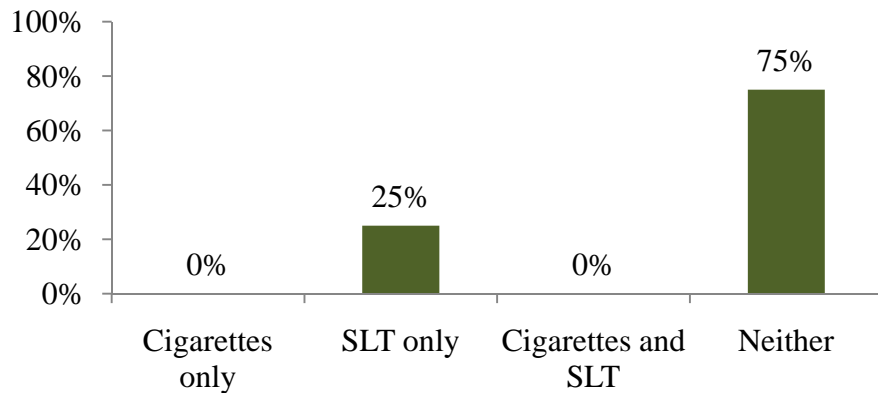


Figure 7: Changes in product use among users of cigarettes and SLT, Quitline respondents

*In the clinic sample, among **exclusive users of cigarettes** at baseline (n = 535), less than 1% used SLT exclusively or in combination with cigarettes at follow-up.*



*In the clinic sample, among **exclusive users of SLT** at baseline (n = 4), none added cigarettes or switched to cigarettes exclusively at follow-up.*



*In the clinic sample, among **users of both cigarettes and SLT** at baseline (n = 13), about 8% used SLT exclusively and 54% used cigarettes exclusively at follow-up.*

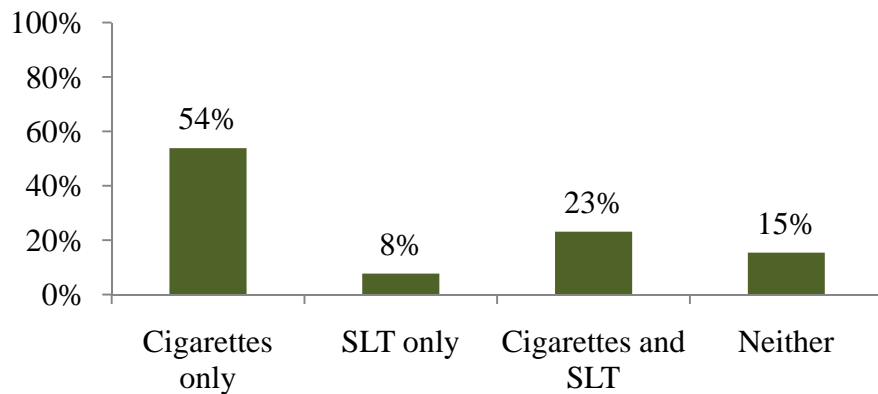


Figure 8: Changes in product use among users of cigarettes and SLT, clinic respondents

Perceptions of Personal Tobacco Use

Follow-up question: How does your current cigarette use compare to your use when you (first called Quitline/first started the program)?

Findings:

- In both samples, the majority of respondents perceived their cigarette smoking at follow-up to be *less* than their smoking at baseline (Figures 9 and 10).
- Three months after first calling Quitline Iowa, 69% of respondents who smoked cigarettes around the time of their first call said they currently smoke *somewhat less* or *a lot less* than they did before enrolling in the program. This proportion decreased in the 6- and 12-month cohorts, to 61% and 58%, respectively.
- Three months after enrolling in the clinic cessation program, 74% of respondents who smoked cigarettes around the time of their first call said they currently smoke *somewhat less* or *a lot less*. This proportion decreased to 63% at 6 months and 64% at 12 months.

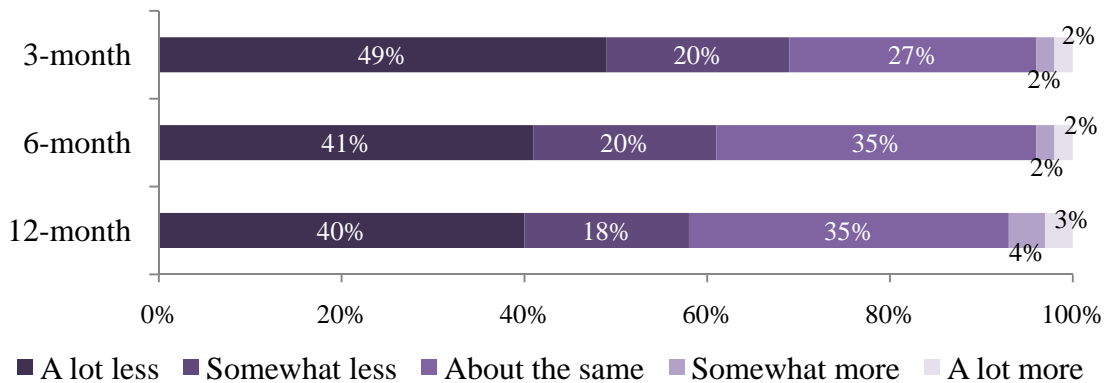


Figure 9: Perception of changes in cigarette use, Quitline respondents

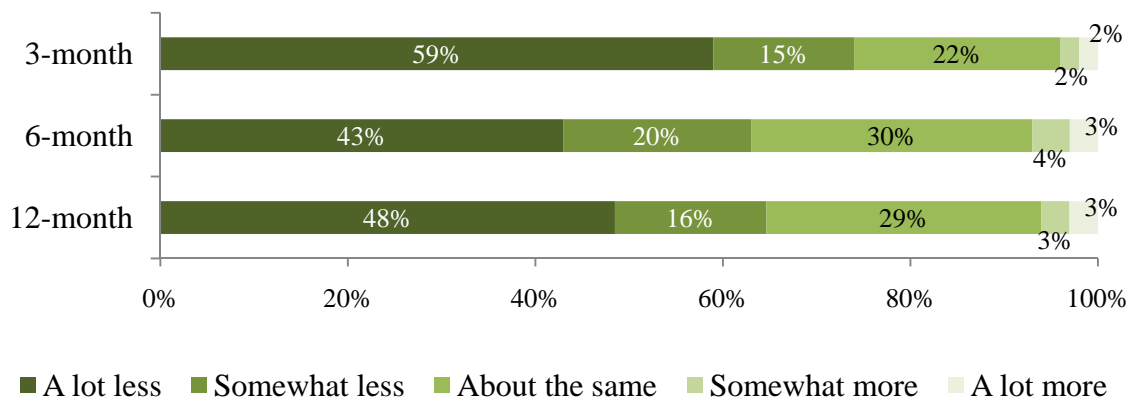


Figure 10: Perception of changes in cigarette use, clinic respondents

Future Tobacco and Pharmacotherapy Use

Follow-up question: Do you think you will use tobacco any time during the next year?

Findings:

- The majority of all respondents in both the Quitline Iowa and the clinic cessation samples thought it *likely* that they would use tobacco products at some point during the next year, in part because most respondents had not quit using tobacco (Figures 11 and 12).
- Among Quitline respondents who said they smoked cigarettes around the time of their first call to Quitline Iowa, respondents in the 6- and 12-month groups are more pessimistic about their future tobacco use than in the 3-month group. Over half (57%) of the 3-month cohort said they would *definitely* or *probably* use tobacco products in the next year; 67% of the 6-month cohort and 68% of the 12-month cohort responded this way.
- Among clinic respondents who said they smoked cigarettes around the time of their first call to Quitline Iowa, 70% of respondents in the 3-month cohort and 64% of respondents in the 6- and 12-month cohorts said they would *definitely* or *probably* use tobacco products in the next year.

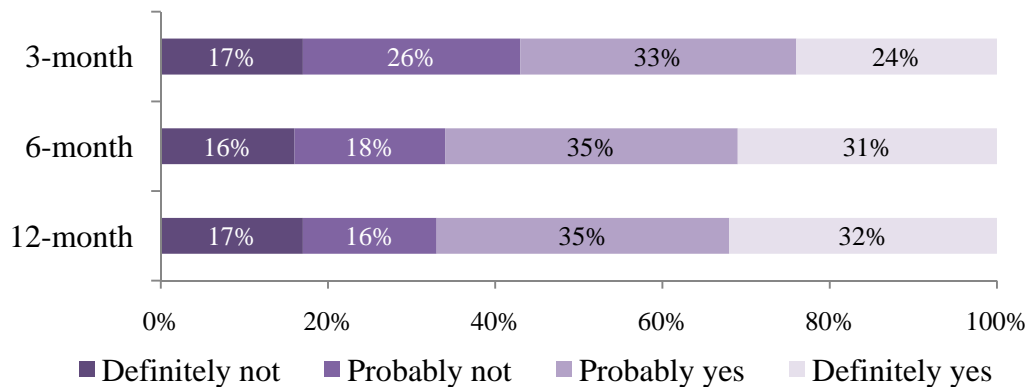


Figure 11: Perception of future tobacco use, Quitline respondents

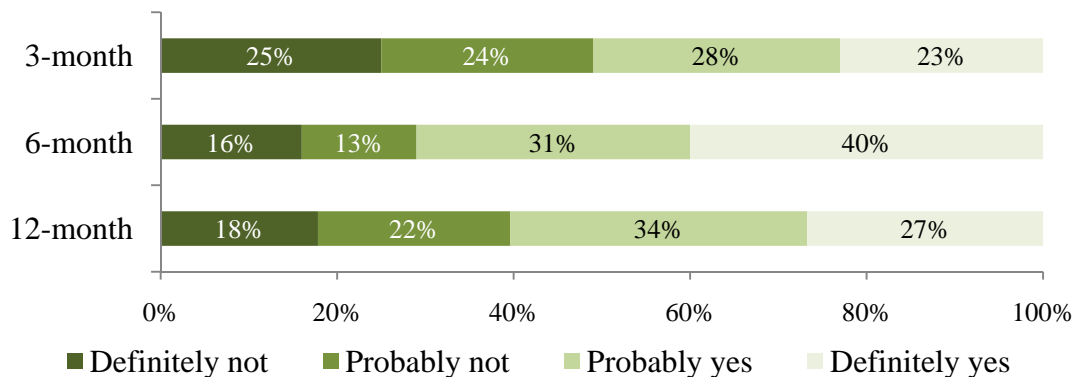


Figure 12: Perception of future tobacco use, clinic respondents

Follow-up question: Do you think you will use any kind of nicotine replacement therapy or medication such as a patch, gum, lozenge, or pill at any time during the next year?

Findings:

- Over half of all respondents in both the Quitline and the clinic cessation samples thought it *likely* they would use pharmacotherapy products (nicotine replacement therapies or medications) in the next year (Figures 13 and 14).
- Among Quitline respondents, 51% of those in the 3-month cohort, 72% of those in the 6-month cohort, and 61% of those in the 12-month cohort said they would *definitely* or *probably* use pharmacotherapy products in the next year.
- Among clinic respondents, 61% of those in the 3-month cohort and 57% of those in the 6- and 12-month cohorts said they would *definitely* or *probably* use pharmacotherapy products in the next year.

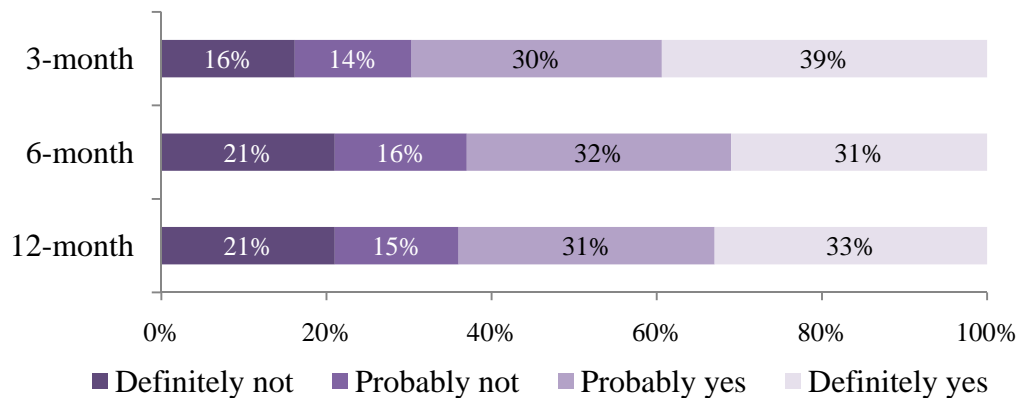


Figure 13: Perception of future pharmacotherapy use, Quitline respondents

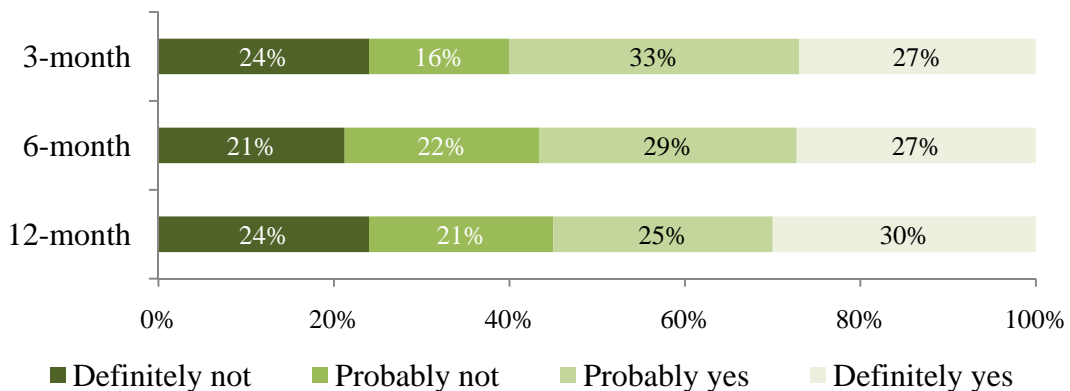


Figure 14: Perception of future pharmacotherapy use, clinic respondents

Respondents who had quit smoking cigarettes at follow-up were compared with those who had not quit smoking cigarettes at follow-up to assess differences in perceptions of future use of tobacco products and pharmacotherapies (Figure 15).

Findings:

- Although most respondents who quit smoking believed they would *not* use tobacco in the future, about one-fourth expect to need pharmaceutical support to remain tobacco-free.
- In both the Quitline and clinic samples, most respondents who had quit smoking believed they were unlikely to use tobacco again, at least in the next year. Individuals who had quit smoking were less likely than non-quitters (those who had not quit smoking at follow-up) to believe they would use tobacco products in the next year.
- Those who had quit smoking were less likely than non-quitters to believe that they would use any pharmacotherapies to help them remain tobacco-free or quit smoking in the next year.

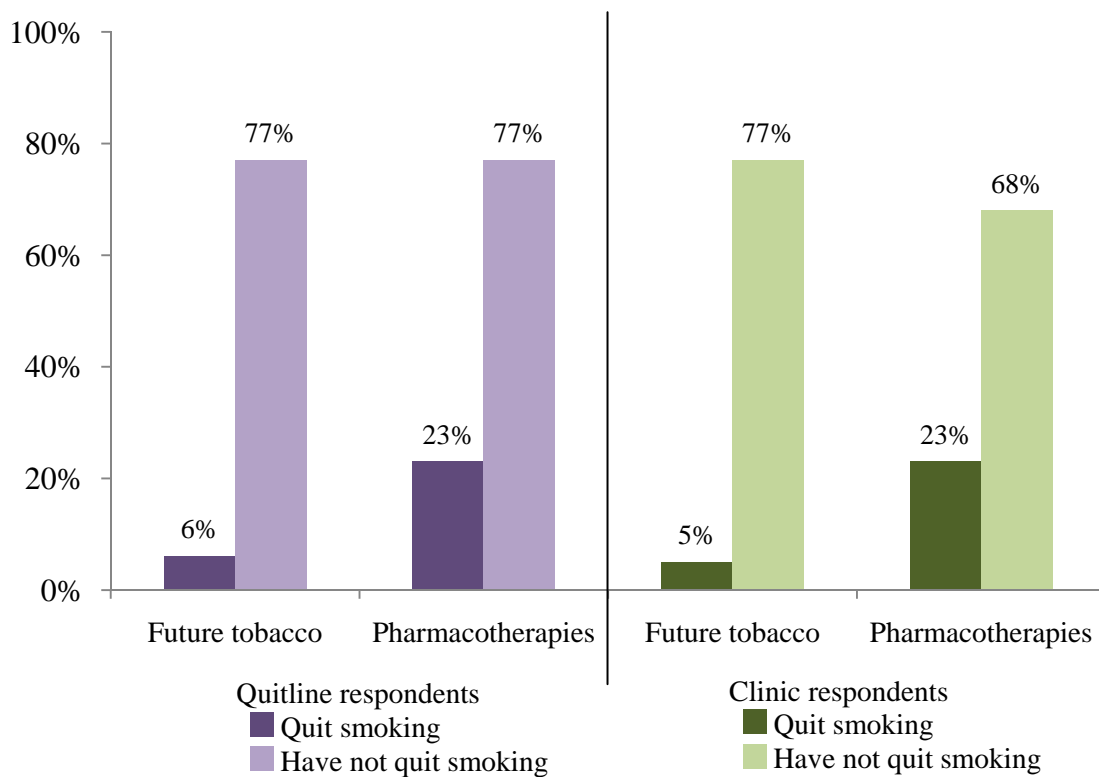


Figure 15: Comparison of quit and not quit respondents on future use of tobacco and pharmacotherapies

Motivation to Quit Using Tobacco

Follow-up question: Why did you decide to quit smoking cigarettes? (Select all that apply.)

Findings:

- Among respondents in both samples who were cigarette smokers at baseline, the majority cited health reasons as a motivation for quitting (62% among smokers in the Quitline sample and 66% among smokers in the clinic sample; Figures 16 and 17).
- Cigarettes being too expensive was cited as a motivating factor for quitting by 25% of Quitline respondents and 22% of clinic respondents. Having had a health event was cited as a motivating factor for quitting by 14% of Quitline respondents and 14% of clinic respondents.

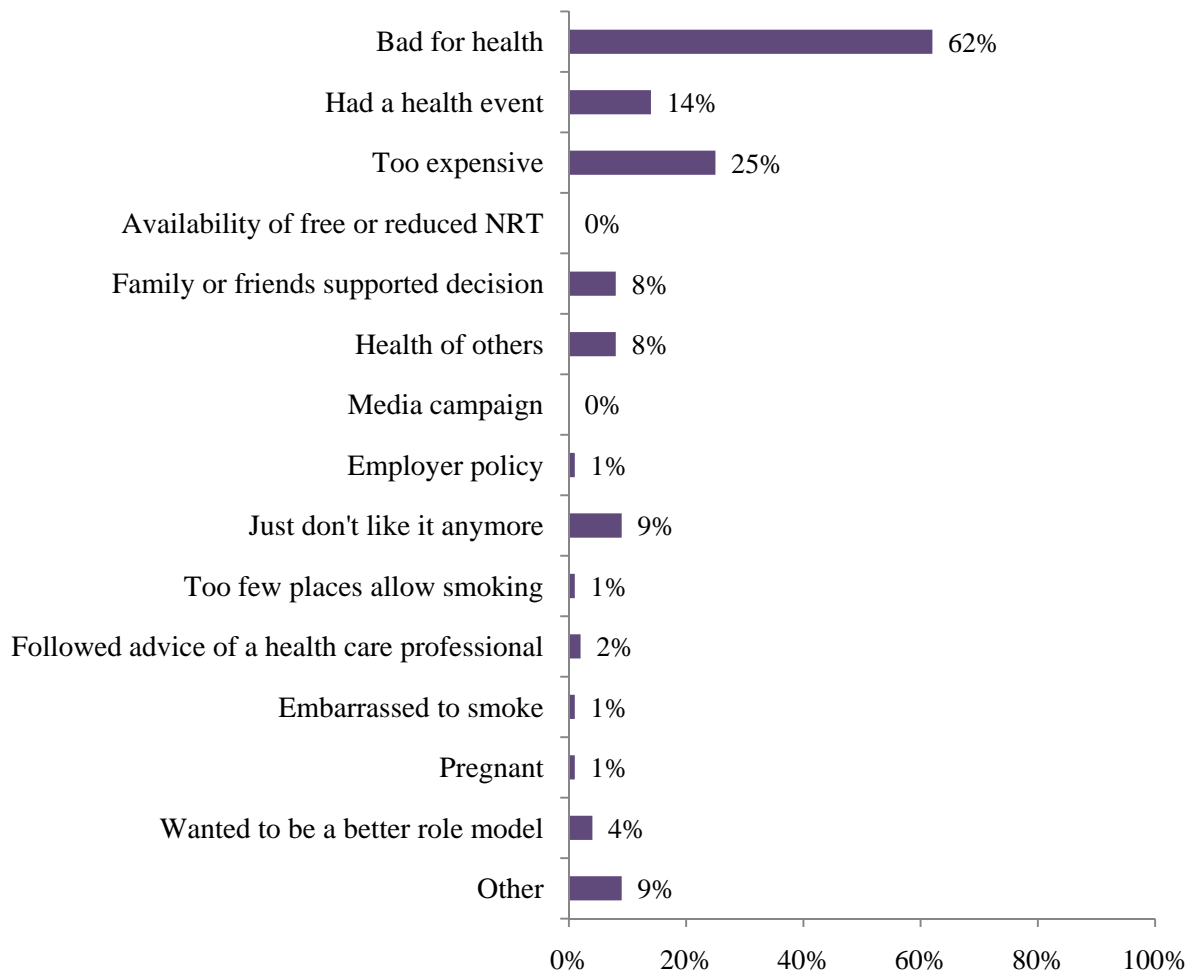


Figure 16: Motivation for quitting smoking, Quitline respondents

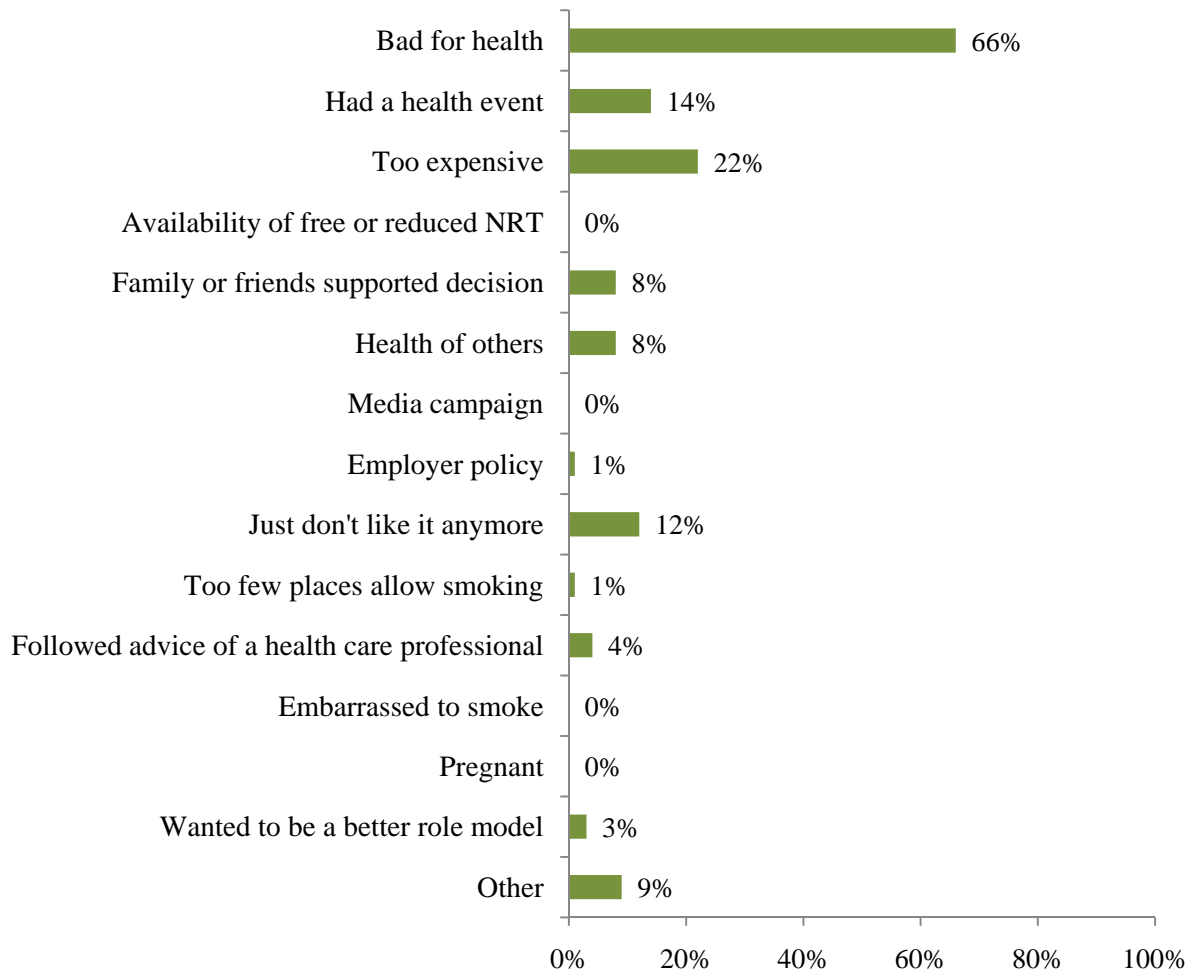


Figure 17: Motivation for quitting smoking, clinic respondents

Attitudes and Beliefs

Respondents were asked how strongly they agreed with three statements about NRT:

1. Nicotine replacement therapy like a patch, gum, or pill causes cancer.
2. Nicotine replacement therapy is helpful for people who want to quit using tobacco.
3. Nicotine replacement therapy is more dangerous than smoking cigarettes.

Findings:

- Among Quitline and clinic respondents, most said they *disagreed* or *strongly disagreed* with the statement that NRT or pills cause cancer. Nearly all *agreed* or *strongly agreed* that NRT is helpful for people who want to quit. Most respondents *disagreed* or *strongly disagreed* with the statement that NRT is more dangerous than smoking cigarettes (Figures 18 and 19).

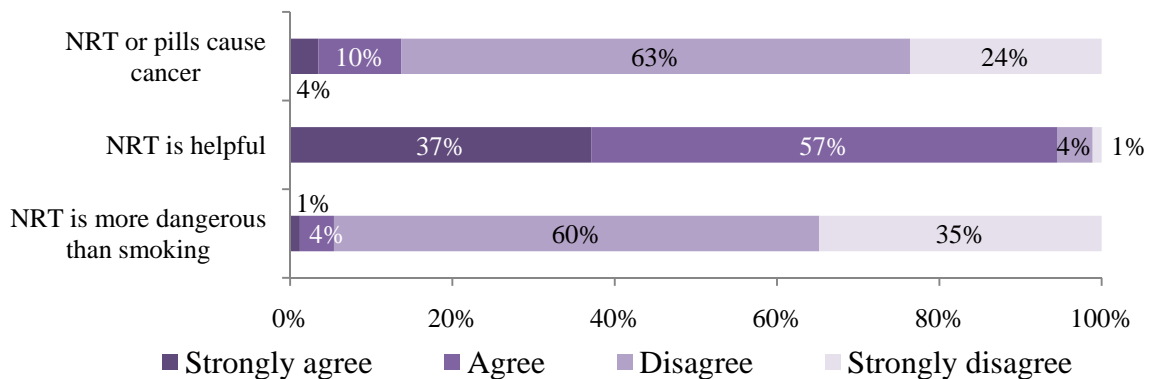


Figure 18: Beliefs about NRT, Quitline respondents

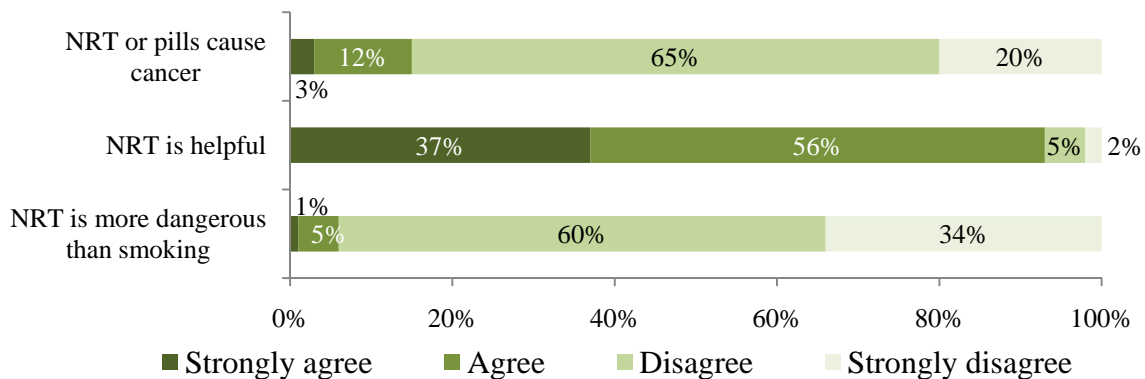


Figure 19: Beliefs about NRT, clinic respondents

Quitline Program Usage

Quitline Contact

Follow-up question: How many times did you speak with a Quitline Iowa representative over the phone?

Findings:

- Over one-fourth (29%) of respondents said they spoke with a Quitline representative only once. The median number of calls was 2 and the mean (average) number of calls was 4 (Figure 20).

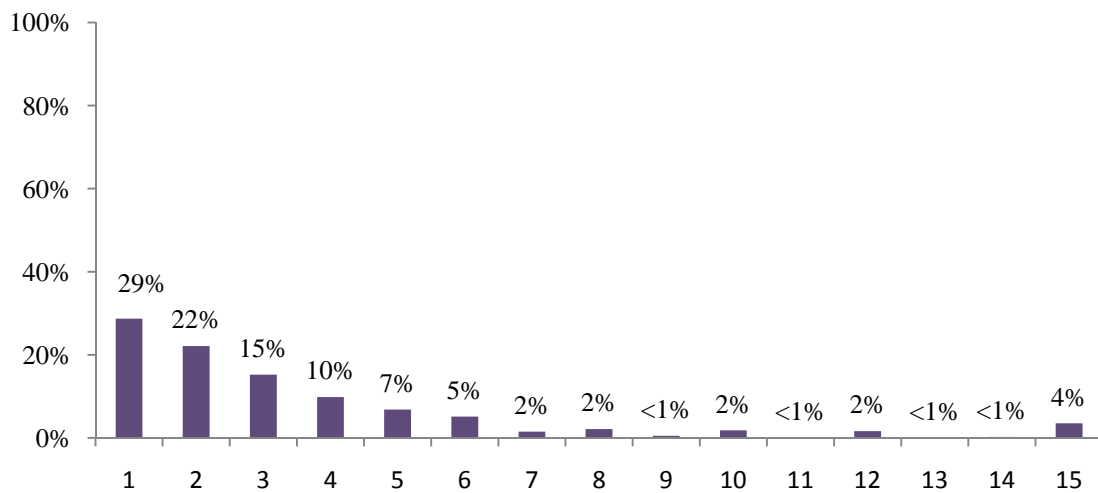


Figure 20: Distribution of the number of respondents' Quitline contacts

Quitline NRT

Follow-up question: Which type of nicotine replacement therapy, if any, did you receive from the Quitline?

Note: In February 2009, NRT lozenges were added to the response options of this question to reflect the addition of this form of NRT to those available from Quitline Iowa.

Findings:

- Among all Quitline respondents, more than one-third (38%) said they did not receive nicotine replacement therapy (Figure 21).
- Among those who did receive NRT, 1,847 (85%) received patches, 305 (14%) received gum, and 19 (<1%) received lozenges (Figure 22).

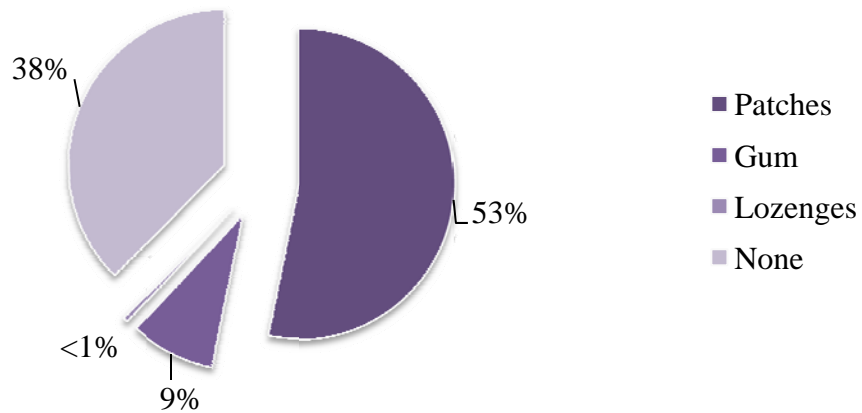


Figure 21: Type of NRT received from Quitline Iowa

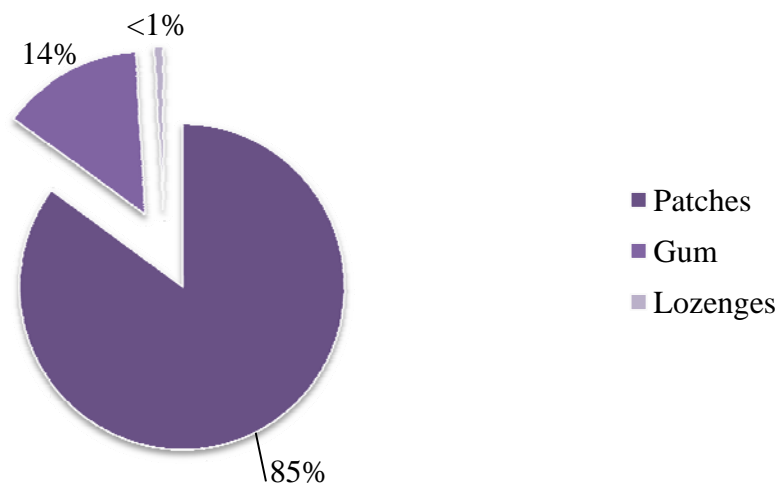


Figure 22: Type of NRT received from Quitline Iowa, among those who received any NRT

Clinic Cessation Program Usage

Clinic program counseling

Follow-up question: How many times did you receive the following types of counseling?

Findings:

- Among all clinic cessation respondents, 57% said they received only one type of counseling, 14% said they received more than one type of counseling, and 29% said they did not receive any of the three types of counseling (Figure 23).
- Among clinic respondents who said they received any individual counseling (n = 296), 27% received individual counseling once, 33% two or three times, and 17% four or five times (Figure 24).
- Among clinic respondents who said they received any group counseling (n = 89), 12% received group counseling once, 34% two or three times, and 20% four or five times (Figure 25).
- Among clinic respondents who said they received any Quitline counseling (n = 81), 30% received Quitline counseling once, 30% two or three times, and 15% four or five times (Figure 26).

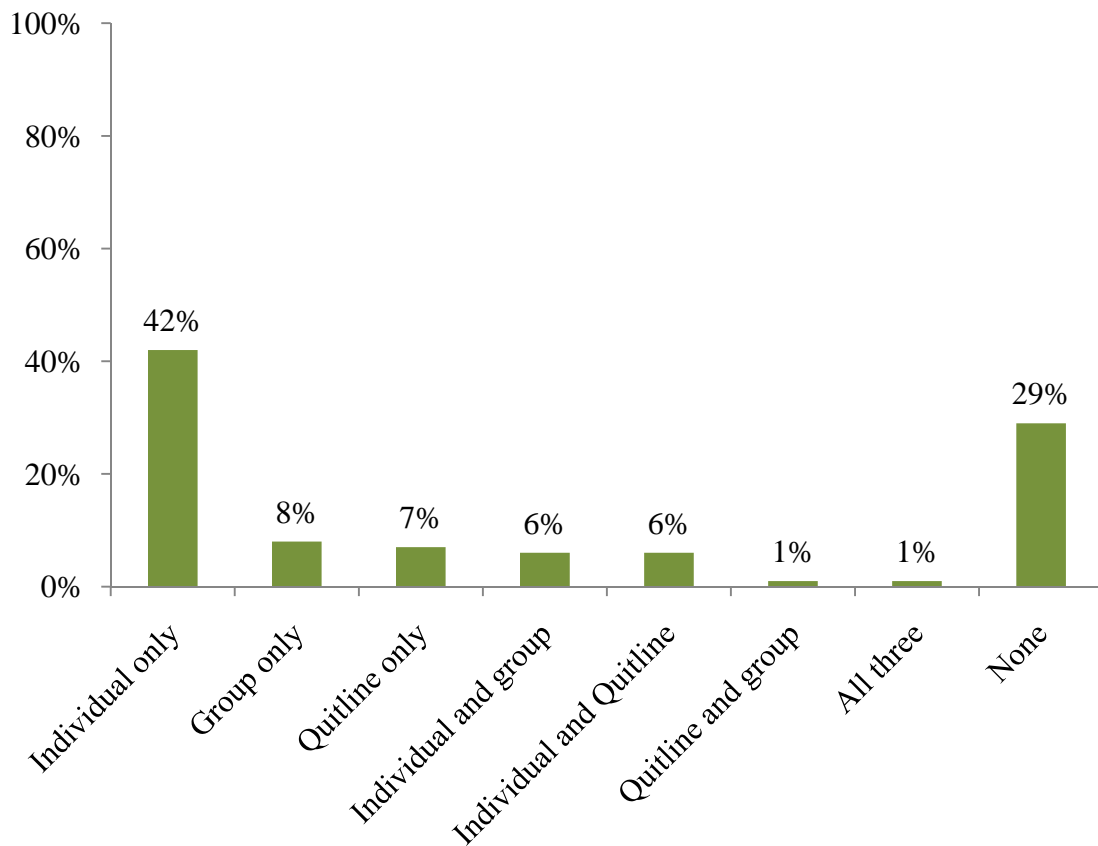


Figure 23: Types of counseling received by clinic program respondents

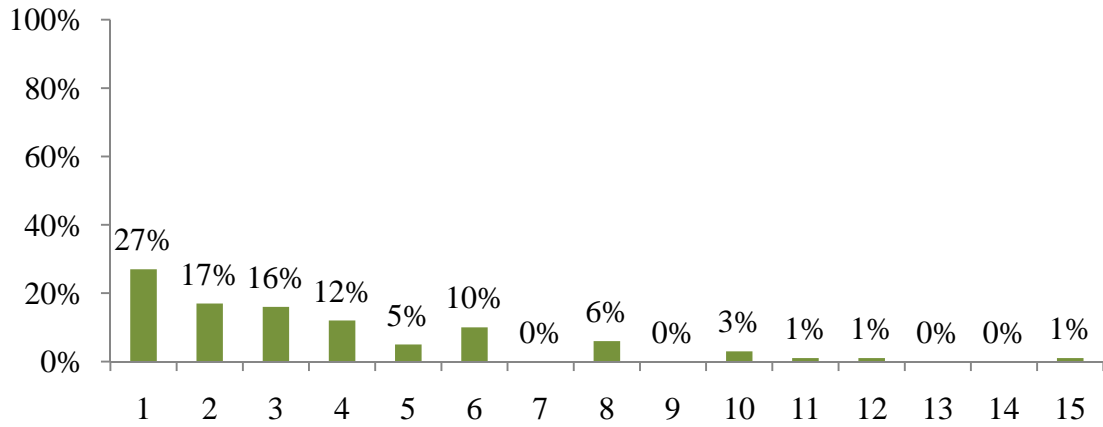


Figure 24: Distribution of the number of times clinic respondents received individual counseling

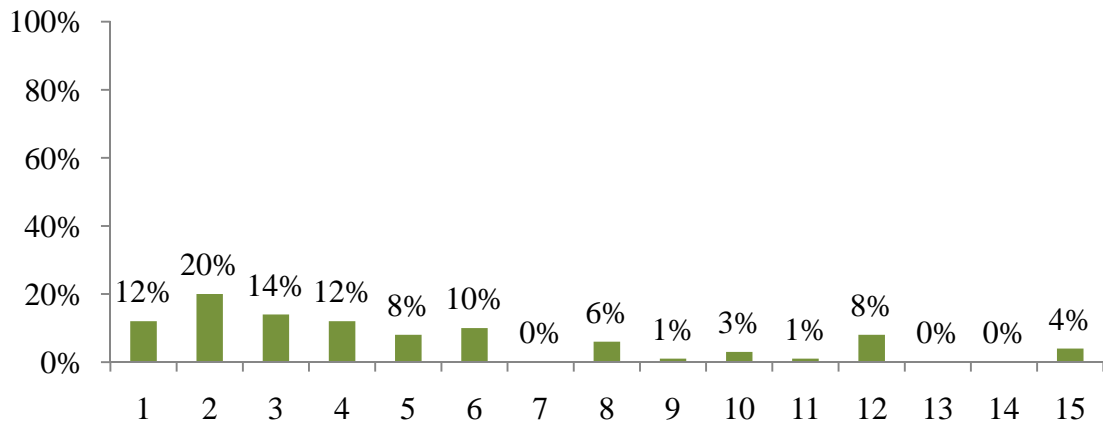


Figure 25: Distribution of the number of times clinic respondents received group counseling

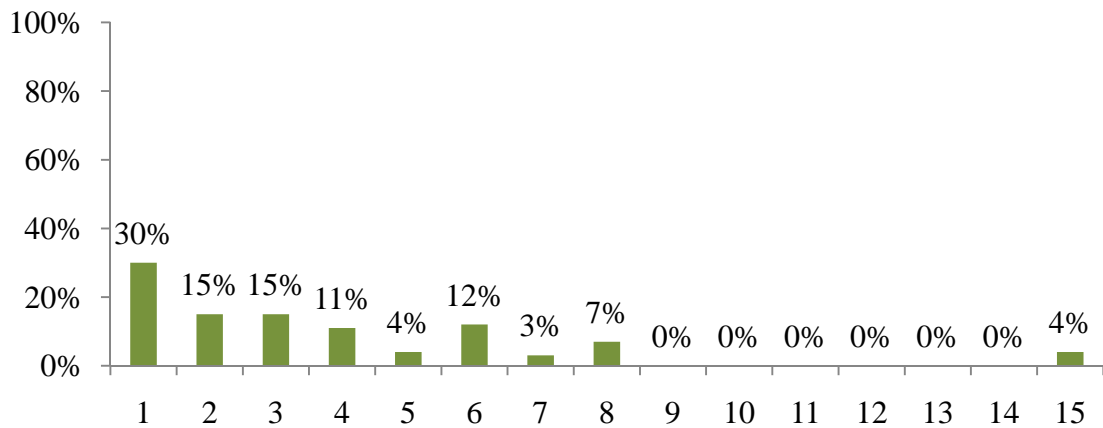


Figure 26: Distribution of the number of times clinic respondents received Quitline Iowa counseling

Clinic Program Pharmacotherapy

Follow-up question: How many times did you go to the pharmacy to pick up (name of product)?

Note: In FY08 the pharmacotherapies included were *patches*, *gum*, and *a pill to help you quit*. At the beginning of FY09 this list was modified to include *patches*; *gum*; *Chantix or varenicline*; *Wellbutrin, Zyban, or bupropion*; *lozenge*; and *inhaler*. Thus, responses are not based on consistent respondent sample sizes because the proportions have different denominators. The category *a pill to help you quit* was not included in analysis due to the small sample size (n = 46).

Findings:

- Most clinic respondents (93%) said they received some form of NRT through the program.
- About one-fourth of clinic respondents (n = 128) used NRT patches at some point during their participation in the program. Approximately one in ten clinic respondents (n = 50) reported picking up only one prescription of NRT patches (Figure 27).
- Approximately three-fourths of clinic respondents (77%; n = 393) picked up any prescriptions of Chantix through the program (Figure 28).
- Less than 8% (n = 38) picked up any prescriptions of Wellbutrin through the program (Figure 29).
- Less than 5% of clinic respondents (n = 20) reported picking up any prescriptions of NRT gum through the program (data not shown due to small sample size).
- Only 2% of clinic respondents (n = 11) picked up any prescriptions of NRT lozenges through the program (data not shown due to small sample size).
- Less than 3% of clinic respondents (n = 16) picked up any prescriptions of NRT inhalers through the program (data not shown due to small sample size).

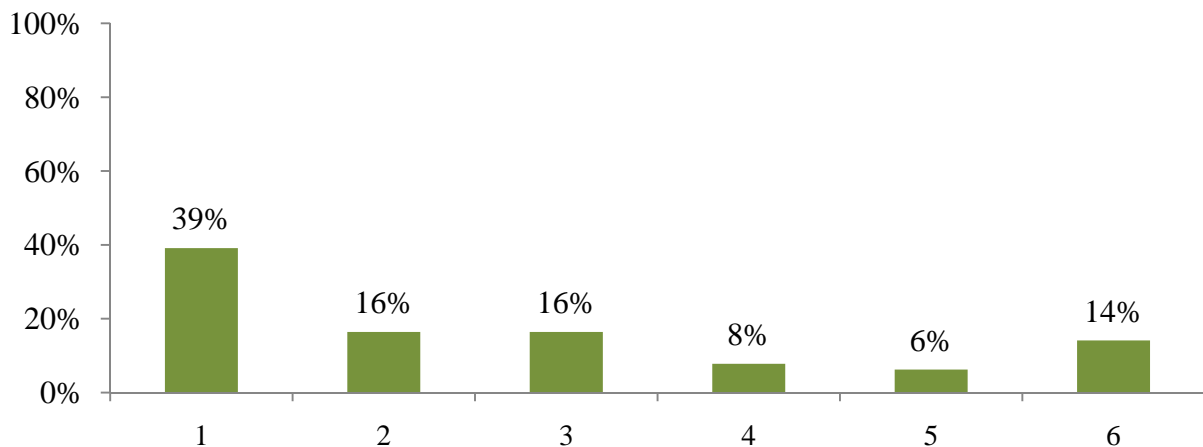


Figure 27: Distribution of number of times clinic respondents received NRT patches (among those who received patches; n = 128)

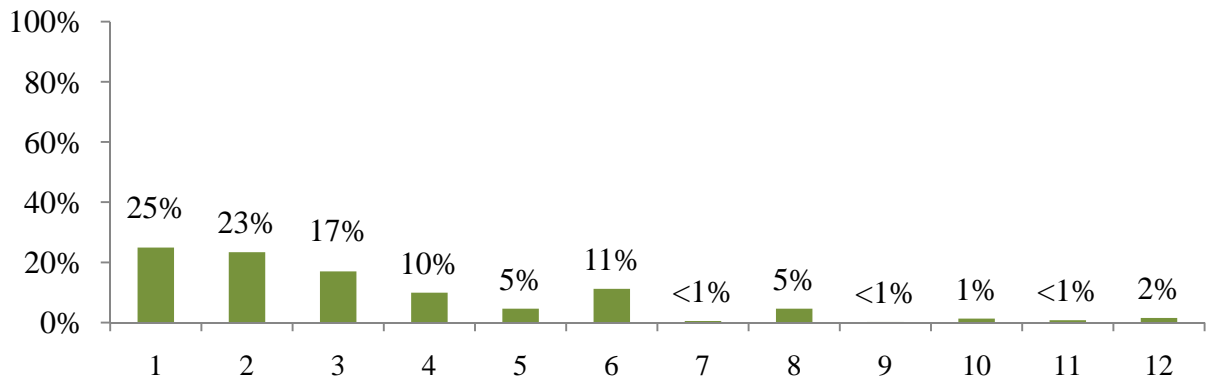


Figure 28: Distribution of number of times clinic respondents received Chantix (among those who received Chantix; n = 393)

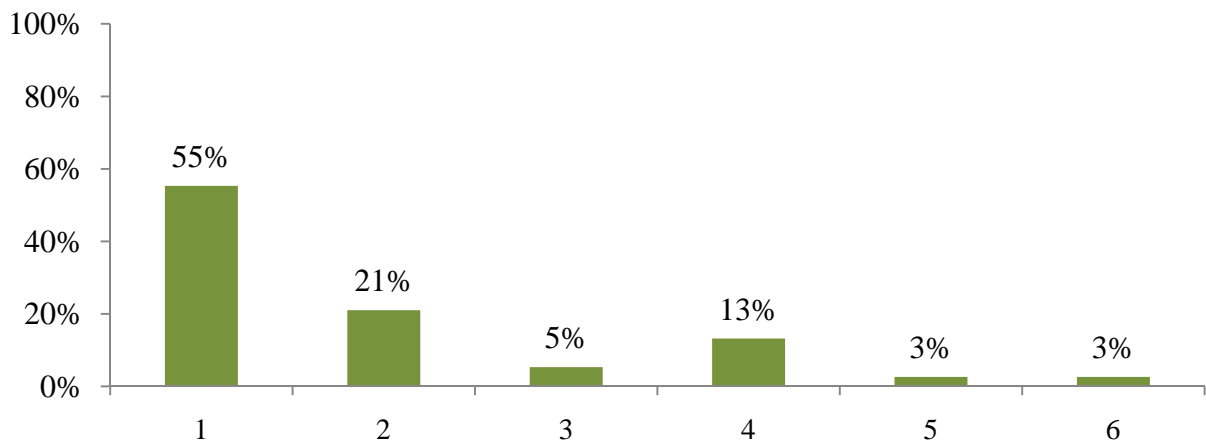


Figure 29: Distribution of number of times clinic respondents received Wellbutrin (among those who received Wellbutrin; n = 38)

Program Satisfaction

Follow-up question: Was the amount of nicotine replacement therapy you received from (Quitline/the program) more than enough, just right, or not enough for you to quit successfully?

Findings:

- Larger proportions of clinic respondents than Quitline respondents were satisfied with the amount of NRT they received through the program (Figures 30 and 31).
- Among Quitline respondents, nearly half of the 3- and 6-month cohorts (45% in each) said they did not receive enough NRT through the program. The majority (58%) of respondents in the 12-month cohort felt this way.
- Among clinic respondents, 29% of the 3-month cohort, 41% of the 6-month cohort, and 43% of the 12-month cohort said they did not receive enough NRT.

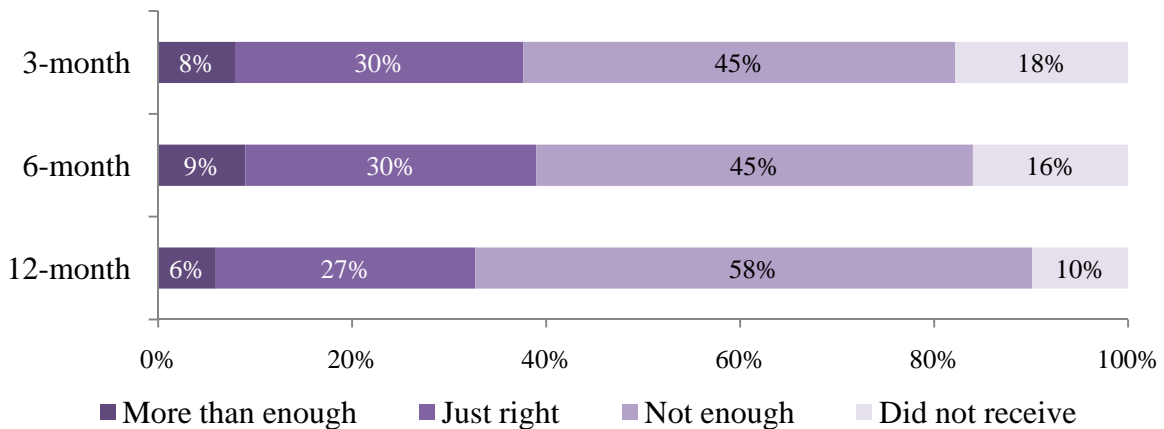


Figure 30: Perception of amount of NRT received among Quitline respondents

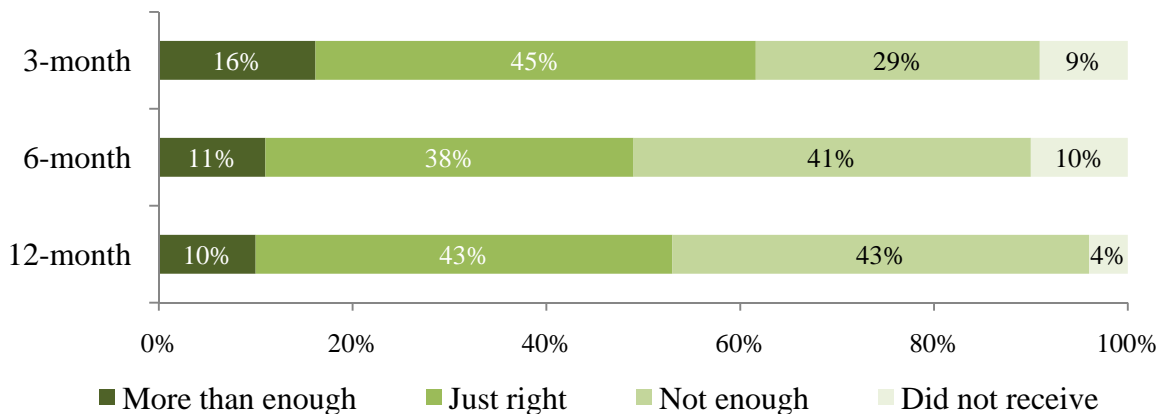


Figure 31: Perception of amount of NRT received among clinic respondents

Follow-up question: Was the amount of counseling you received from (Quitline/the program) more than enough, just right, or not enough for you to quit successfully?

Findings:

- Similar proportions of clinic respondents and Quitline respondents were satisfied with the amount of counseling they received through the program (Figures 32 and 33).
- Among Quitline respondents, one-third of the 3- and 6-month cohorts (32% and 33%, respectively) said they did not receive enough counseling through the program. Over four in ten (42%) respondents in the 12-month cohort felt this way.
- Among clinic respondents, 26% of the 3-month cohort, 33% of the 6-month cohort, and 38% of the 12-month cohort said they did not receive enough counseling.

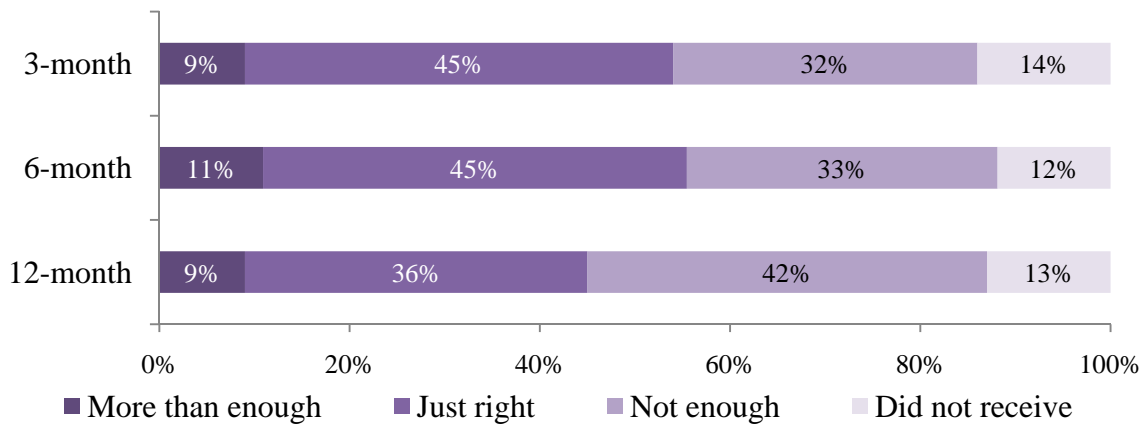


Figure 32: Perception of amount of counseling received among Quitline respondents

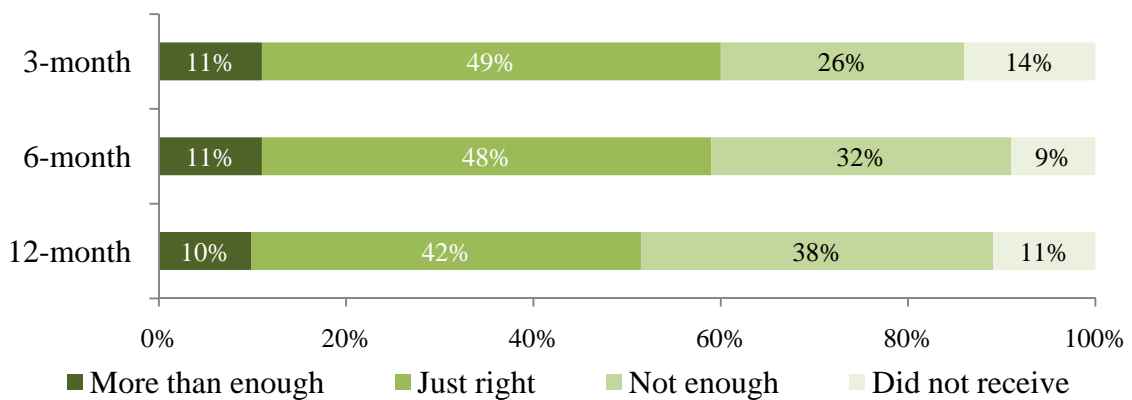


Figure 33: Perception of amount of counseling received among clinic respondents

Follow-up question: Would you recommend (Quitline/these) services to someone who was trying to quit smoking?

Findings:

- Among respondents in all three cohorts of both the Quitline and clinic cessation respondents, 89% or more said they would recommend services of that program to someone who was trying to quit (Figures 34 and 35).

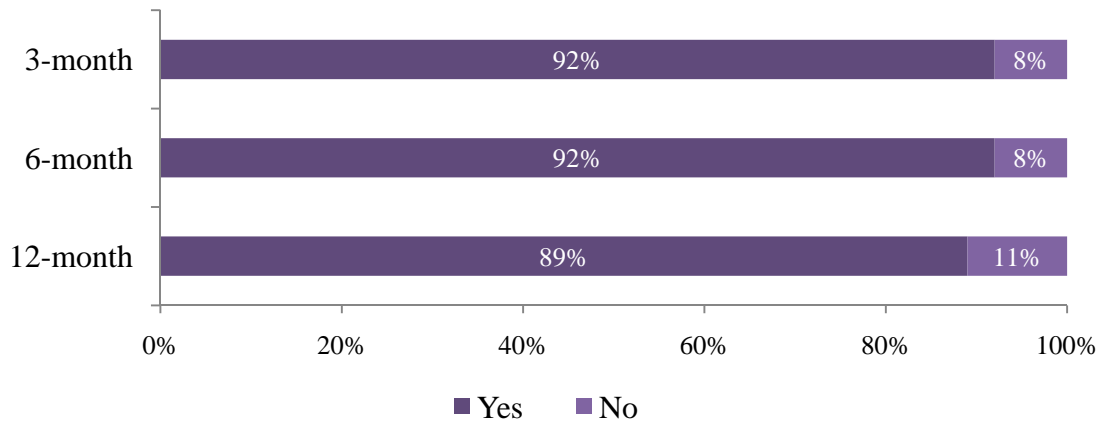


Figure 34: Likelihood of recommending Quitline services to others

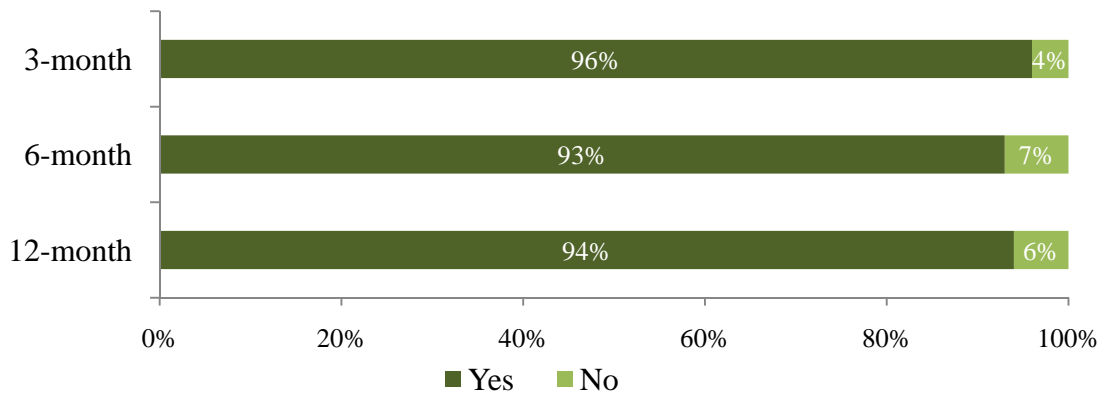


Figure 35: Likelihood of recommending clinic program services to others

Follow-up question: Overall, how would you rate your satisfaction with (Quitline Iowa/the tobacco cessation/treatment program)?

Findings:

- The majority of respondents in both the Quitline and clinic cessation programs were either *very satisfied* or *satisfied* with the programs (Figures 36 and 37).
- In the Quitline sample, 80% or more of respondents in all three follow-up cohorts were *very satisfied* or *satisfied* with the services they received.
- In the clinic cessation sample, 77% or more of respondents in all three follow-up cohorts were *very satisfied* or *satisfied* with the services they received.

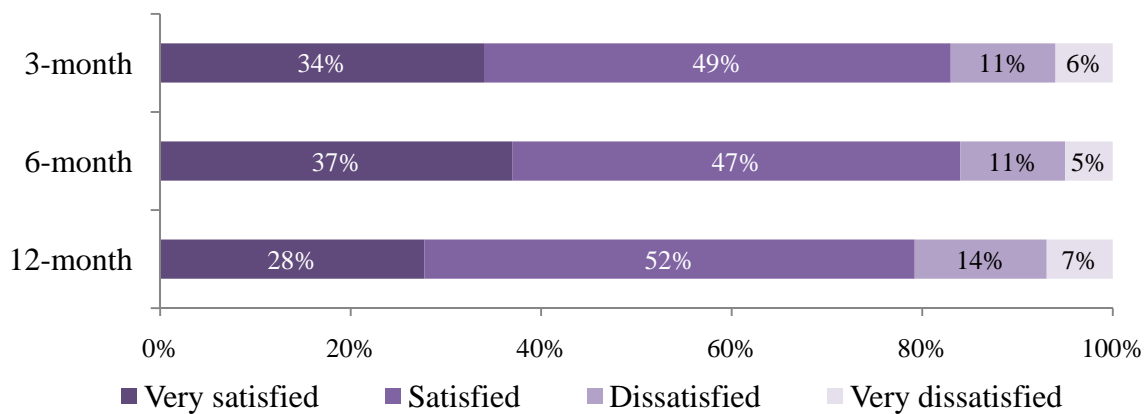


Figure 36: General satisfaction with Quitline services

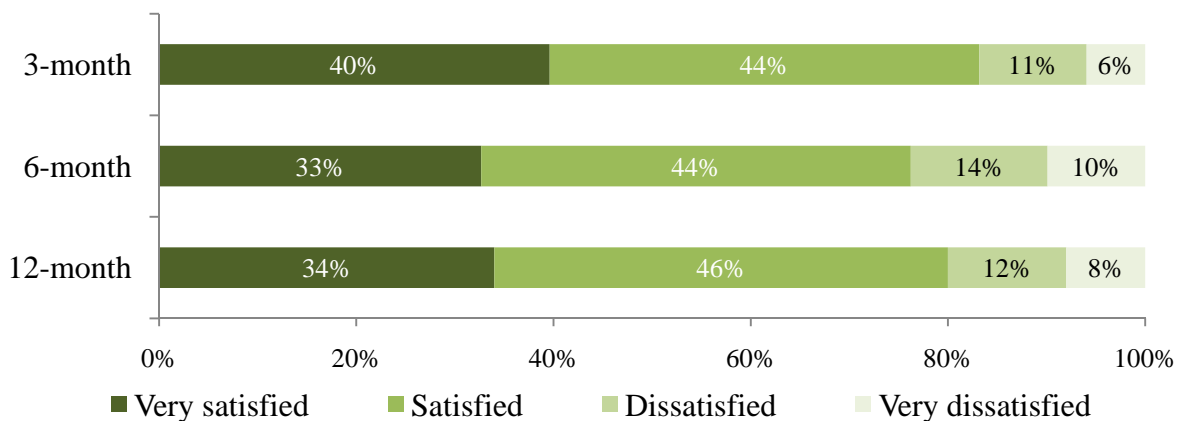


Figure 37: General satisfaction with clinic cessation program services

Previous Cessation Attempts

Follow-up question: During the past (3, 6 or 12 months), how many different times have you stopped smoking or using other tobacco products for one day or longer because you were trying to quit?

Findings:

- Among all respondents in both samples, the number of quit attempts during the follow-up period increased over time (Figures 38 and 39). At 12 months, at least one-third of respondents had made between 6 and 10 quit attempts in the past year.

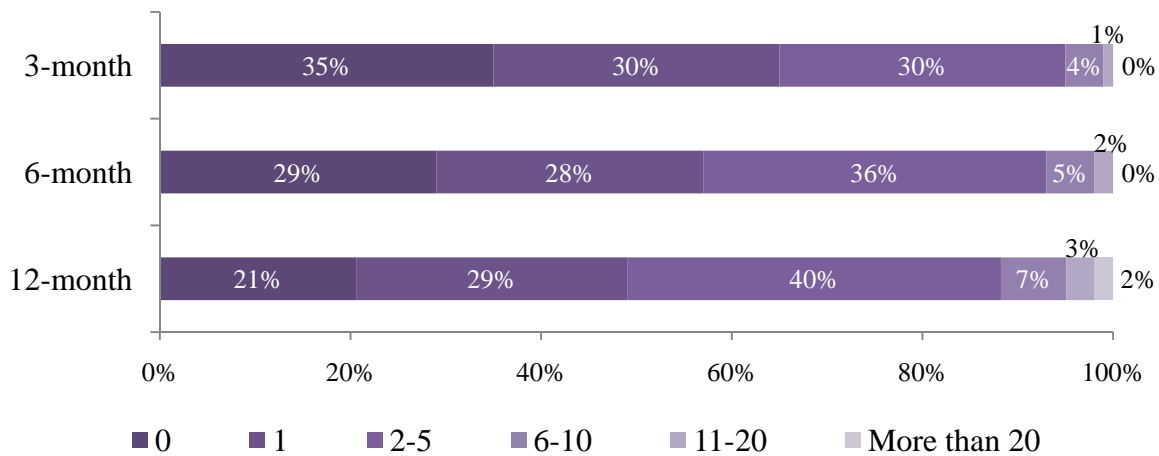


Figure 38: Number of quit attempts during follow-up period among Quitline respondents

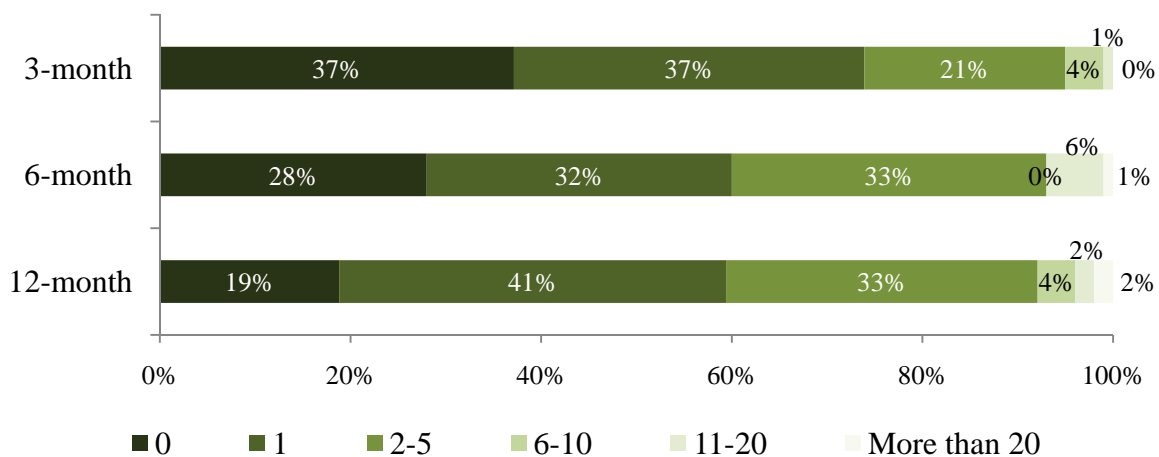


Figure 39: Number of quit attempts during follow-up period among clinic respondents

Follow-up question: During the past (3, 6, or 12 months), did you use any of the following medications to quit? (Select all that apply.)

Note: In the FY08 version of the questionnaire, response options were *Nicotine gum, Nicotine lozenge, Nicotine patch, Nicotine inhaler, Nicotine nasal spray, and a pill like Chantix or bupropion*. At the beginning of FY09 the questionnaire was modified to include *Nicotine gum, Nicotine lozenge, Nicotine patch, Nicotine inhaler, Nicotine nasal spray, Chantix or varenicline, and Wellbutrin, Zyban, or bupropion*.

Findings:

- Among Quitline respondents, 2,638 individuals (75%) said they used some form of pharmacotherapy during the follow-up period. Of these, 43% used the NRT patch and 38% used Chantix (Figure 40).
- Among clinic respondents, 469 individuals (84%) said they used some form of pharmacotherapy during the follow-up period. Of these individuals, 70% used Chantix and 15% used the NRT patch (Figure 41).

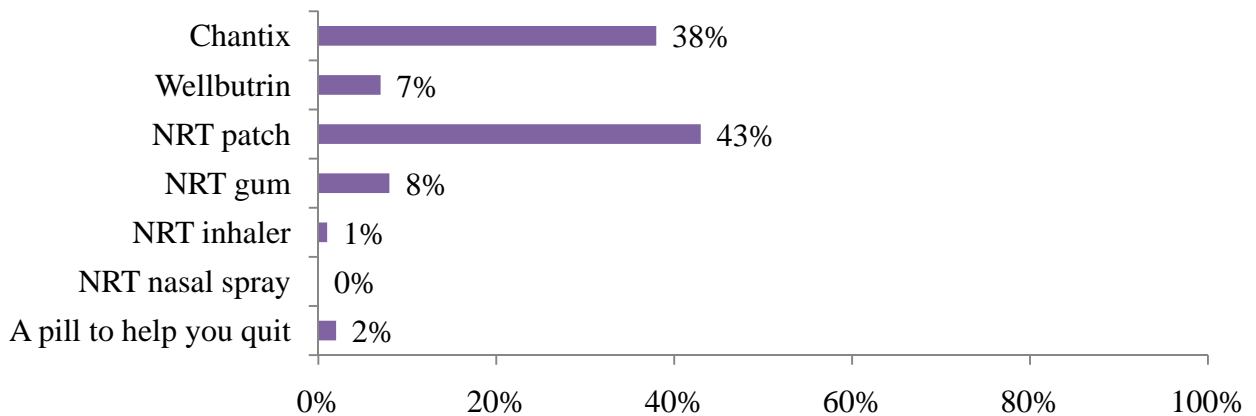


Figure 40: Use of pharmacotherapy during follow-up period among Quitline respondents

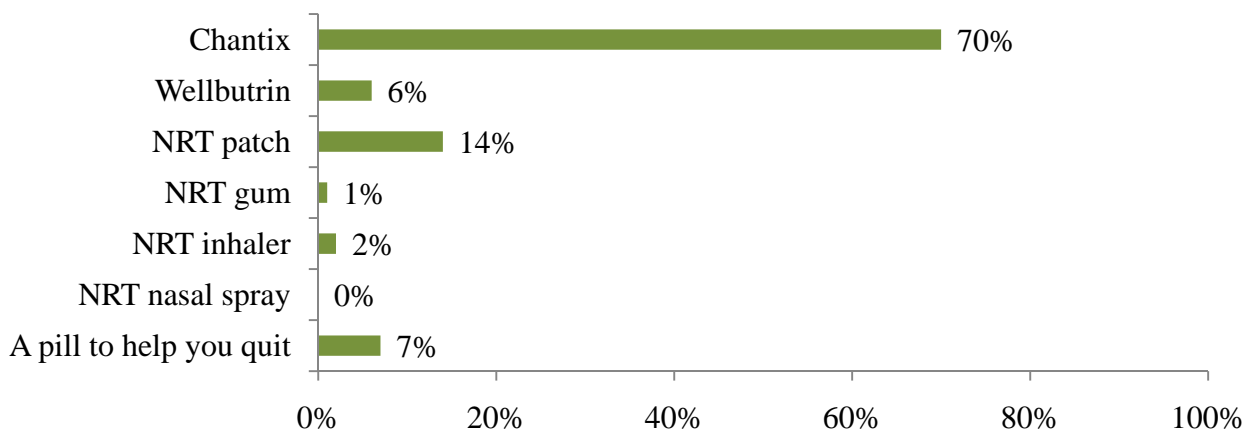


Figure 41: Use of pharmacotherapy during follow-up period among clinic respondents

Follow-up question: During the past (3, 6, or 12 months), did you use any of the following methods to quit? (Select all that apply.)

Note: In FY09, the response options for this question were modified slightly to include the category *self-help materials from Quitline*. Thus, responses to this question are not based on consistent sample sizes.

Findings:

- Among Quitline respondents, 2,434 individuals (92%) said they used a listed method to help them quit using tobacco. Of these, 66% tapered down (Figure 42).
- Among clinic respondents, 492 individuals (88%) said they used one of the methods listed to help them quit using tobacco. Of these, 60% tapered down (Figure 43).

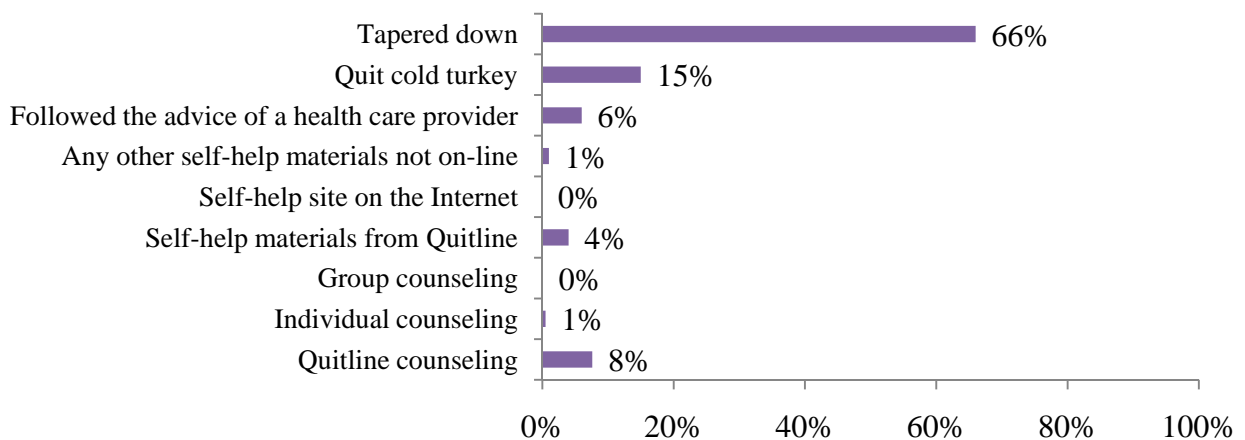


Figure 42: Quit strategies used during follow-up period by Quitline respondents

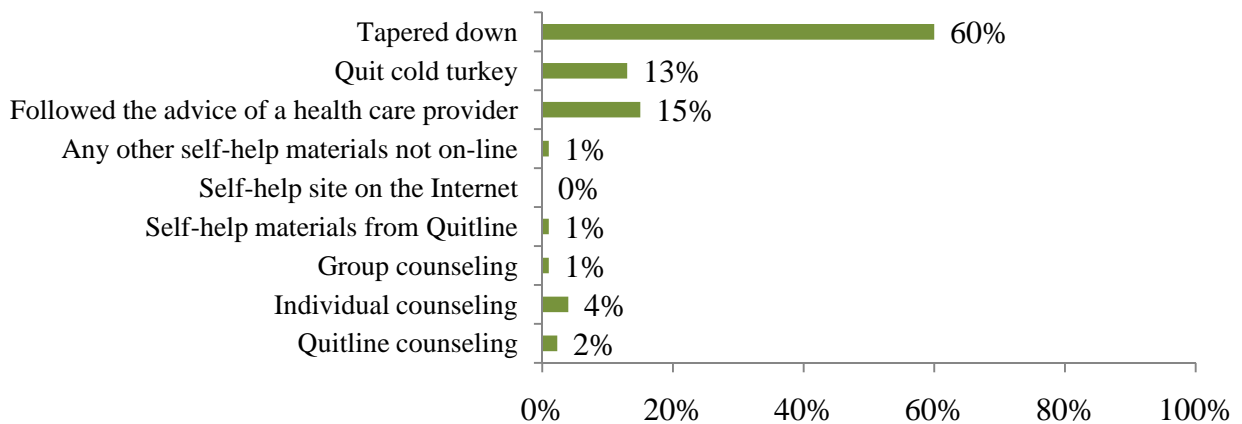


Figure 43: Quit strategies used during follow-up period by clinic respondents

Low-Income Cigarette Smokers

In both the Quitline and clinic samples, slightly over half of respondents reported an annual household income from all sources of less than \$20,000 (55% and 56%, respectively).

Note: Baseline results are based on the entire sample. Follow-up results are based on those respondents who reported smoking cigarettes at the time of their first call to Quitline Iowa or the time of their first pick-up of a pharmacotherapy prescription through the clinic cessation program.

Findings:

- Although larger proportions of low-income respondents than higher-income respondents reported smoking in the past 30 days, none of the differences in frequency of cigarette smoking were statistically significant (Figures 44 and 45).

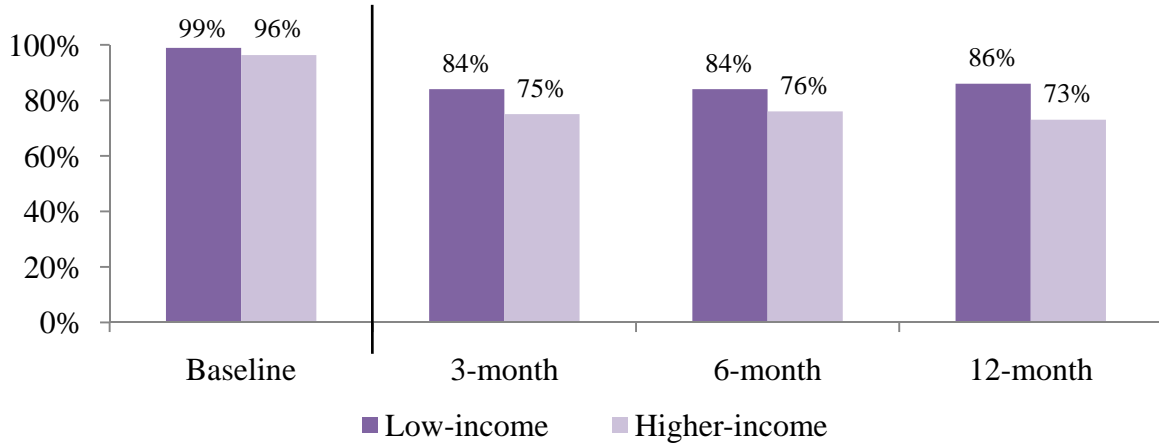


Figure 44: Any cigarette use in the past 30 days at baseline and follow-up, Quitline respondents

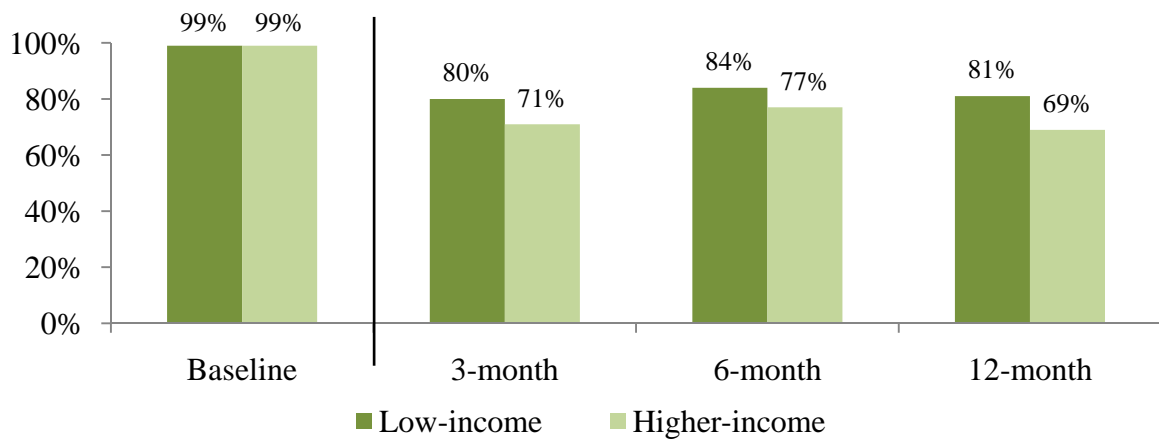





Figure 45: Any cigarette use in the past 30 days at baseline and follow-up, clinic respondents

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Main Findings: Other Data Collection Methods

Highlights

-  130 secret shopper calls were placed from the beginning of the evaluation through the end of FY09. Consent for evaluation was asked in 58% of calls.
-  From the beginning of the evaluation through the end of FY09, CSBR research staff had reviewed 1,042 charts (560 participants and 482 non-participant charts).
-  Smoking status was assessed at approximately 90% of clinic visits among all charts reviewed.

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Secret Shopper Calls

Research team members placed 130 secret shopper calls from the beginning of the program in January 2008 through the end of FY09. The average time on hold before being able to speak with a Quitline representative was 16 seconds. Consent for being included in the program evaluation was asked for in approximately 58% of secret shopper calls (Table 11).

Select notes from secret shopper calls:

- In the spring of 2009 (April), Quitline experienced an unusually high call volume and was therefore unable to transfer callers directly to coaches for counseling. Sessions with coaches were being scheduled for up to four weeks from the date of the call.
- The quality of calls (intake and coaching) ranged from very informative and thoughtful to very short and rushed. In the fall of 2008, it was noted that more experienced Quitline workers (those that secret shopper callers spoke with more frequently) generally conducted more informative intake and coaching sessions. Although some workers consistently asked for consent and gave support even during intake, a nearly equal number of intake workers were very rushed. These were the workers who did not ask for consent and may have skipped some of the tobacco history questions that others asked.
- Evaluation consent remains a challenge during the intake process. Consent to follow-up, a necessary component of the evaluation follow-up interviews, was not asked consistently. There continues to be variation in how “consent” is obtained; some Quitline representatives do not say anything related to the evaluation, some ask for consent correctly, and some simply notify the caller that they will be contacted by an external evaluator. In September 2008 it was noted that some intake workers who did not ask for consent did let callers know that they could refuse to answer any questions they were uncomfortable with. National Jewish has been informed of the challenge with the consent process and continues to monitor training to improve this problem.

Table 11: Quitline secret shopper calls

Measure	Number (N)	Total percent (%)
Type of call		
Information only	10	7.7
Intake only	29	22.3
Coaching	86	66.2
Demographic information assessed	122	93.8
Tobacco history assessed	120	92.3
Readiness to quit assessed	87	66.9
Contact information recorded	125	96.2
Provided general program information	126	96.9
Offered to send informational materials	106	81.5
Health history assessed	119	91.5
Enrolled in coaching program	119	91.5
Asked for consent to follow-up	75	57.7
Transferred to coach directly	88	67.7
Scheduled time to speak with coach	29	22.3
If minor, asked for parental consent	2	1.5 *
Scheduled next coaching session	80	61.5

*33.3% of all minors (N = 6)

Note. Minors are not called as part of the follow-up interviews.

Chart Reviews

One of the primary goals of the clinic cessation program is systems change. An important component of tobacco control and prevention is screening for tobacco use in the healthcare setting. To assess this goal, and to explore characteristics of participants and non-participants in the program, chart reviews were conducted in May 2008, November 2008, and May 2009. Since the initial implementation of the program in February 2008, evaluation research staff have reviewed 560 participant charts and 482 non-participant charts.

Demographic findings:

- The majority of participants and non-participants whose charts were reviewed were White, not of Hispanic origin, and English speakers (Table 12).

Table 12: Clinic chart review demographic characteristics				
Characteristic	Participants		Non-Participants	
Age (mean)	42.2 years		44.9 years	
	Number	%	Number	%
Gender				
<i>Male</i>	241	44%	183	38%
<i>Female</i>	312	56%	299	62%
<i>Pregnant*</i>	4	1%	10	5%
Race				
<i>White</i>	461	86%	307	68%
<i>African American/ Black</i>	52	10%	46	10%
<i>Asian</i>	0	0%	11	2%
<i>American Indian/Alaskan Native</i>	5	<1%	1	<1%
<i>Native Hawaiian/Pacific Islander</i>	0	0%	0	0%
<i>Other</i>	19	4%	89	20%
<i>Hispanic or Latino</i>	22	5%	86	21%
Primary Language				
<i>English</i>	534	98%	387	84%
<i>Spanish</i>	11	2%	65	14%
<i>Other</i>	1	<1%	8	2%

*Note. Proportion of pregnant respondents based only on female respondents.

Assessing smoking status at medical visits: The percentage of visits where smoking status was recorded in the chart was assessed based on the ratio of the times smoking status was recorded and the total number of medical visits recorded in the charts. For example, a chart containing five records of smoking status during 10 medical visits would represent a 50% recording rate.

Findings:

- In over three-fourths of the charts reviewed, smoking status was assessed at 100% of recorded visits (Figure 46).
- Overall, among all charts reviewed, the mean percent of visits at which smoking status was recorded was 90%. Among program participants, smoking status was recorded at 95% of visits. Among non-participants, smoking status was recorded at 84% of visits.

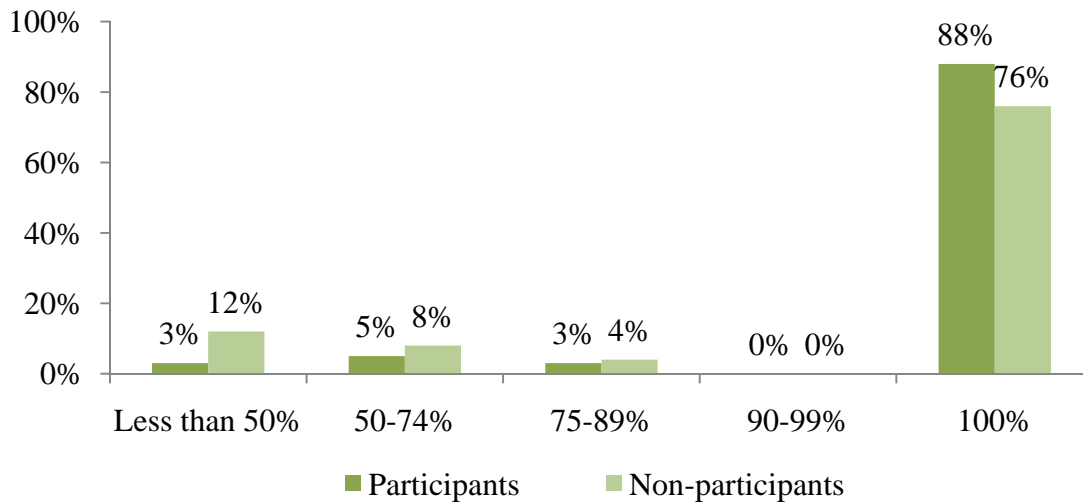


Figure 46: Percent of clinic visits at which smoking status was recorded

Summary and Conclusions

The vast majority of participants in the Quitline Iowa and clinic cessation programs are trying to quit smoking cigarettes. **Results from the follow-up interviews conducted with program participants suggest that cessation rates at 3, 6, and 12 months post intervention are approximately 20%.** It appears that individuals surveyed 3 months after they start one of the programs quit smoking at a rate comparable to individuals surveyed at 6 and 12 months after they start one of the programs.

In addition, analysis with the Quitline and clinic samples showed that smokers reduced the number of cigarettes they smoked per day. The greatest difference was seen in the interval between baseline and the 3-month follow-up cohort, rather than from baseline to either the 6- or 12-month cohorts. This trend over time was seen in some other variables as well, such as respondents' perception of changes in their own cigarette smoking.

One concern of health care providers working in tobacco cessation programs is that individuals will replace one tobacco product with another. For example, cigarette smokers may reduce their cigarette intake and increase their use of smokeless tobacco. Among respondents surveyed as part of this evaluation, however, this was not the case. In both samples, the vast majority of respondents who said they were cigarette smokers at baseline *did not* supplement or replace their cigarette use with smokeless tobacco from baseline to follow-up.

Between one-half and two-thirds of all respondents believed it was *probable* that they would use tobacco products in the next year. The same proportion of respondents believed it was *probable* that they would use pharmacotherapy in the next year. Most respondents who had quit smoking believed their behavior change would last at least one year, but one-fourth believed they would need pharmaceutical support to ensure that permanence.

One-half of Quitline respondents said they spoke with a Quitline representative only one or two times. Approximately six in ten respondents said they received NRT from Quitline, with nicotine replacement patches being the most commonly received form.

The most common form of counseling received by clinic respondents was individual counseling only (not in combination with any other type of counseling). Among all clinic respondents, 57% said they received one type of counseling (the three types being individual, group, and Quitline), 13% said they received two types of counseling, 1% said they received all three types of counseling, and 29% said they received none of these types of counseling. The fact that nearly three in ten respondents said they did not receive any of these types of counseling is certainly unexpected. To receive any pharmacotherapy, participants must also receive an accompanying counseling session (one counseling session and one 2-week supply of pharmacotherapy

constitute a completed “course” and clinics are reimbursed for completed courses). There is a disconnect: over 90% of clinic respondents reported they received some form of pharmacotherapy through the program and about 70% reported they received some form of counseling through the program.

The most probable explanation for this disconnect is response error in the questionnaire results; it may be that respondents do not recognize counseling for what it is. In the clinic cessation program, “brief provider intervention” is an acceptable form of counseling to complete a course. Research in smoking cessation has shown that 3-minute interventions have success rates similar to those of longer interventions. Patients may not recognize a brief conversation with their health care provider as a counseling session per se, thereby lowering the proportion of respondents who say they received “counseling” through the program. Additional language could be added to the relevant items in the questionnaire to better explain the types of interactions which could be described as “individual” counseling.

Although more than half of the respondents in each sample felt they had received enough counseling through the two programs, Quitline respondents were much more likely to say that they did not feel they had received enough NRT through the program. This perception is not unfounded: given that Quitline provides only two weeks of free NRT to callers, it is not surprising that the majority of Quitline callers did not feel they received enough NRT. Most respondents in both samples were likely to recommend the respective programs to others who want to quit using tobacco and the majority of respondents were generally satisfied with the services they received.

About one-fourth to one-half of respondents in both samples had tried to quit more than five times in the follow-up period. The most common forms of pharmacotherapy used by respondents in both samples during the follow-up period were Chantix and the NRT patch. The most common method or strategy that respondents used to help themselves quit using tobacco during the follow-up period was tapering down their consumption.

Secret shopper calls conducted with Quitline Iowa suggest that provider protocol is being followed in the majority of calls. Consent for evaluation follow-up continues to be problematic, with only 58% of secret shopper calls correctly consented for follow-up interviews.

Chart review data show that tobacco use status was assessed at approximately 90% of clinic visits among both participants and non-participants of the clinic cessation program. Among participants, tobacco use status was assessed at 95% of visits and among non-participants status was assessed at 84% of visits. Given that many of participants’ medical visits were also visits for smoking cessation (for brief provider interventions as counseling), it is not surprising that tobacco use status was assessed more often among participants than among non-participants.

The Quitline and clinic cessation programs are effectively supporting Iowans who want to quit using tobacco products, particularly cigarettes. With a cigarette smoking cessation rate of

approximately 20% even one year after beginning a treatment program, it is clear that the state-funded tobacco cessation programs are positively impacting smokers in Iowa.

Results of the Tobacco Cessation Program Evaluation also show that about half of Quitline callers are only speaking with a Quitline representative one or two times; this is fewer than the recommended eight sessions in a complete counseling protocol. Similarly, between one-third and one-half of clinic respondents said they received one or two counseling sessions and at least half of respondents who said they received Chantix, Wellbutrin, or NRT patches picked up only one or two prescriptions of that pharmacotherapy.

Clearly, Quitline and clinic cessation participants are not taking full advantage of the services available to them. Although 20% of respondents are quitting, a full 80% of respondents are continuing to use tobacco products, most notably cigarettes. This could very likely be a matter of participants simply not being ready to quit using tobacco products. Although, respondents may need additional or different types of interventions for their quit attempts to be successful. The Quitline Iowa program tailors coaching to callers' readiness to quit using tobacco products, but results of this evaluation show that even that effort is not consistently effective in retaining participants in the program. An additional module added to the evaluation follow-up questionnaire for FY2010 attempts to address this "not yet quit" population regarding challenges or barriers to quitting and aspects of the programs respondents find most helpful.

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Appendix A

Quitline Follow-Up Questionnaire

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SECTION 1: Prior to, first call, and during program

During this interview, I'm going to ask you questions about your tobacco use and experience with Quitline.

Q1a-d. Think back to when you first called Quitline. During the 30 days before your first call, on how many days did you...

- a. Smoke cigarettes?
- b. Smoke cigars?
- c. Smoke tobacco in pipes?
- d. Use chew or smokeless tobacco?

0-30. Number of days

77. Don't know/Not sure

99. Refused

Note: If Q1a = 0, Skip to Q3

Q2. On the average, on days when you smoked, about how many cigarettes did you smoke a day?

1-180. Number of cigarettes _____

(Interviewer Note: 1 pack = 20 cigarettes. Verify 61 or more cigarettes.)

666. Less than one cigarette per day

777. Don't know/Not sure

999. Refused

Q3. Think about a typical morning back when you first called Quitline. How soon after waking up did you first use any tobacco product?

- 1. Within 5 minutes of waking
- 2. 6-30 minutes after waking
- 3. 31-60 minutes after waking
- 4. More than 60 minutes after waking

7. Don't know/Not sure

9. Refused

Note: If Q1a = 0, Skip to Q4b

Q4a. Why did you decide to quit smoking cigarettes? [SELECT ALL THAT APPLY]

11. It is bad for my health
12. I had a health event like a heart attack or diagnosis
13. It was getting too expensive
14. Nicotine replacement therapy (like a patch, gum, or pill) was available for free or at reduced cost
15. Family or friends wanted me to
16. Concerned about the health or well-being of others
17. Motivation from media campaign in newspapers, on television, or online
18. Employer/Workplace policy
19. Just didn't like it anymore
20. Too few places allow smoking
21. Recommended by a healthcare professional
22. Embarrassed to smoke
23. Pregnant
24. Wanted to be a good role model
66. Other [Specify]

77. Don't know/Not Sure
99. Refused

Note: If Q1b = 0 and Q1c = 0 and Q1d = 0, Skip to Q5

Q4b. Why did you decide to quit using tobacco products?

11. It is bad for my health
12. I had a health event like a heart attack or diagnosis
13. It was getting too expensive
14. Nicotine replacement therapy (like a patch, gum, or pill) was available for free or at reduced cost
15. Family or friends wanted me to
16. Concerned about the health or well-being of others
17. Motivation from media campaign in newspapers, on television, or online
18. Employer/Workplace policy
19. Just didn't like it anymore
20. Too few places allow it
21. Recommended by a healthcare professional
22. Embarrassed to use tobacco products
23. Pregnant
24. Wanted to be a good role model
66. Other [Specify]

77. Don't know/Not Sure
99. Refused

Q5. How many times did you speak with a Quitline Iowa representative over the phone?
(Interviewer Note: if respondent isn't sure, ask them to give their best guess of a single number)

1-15. Number of times (15 = 15+)

77. Don't know/Not sure

99. Refused

Q6. Which type of nicotine replacement therapy, if any, did you receive from the Quitline? [READ 1 – 3]
(Interviewer Note: if respondent answers anything other than patch, gum, or lozenge, such as Chantix, confirm that they did not receive patch, gum, or lozenge and enter "8")

1. Patch

2. Gum

3. Lozenges

8. I did not receive nicotine replacement therapy from Quitline

7. Don't know/Not sure

9. Refused

SECTION 2: Current tobacco use

Now I'll ask some questions about your current cigarette and tobacco use.

Q7a-d. In the past 30 days, on how many days did you...

a. Smoke cigarettes?

b. Smoke cigars?

c. Smoke tobacco in pipes?

d. Use chew or smokeless tobacco?

0-30. Number of days

77. Don't know/Not sure

99. Refused

Note: If Q7a = 0, Skip to Q9

Q8. On the average, on days when you smoked during the past 30 days, about how many cigarettes did you smoke a day?

1-180. Number of cigarettes_____

(Interviewer Note: 1 pack=20 cigarettes. Verify 61 or more cigarettes.)

666. Less than one cigarette per day

777. Don't know/Not sure

999. Refused

Note: If Q7a = 0 and Q7b = 0 and Q7c = 0 and Q7d = 0, Skip to Q10a

Q9. How soon after you wake up do you first use any tobacco products?

1. Within 5 minutes of waking
2. 6-30 minutes after waking
3. 31-60 minutes after waking
4. More than 60 minutes after waking

7. Don't know/Not sure
9. Refused

Note: If Q1a = 0 and Q7a = 0, Skip to Q10b

Q10a. How does your current cigarette use compare to your use when you first called Quitline? Do you currently smoke...

1. A lot less,
2. Somewhat less,
3. About the same number,
4. Somewhat more, or
5. A lot more cigarettes now?

7. Don't know/Not sure
9. Refused

Note: If Q1b = 0 and Q7b = 0, Skip to Q10c

Q10b. How does your current cigar use compare to your use when you first called Quitline? Do you currently smoke...

1. A lot less,
2. Somewhat less,
3. About the same number,
4. Somewhat more, or
5. A lot more cigars now?

7. Don't know/Not sure
9. Refused

Note: If Q1c = 0 and Q7c = 0, Skip to Q10d

Q10c. How does your current pipe use compare to your use when you first called Quitline? Do you currently smoke...

1. A lot less,
2. Somewhat less,
3. About the same number,
4. Somewhat more, or
5. A lot more pipe bowls now?

7. Don't know/Not sure
9. Refused

Note: If Q1d = 0 and Q7d = 0, Skip to Q11a

Q10d. How does your current chew use compare to your use when you first called Quitline? Do you currently chew...

1. A lot less,
2. Somewhat less,
3. About the same amount,
4. Somewhat more, or
5. A lot more now?

7. Don't know/Not sure
9. Refused

SECTION 3: Quit attempts/Cessation

Now I'm going to ask a few questions about your past attempts to quit using tobacco products.

Q11a. During the past (3, 6 or 12 months), how many different times have you stopped smoking or using other tobacco products for one day or longer because you were trying to quit?

0-365. Number of times

777. Don't know/Not sure

999. Refused

Note: If Q7a > 0 or Q7b > 0 or Q7c > 0 or Q7d > 0, Skip to Q12

Q11b. When did you quit using tobacco products?

(Interviewer Note: Probe for exact date, but enter 01 for MM and/or DD, when respondent is not specific enough)

Day/Month/Year

01011999. Don't Know/Not Sure & Refused

Q12. During the past (3, 6 or 12 months), did you use any of the following medications to quit? [READ 11-17, SELECT ALL THAT APPLY]

11. Nicotine gum
12. Nicotine lozenge
13. Nicotine patch
14. Nicotine inhaler
15. Nicotine nasal spray
16. Chantix or varenicline
17. Wellbutrin, Zyban, or Bupropion
66. Other [Specify]

88. None

77. Don't know/Not sure
99. Refused

Q13. In the past (3, 6, or 12 months), did you use any of the following methods to quit?
[READ 11-19, SELECT ALL THAT APPLY]

- 11. Quitline telephone counseling
- 12. Individual, face to face counseling
- 13. Group, face to face
- 14. Self-help materials from Quitline
- 15. Any other self-help materials not on the internet
- 16. A self-help site on the Internet (like QuitNet)
- 17. Followed advice from physician/other healthcare provider
- 18. Cold turkey
- 19. Tapering down (gradually reducing the number of cigarettes you smoke)
- 66. Other [Specify]

- 88. None

- 77. Don't know/Not sure
- 99. Refused

Q14. During the last (3, 6 or 12 months), what is the longest period of time you did not smoke cigarettes or use any other tobacco products?

- 101-107. Days
- 201-252. Weeks
- 301-312. Months

- 777. Don't know/Not sure
- 888. Respondent has not gone one day or longer without tobacco
- 999. Refused

Q15. Do you think you will use tobacco anytime during the next year? [READ 1-4]

- 1. Definitely yes
- 2. Probably yes
- 3. Probably not
- 4. Definitely not

- 7. Don't know/Not sure
- 9. Refused

Q16. Do you think you will use any kind of nicotine replacement therapy or medication to help you quit such as a patch, gum, lozenge, or pill at anytime during the next year? [READ 1-4]

- 1. Definitely yes
- 2. Probably yes
- 3. Probably not
- 4. Definitely not

- 7. Don't know/Not sure
- 9. Refused

Please respond to the following statements by telling me if you strongly agree, agree, disagree, or strongly disagree.

Q17. Nicotine replacement therapy like a patch, gum, or pill causes cancer.

1. Strongly agree
2. Agree
3. Disagree
4. Strongly disagree

7. Don't know/not sure
9. Refused

Q18. Nicotine replacement therapy is helpful for people who want to quit using tobacco.

1. Strongly agree
2. Agree
3. Disagree
4. Strongly disagree

7. Don't know/not sure
9. Refused

Q19. Nicotine replacement therapy is more dangerous than smoking cigarettes.

1. Strongly agree
2. Agree
3. Disagree
4. Strongly disagree

7. Don't know/not sure
9. Refused

SECTION 4: Services

Q20. Was the amount of nicotine replacement therapy you received from Quitline more than enough, just right, or not enough for you to quit successfully?

1. More than enough
2. Just right
3. Not enough
4. Did not receive NRT

7. Don't know/Not sure
9. Refused

Q21. Was the amount of counseling you received from Quitline more than enough, just right, or not enough for you to quit successfully?

1. More than enough
2. Just right
3. Not enough
4. Did not receive counseling

7. Don't know/Not sure
9. Refused/No answer

Q22. Would you recommend Quitline services to someone who was trying to quit smoking?

1. Yes
2. No

7. Don't know/Not sure
9. Refused

Q23. Overall, how would you rate your satisfaction with Quitline Iowa? Were you...

1. Very satisfied,
2. Satisfied,
3. Dissatisfied, or
4. Very dissatisfied?

7. Don't know/Not sure
9. Refused

SECTION 6: Demographics

Now I'm going to ask a few questions about you.

Q24. Do you live with a smoker?

1. Yes
2. No

7. Don't know/Not sure
9. Refused

Q25. Are you Hispanic or Latino?

1. Yes
2. No

7. Don't know/Not sure
9. Refused

Q26. Which of the following would you say **best** represents your race?

1. White or Caucasian
2. Black or African American
3. Asian
4. American Indian or Alaska Native
5. Native Hawaiian or Pacific Islander
6. Other [Specify]

7. Don't know/Not sure
9. Refused

Q27. Is your annual household income from all sources... [READ AS APPROPRIATE]

1. Less than \$20,000,
2. \$20,001 - \$40,000,
3. \$40,001 - \$60,000,
4. \$60,001 - \$80,000, or
5. \$80,001 or more?

7. Don't know/Not sure
9. Refused

Q28. Would you say that in general your health is...

1. Excellent,
2. Very good,
3. Good,
4. Fair, or
5. Poor?

7. Don't know/Not sure
9. Refused

Q29. What is your zip code?

— — — — — (5 digit zip code)

77777. Don't know/Not sure
99999. Refused

Q30. Which of the following best describes your own health insurance situation?

1. Private insurance (self-pay or through employer)
2. Medicaid
3. Medicare
4. Military health care (includes veterans)
5. No health insurance
6. Other: [specify:_____]

7. Don't know/Not sure
9. Refused

Q31. Did Medicaid pay for any of the medication or nicotine replacement therapy that you took to help you quit smoking in the last (3, 6 or 12) months?

1. Yes
2. No

7. Don't know/Not sure
9. Refused

Q32. Were you referred to Quitline by your doctor or another healthcare provider?

1. Yes
2. No

7. Don't know/Not sure
9. Refused

FINAL STATEMENT

That's all the questions I have. The answers of all the participants interviewed will be combined to describe people's experiences with the program and to guide its future development. If you have questions about this survey you may call Disa Cornish at (319) 273-2105. Thank you for your time and cooperation with this survey. Good-bye.

Appendix B

Quitline Follow-Up Frequency Tables

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Table B-1

Q1. Think back to when you first called Quitline. During the 30 days before your first call, on how many days did you...

Q1a. Smoke cigarettes	Number	Overall %	Valid %
None	80	2.3	2.3
1 to 4	36	1.0	1.0
5 to 9	45	1.3	1.3
10 to 14	42	1.2	1.2
15 to 19	47	1.3	1.4
20 to 24	44	1.3	1.3
25 or more	3183	90.6	91.5
Don't know/Not sure	35	1.0	--
Not asked/No response	0	0.0	--
Q1b. Smoke cigars	Number	Overall %	Valid %
None	3323	94.6	94.9
1 to 4	96	2.7	2.7
5 to 9	29	0.8	0.8
10 to 14	8	0.2	0.2
15 to 19	10	0.3	0.3
20 to 24	2	0.1	0.1
25 or more	35	1.0	1.0
Don't know/Not sure	8	0.2	--
Not asked/No response	1	0.0	--

Table B-1 (Continued)

Q1. Think back to when you first called Quitline. During the 30 days before your first call, on how many days did you...

Q1c. Smoke tobacco in pipes	Number	Overall %	Valid %
None	3451	98.3	98.5
1 to 4	12	0.3	0.3
5 to 9	5	0.1	0.1
10 to 14	2	0.1	0.1
15 to 19	1	0.0	0.0
20 to 24	1	0.0	0.0
25 or more	32	0.9	0.9
Don't know/Not sure	7	0.2	--
Not asked/No response	1	0.0	--
Q1d. Use chew or smokeless tobacco	Number	Overall %	Valid %
None	3365	95.8	96.0
1 to 4	25	0.7	0.7
5 to 9	10	0.3	0.3
10 to 14	7	0.2	0.2
15 to 19	13	0.4	0.4
20 to 24	5	0.1	0.1
25 or more	82	2.3	2.3
Don't know/Not sure	4	0.1	--
Not asked/No response	1	0.0	--

Table B-2			
Q2. On the average, on days when you smoked, about how many cigarettes did you smoke a day?			
	Number	Overall %	Valid %
Less than 5	91	2.6	2.7
5 to 9	247	7.0	7.2
10 to 19	901	25.7	26.3
20 to 29	1309	37.3	38.2
30 to 39	427	12.2	12.5
40 or more	450	12.8	13.1
Don't know/Not sure	7	0.2	--
Not asked/No response	80	2.3	--

Table B-3			
Q3. Think about a typical morning back when you first called Quitline. How soon after waking up did you first use any tobacco product?			
	Number	Overall %	Valid %
Within 5 minutes	1537	43.8	44.1
6-30 minutes	1132	32.2	32.5
31-60 minutes	391	11.1	11.2
More than 60 minutes	426	12.1	12.2
Don't know/Not sure	23	0.7	--
Not asked/No response	3	0.1	--

Table B-4			
Q4a. Why did you decide to quit smoking cigarettes? (select all that apply)			
	Number	Overall %	Valid %
It is bad for my health	2137	60.8	62.3
I had a health event like a heart attack or diagnosis	479	13.6	14.0
It was getting too expensive	862	24.5	25.1
NRT was available for free or at reduced cost	8	0.2	0.2
Family or friends wanted me to	279	7.9	8.1
Concerned about the health or well-being of others	278	7.9	8.1
Motivation from media campaign in newspapers, on television, or online	6	0.2	0.2
Employer/workplace policy	34	1.0	1.0
Just didn't like it anymore	311	8.9	9.1
Too few places allow smoking	47	1.3	1.4
Recommended by a healthcare professional	83	2.4	2.4
Embarrassed to smoke	28	0.8	0.8
Pregnant	23	0.7	0.7
Wanted to be a good role model	132	3.8	3.8
Other reason(s)	323	9.2	9.4
Don't know/Not sure	16	0.5	0.5
Not asked/No response	80	2.3	--

Table B-5			
Q4b. Why did you decide to quit using tobacco products? (select all that apply)			
	Number	Overall %	Valid %
It is bad for my health	186	5.3	54.9
I had a health event like a heart attack or diagnosis	21	0.6	6.2
It was getting too expensive	80	2.3	23.6
NRT was available for free or at reduced cost	0	0.0	0.0
Family or friends wanted me to	24	0.7	7.1
Concerned about the health or well-being of others	22	0.6	6.5
Motivation from media campaign in newspapers, on television, or online	1	0.0	0.3
Employer/workplace policy	4	0.1	1.2
Just didn't like it anymore	36	1.0	10.6
Too few places allow it	6	0.2	1.8
Recommended by a healthcare professional	9	0.3	2.7
Embarrassed to use tobacco products	6	0.2	1.8
Pregnant	0	0.0	0.0
Wanted to be a good role model	9	0.3	2.7
Other reason(s)	35	1.0	10.3
Don't know/Not sure	20	0.6	5.9
Not asked/No response	3173	90.3	--

Table B-6			
Q5. How many times did you speak with a Quitline Iowa representative over the phone?			
	Number	Overall %	Valid %
1	956	27.2	28.7
2	737	21.0	22.1
3	506	14.4	15.2
4	327	9.3	9.8
5	226	6.4	6.8
6	170	4.8	5.1
7	51	1.5	1.5
8	71	2.0	2.1
9	16	.5	.5
10	91	2.6	2.8
11	5	.1	.1
12	52	1.5	1.6
13	2	.1	.1
14	6	.2	.2
15	118	3.4	3.5
Don't know/Not sure	166	4.7	--
Not asked/No response	10	0.3	--

Table B-7			
Q6. Which type of NRT, if any, did you receive from the Quitline?			
	Number	Overall %	Valid %
None	1317	37.5	37.8
Patch	1847	52.6	53.0
Gum	305	8.7	8.7
Lozenges	19	0.5	0.5
Don't know/Not sure	23	0.7	--
Not asked/No response	1	0.0	--

Table B-8			
Q7. In the past 30 days, on how many days did you...			
Q7a. Smoke cigarettes	Number	Overall %	Valid %
None	752	21.4	21.5
1 to 4	175	5.0	5.0
5 to 9	122	3.5	3.5
10 to 14	123	3.5	3.5
15 to 19	118	3.4	3.4
20 to 24	104	3.0	3.0
25 or more	2097	59.7	60.1
Don't know/Not sure	19	0.5	--
Not asked/No response	2	0.1	--
Q7b. Smoke cigars	Number	Overall %	Valid %
None	3400	96.8	96.9
1 to 4	64	1.8	1.8
5 to 9	14	0.4	0.4
10 to 14	5	0.1	0.1
15 to 19	5	0.1	0.1
20 to 24	1	0.0	0.0
25 or more	20	0.6	0.6
Don't know/Not sure	3	0.1	--
Not asked/No response	0	0.0	--

Table B-8 (Continued)			
Q7. In the past 30 days, on how many days did you...			
Q7c. Smoke tobacco in pipes	Number	Overall %	Valid %
None	3487	99.3	99.3
1 to 4	10	0.3	0.3
5 to 9	0	0.0	0.0
10 to 14	2	0.1	0.1
15 to 19	0	0.0	0.0
20 to 24	3	0.1	0.1
25 or more	10	0.3	0.3
Don't know/Not sure	0	0.0	--
Not asked/No response	0	0.0	--
Q7d. Use chew or smokeless tobacco	Number	Overall %	Valid %
None	3407	97.0	97.0
1 to 4	25	0.7	0.7
5 to 9	15	0.4	0.4
10 to 14	7	0.2	0.2
15 to 19	15	0.4	0.4
20 to 24	2	0.1	0.1
25 or more	41	1.2	1.2
Don't know/Not sure	0	0.0	--
Not asked/No response	0	0.0	--

Table B-9			
Q8. On the average, on days when you smoked during the past 30 days, about how many cigarettes did you smoke a day?			
	Number	Overall %	Valid %
Less than 1 per day	6	0.2	0.2
1 to 5	403	11.5	14.7
5 to 9	406	11.6	14.8
10 to 19	871	24.8	31.8
20 to 29	740	21.1	27.0
30 to 39	177	5.0	6.5
40 or more	138	3.9	5.0
Don't know/Not sure	18	0.5	--
Not asked/No response	753	21.4	--

Table B-10			
Q9. How soon after you wake up do you first use any tobacco products?			
	Number	Overall %	Valid %
Within 5 minutes	857	24.4	30.8
6-30 minutes	816	23.2	29.3
31-60 minutes	378	10.8	13.6
More than 60 minutes	735	20.9	26.4
Don't know/Not sure	32	0.9	--
Not asked/No response	694	19.7	--

Table B-11			
Q10a. How does your current cigarette use compare to your use when you first called Quitline? Do you currently smoke...			
	Number	Overall %	Valid %
A lot less	1525	43.4	44.6
Somewhat less	674	19.2	19.7
About the same number	1068	30.4	31.2
Somewhat more	90	2.6	2.6
A lot more	66	1.9	1.9
Don't know/Not sure	10	0.3	--
Not asked/No response	79	2.3	--

Table B-12			
Q10b. How does your current cigar use compare to your use when you first called Quitline? Do you currently smoke...			
	Number	Overall %	Valid %
A lot less	118	3.4	55.9
Somewhat less	24	0.7	11.4
About the same number	52	1.5	24.6
Somewhat more	12	0.3	5.7
A lot more	5	0.1	2.4
Don't know/Not sure	7	0.2	--
Not asked/No response	3294	93.8	--

Table B-13			
Q10c. How does your current pipe use compare to your use when you first called Quitline? Do you currently smoke...			
	Number	Overall %	Valid %
A lot less	36	1.0	67.9
Somewhat less	5	0.1	9.4
About the same number	9	0.3	17.0
Somewhat more	1	0.0	1.9
A lot more	2	0.1	3.8
Don't know/Not sure	11	0.3	--
Not asked/No response	3448	98.2	--

Table B-14			
Q10d. How does your current chew use compare to your use when you first called Quitline? Do you currently chew...			
	Number	Overall %	Valid %
A lot less	82	2.3	48.5
Somewhat less	12	0.3	7.1
About the same number	55	1.6	32.5
Somewhat more	8	0.2	4.7
A lot more	12	0.3	7.1
Don't know/Not sure	2	0.1	--
Not asked/No response	3341	95.1	--

Table B-15			
Q11a. During the past (3, 6, or 12 months), how many different times have you stopped smoking or using other tobacco products for one day or longer because you were trying to quit?			
	Number	Overall %	Valid %
0 times	1014	28.9	29.7
1 time	993	28.3	29.0
2 to 5 times	1166	33.2	34.1
6 to 10 times	169	4.8	4.9
11 to 20 times	57	1.6	1.7
More than 20 times	20	0.6	0.6
Don't know/Not sure	90	2.6	--
Not asked/No response	3	0.1	--

Table B-16			
Q12. During the past (3, 6, or 12 months), did you use any of the following medications to quit? (select all that apply)			
	Number	Overall %	Valid %
Nicotine gum	196	5.6	5.6
Nicotine lozenge	35	1.0	1.0
Nicotine patch	1122	31.9	31.9
Nicotine inhaler	21	0.6	0.6
Nicotine nasal spray	1	0.0	0.0
Chantix or varenicline	1003	28.6	28.6
Wellbutrin, Zyban, or Bupropion	182	5.2	5.2
A pill to help you quit	63	1.8	1.8
Other medication	15	0.4	0.4
None	874	24.9	24.9
Don't know/Not sure	0	0.0	--
Not asked/No response	0	0.0	--

Table B-17

Q13. During the past (3, 6, or 12 months), did you use any of the following methods to quit? (select all that apply)

	Number	Overall %	Valid %
Quitline telephone counseling	180	6.8	7.4
Individual face-to-face counseling	11	0.4	0.5
Group, face-to-face	3	0.1	0.1
Self-help materials from Quitline	83	3.1	3.4
A self-help site on the Internet (like Quitnet)	9	0.3	0.4
Any other self-help materials not on the internet	10	0.4	0.4
Followed advice from physician/other healthcare provider	142	5.4	5.8
Cold turkey	358	13.6	14.7
Tapering down	1538	58.3	63.1
Other method(s)	105	4.0	4.1
None	197	7.5	--
Don't know/Not sure	0	0.0	--
Not asked/No response	2	0.1	--

Table B-18

Q14. During the past (3, 6, or 12 months), what is the longest period of time you did not smoke cigarettes or use any other tobacco products?

	Number	Overall %	Valid %
1 day	292	8.3	10.6
2 to 6 days (less than 1 week)	689	19.6	25.0
1 to 4 weeks (less than 1 month)	721	20.5	26.2
5 to 8 weeks (less than 2 months)	301	8.6	10.9
9 to 12 weeks (less than 3 months)	200	5.7	7.3
3 to 6 months	359	10.2	13.0
6 months or longer	193	5.5	7.0
Have not gone 1 day or longer without tobacco	699	19.9	--
Don't know/Not sure	54	1.5	--
Not asked/No response	4	0.1	--

Table B-19			
Q15. Do you think you will use tobacco anytime during the next year?			
	Number	Overall %	Valid %
Definitely yes	957	27.2	28.1
Probably yes	1160	33.0	34.1
Probably not	719	20.5	21.1
Definitely not	565	16.1	16.6
Don't know/Not sure	103	2.9	--
Not asked/No response	8	0.2	--

Table B-20			
Q16. Do you think you will use any kind of nicotine replacement therapy or medication to help you quit such as a patch, gum, lozenge, or pill at anytime during the next year?			
	Number	Overall %	Valid %
Definitely yes	1176	33.5	35.0
Probably yes	1040	29.6	31.0
Probably not	503	14.3	15.0
Definitely not	639	18.2	19.0
Don't know/Not sure	148	4.2	--
Not asked/No response	6	0.2	--

Table B-21			
Q17. Nicotine replacement therapy like a patch, gum, or pill causes cancer			
	Number	Overall %	Valid %
Strongly agree	96	2.7	3.5
Agree	279	7.9	10.2
Disagree	1723	49.1	62.8
Strongly disagree	647	18.4	23.6
Don't know/Not sure	758	21.6	--
Not asked/No response	9	0.2	--

Table B-22			
Q18. Nicotine replacement therapy is helpful for people who want to quit using tobacco			
	Number	Overall %	Valid %
Strongly agree	1259	35.8	37.1
Agree	1948	55.5	57.4
Disagree	148	4.2	4.4
Strongly disagree	38	1.1	1.1
Don't know/Not sure	113	3.2	--
Not asked/No response	6	0.2	--

Table B-23			
Q19. Nicotine replacement therapy is more dangerous than smoking cigarettes			
	Number	Overall %	Valid %
Strongly agree	38	1.1	1.2
Agree	135	3.8	4.2
Disagree	1923	54.8	59.8
Strongly disagree	1118	31.8	34.8
Don't know/Not sure	293	8.3	--
Not asked/No response	5	0.1	--

Table B-24			
Q20. Was the amount of NRT you received from Quitline more than enough, just right, or not enough for you to quit successfully?			
	Among All Participants		
	Number	Overall %	Valid %
More than enough	250	7.1	7.6
Just right	954	27.2	28.9
Not enough	1585	45.1	48.0
Did not receive NRT	510	14.5	15.5
Don't know/Not sure	204	5.8	--
Not asked/No response	9	0.3	--

Table B-25			
Q21. Was the amount of counseling you received from Quitline more than enough, just right, or not enough for you to quit successfully?			
	Among All Participants		
	Number	Overall %	Valid %
More than enough	323	9.2	9.5
Just right	1459	41.5	42.9
Not enough	1174	33.4	34.5
Did not receive counseling	445	12.7	13.1
Don't know/Not sure	96	2.7	--
Not asked/No response	15	0.4	--

Table B-26			
Q22. Would you recommend Quitline services to someone who was trying to quit smoking?			
	Number	Overall %	Valid %
Yes	3148	89.6	91.1
No	307	8.7	8.9
Don't know/Not sure	55	1.6	--
Not asked/No response	2	0.1	--

Table B-27			
Q23. Overall, how would you rate your satisfaction with Quitline Iowa?			
Were you...			
	Number	Overall %	Valid %
Very satisfied	1147	32.7	33.5
Satisfied	1675	47.7	48.9
Dissatisfied	396	11.3	11.6
Very dissatisfied	206	5.9	6.0
Don't know/Not sure	78	2.2	--
Not asked/No response	10	0.3	--

Table B-28			
Q24. Do you live with a smoker?			
	Number	Overall %	Valid %
Yes	1498	42.7	42.7
No	2013	57.3	57.3
Don't know/Not sure	1	0.0	--
Not asked/No response	0	0.0	--

Table B-29			
Q25. Are you Hispanic or Latino?			
	Number	Overall %	Valid %
Yes	65	1.9	1.9
No	3440	97.9	98.1
Don't know/Not sure	2	0.1	--
Not asked/No response	5	0.1	--

Table B-30			
Q26. Which of the following would you say best represents your race?			
	Number	Overall %	Valid %
White or Caucasian	3238	92.2	92.7
Black or African American	138	3.9	3.9
Asian	7	0.2	0.2
American Indian or Alaska Native	61	1.7	1.7
Native Hawaiian or Pacific Islander	6	0.2	0.2
Other	44	1.3	1.3
Don't know/Not sure	2	0.1	--
Not asked/No response	16	0.5	--

Table B-31			
Q27. Is your annual household income from all sources...			
	Number	Overall %	Valid %
Less than \$20,000	1822	51.9	55.0
\$20,001 - \$40,000	836	23.8	25.2
\$40,001 - \$60,000	388	11.0	11.7
\$60,001 - \$80,000	156	4.4	4.7
\$80,001 or more	112	3.2	3.4
Don't know/Not sure	82	2.3	--
Not asked/No response	116	3.3	--

Table B-32			
Q28. Would you say that in general your health is...			
	Number	Overall %	Valid %
Excellent	213	6.1	6.1
Very good	657	18.7	18.8
Good	1276	36.3	36.5
Fair	819	23.3	23.4
Poor	529	15.1	15.1
Don't know/Not sure	16	0.5	--
Not asked/No response	2	0.1	--

Table B-33			
Q30. Which of the following best describes your own health insurance situation?			
	Number	Overall %	Valid %
Private insurance	976	27.8	30.0
Medicaid	1043	29.7	32.1
Medicare	410	11.7	12.6
Military health care	30	0.9	0.9
No health insurance	559	15.9	17.2
Other	230	6.5	7.1
Don't know/Not sure	33	0.9	--
Not asked/No response	231	6.5	--

Table B-34			
Q31. Did Medicaid pay for any of the medication or nicotine replacement therapy that you took to help you quit smoking in the last (3, 6, or 12) months?			
	Number	Overall %	Valid %
Yes	1112	31.7	34.7
No	2094	59.6	65.3
Don't know/Not sure	87	2.5	--
Not asked/No response	219	6.2	--

Table B-35			
Q32. Were you referred to Quitline by your doctor or another healthcare provider?			
	Number	Overall %	Valid %
Yes	1494	42.5	45.9
No	1764	50.2	54.1
Don't know/Not sure	39	1.1	--
Not asked/No response	215	6.1	--

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Appendix C

HSTCT Follow-Up Questionnaire

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SECTION 1: Prior to, first call, and during program

During this interview, I'm going to ask you questions about your tobacco use and experience with the tobacco cessation/treatment program.

Q1a-d. Think back to when you first started this program. During the 30 days before you first started this program, on how many days did you...

- a. Smoke cigarettes?
- b. Smoke cigars?
- c. Smoke tobacco in pipes?
- d. Use chew or smokeless tobacco?

0-31. Number of days

77. Don't know/Not sure

99. Refused

Note: If Q1a = 0, Skip to Q3

Q2. On the average, on days when you smoked, about how many cigarettes did you smoke a day?

1-180. Number of cigarettes _____

(Interviewer Note: 1 pack=20 cigarettes. Verify 61 or more cigarettes.)

666. Less than one cigarette per day

777. Don't know/Not sure

999. Refused

Q3. Think about a typical morning back when you first started the program. How soon after waking up did you first use any tobacco product?

- 1. Within 5 minutes of waking
- 2. 6-30 minutes after waking
- 3. 31-60 minutes after waking
- 4. More than 60 minutes after waking

7. Don't know/Not sure

9. Refused

Note: If Q1a = 0, Skip to Q4b

Q4a. Why did you decide to quit smoking cigarettes? [SELECT ALL THAT APPLY]

11. It is bad for my health
12. I had a health event like a heart attack or diagnosis
13. It was getting too expensive
14. Nicotine replacement therapy (like a patch, gum, or pill) was available for free or at reduced cost
15. Family or friends wanted me to
16. Concerned about the health or well-being of others
17. Motivation from media campaign in newspapers, on television, or online
18. Employer/Workplace policy
19. Just didn't like it anymore
20. Too few places allow it
21. Recommended by a healthcare professional
22. Embarrassed to use tobacco products
23. Pregnant
24. Wanted to be a good role model
67. Other [Specify]

77. Don't know/Not Sure
99. Refused

Note: If Q1b = 0 and Q1c = 0 and Q1d = 0, Skip to Q5

Q4b. Why did you decide to quit using tobacco products? [SELECT ALL THAT APPLY]

11. It is bad for my health
12. I had a health event like a heart attack or diagnosis
13. It was getting too expensive
14. Nicotine replacement therapy (like a patch, gum, or pill) was available for free or at reduced cost
15. Family or friends wanted me to
16. Concerned about the health or well-being of others
17. Motivation from media campaign in newspapers, on television, or online
18. Employer/Workplace policy
19. Just didn't like it anymore
20. Too few places allow it
21. Recommended by a healthcare professional
22. Embarrassed to use tobacco products
23. Pregnant
24. Wanted to be a good role model
66. Other [Specify]

77. Don't know/Not Sure
99. Refused

Q5a-c. How many times did you receive the following types of counseling?

- a. Individual counseling
- b. Group counseling
- c. Quitline counseling

0-15. Number of times (15 = 15+)

- 77. Don't know/Not sure
- 99. Refused

Q6a-f. While enrolled in the tobacco cessation program, how many times did you go to the pharmacy or clinic to pick up nicotine patches? [ASKED IN ORDER: A, B, C, F, D, E]

(Interviewer note: If the respondent can't remember, ask them to give their best guess. Each time they pick up medications, it is a 2 week supply. Ex: 1 time equals 2 weeks, 2 times equals 4 weeks and so on. If they say more than 6 times, double check if they mean number of weeks or number of pick-ups.)

- a. Nicotine patches
- b. Nicotine gum
- c. Chantix or varenicline
- d. Nicotine lozenges
- e. Nicotine inhaler
- f. Wellbutrin, Zyban, or bupropion?

[] = TIMES (0-6)

- 77. Don't know/Not sure
- 99. Refused

SECTION 2: Current tobacco use

Now I'll ask some questions about your current cigarette and tobacco use.

Q7a-d. In the past 30 days, on how many days did you...

- a. Smoke cigarettes?
- b. Smoke cigars?
- c. Smoke tobacco in pipes?
- d. Use chew or smokeless tobacco?

0-31. Number of days

- 77. Don't know/Not sure
- 99. Refused

Note: If Q7a = 0, Skip to Q9

Q8. On the average, on days when you smoked during the past 30 days, about how many cigarettes did you smoke a day?

1-181. Number of cigarettes_____

(Interviewer Note: 1 pack=20 cigarettes. Verify 61 or more cigarettes.)

666. Less than one cigarette per day

777. Don't know/Not sure

999. Refused

Note: If Q7a = 0 and Q7b = 0 and Q7c = 0 and Q7d = 0, Skip to Q10a

Q9. How soon after you wake up do you first use any tobacco products?

1. Within 5 minutes of waking
2. 6-30 minutes after waking
3. 31-60 minutes after waking
4. More than 60 minutes after waking

7. Don't know/Not sure

9. Refused

Note: If Q1a = 0 and Q7a = 0, Skip to Q10b

Q10a. How does your current cigarette use compare to your use when you first started the program? Do you currently smoke...

1. A lot less,
2. Somewhat less,
3. About the same number,
4. Somewhat more, or
5. A lot more cigarettes now?

7. Don't know/Not sure

9. Refused

Note: If Q1b = 0 and Q7b = 0, Skip to Q10c

Q10b. How does your current cigar use compare to your use when you first started the program? Do you currently smoke...

1. A lot less,
2. Somewhat less,
3. About the same number,
4. Somewhat more, or
5. A lot more cigars now?

7. Don't know/Not sure

9. Refused

Note: If Q1c = 0 and Q7c = 0, Skip to Q10d

Q10c. How does your current pipe use compare to your use when you first started the program? Do you currently smoke...

1. A lot less,
2. Somewhat less,
3. About the same number,
4. Somewhat more, or
5. A lot more pipe bowls now?

7. Don't know/Not sure
9. Refused

Note: If Q1d = 0 and Q7d = 0, Skip to Q11a

Q10d. How does your current chew use compare to your use when you first started the program? Do you currently chew...

1. A lot less,
2. Somewhat less,
3. About the same amount,
4. Somewhat more, or
5. A lot more now?

7. Don't know/Not sure
9. Refused

SECTION 3: Quit attempts/Cessation

Now I'm going to ask a few questions about your past attempts to quit using tobacco products.

Q11a. During the past (3, 6 or 12 months), how many different times have you stopped smoking or using other tobacco products for one day or longer because you were trying to quit?

- 0-365. Number of times
777. Don't know/Not sure
999. Refused

Note: If Q7a > 0 or Q7b > 0 or Q7c > 0 or Q7d > 0, Skip to Q12

Q11b. When did you quit using tobacco products?

(Interviewer Note: Probe for exact date, but enter 01 for MM and/or DD when respondent is not specific enough)

Day/Month/Year

01011999. Don't Know/Not Sure & Refused

Q12. During the past (3, 6 or 12 months), did you use any of the following medications to quit? [READ 11-17, SELECT ALL THAT APPLY]

- 11. Nicotine gum
- 12. Nicotine lozenge
- 13. Nicotine patch
- 14. Nicotine inhaler
- 15. Nicotine nasal spray
- 16. Chantix or varenicline
- 17. Wellbutrin, Zyban, or Bupropion
- 66. Other [Specify]

- 88. None
- 77. Don't know/Not sure
- 99. Refused

Q13. In the past (3, 6, or 12 months), did you use any of the following methods to quit? [READ 11-19, SELECT ALL THAT APPLY]

- 11. Quitline telephone counseling
- 12. Individual, face to face counseling
- 13. Group, face to face
- 14. Self-help materials from Quitline
- 15. Any other self-help materials not on the internet
- 16. A self-help site on the Internet (like QuitNet)
- 17. Followed advice from physician/other healthcare provider
- 18. Cold turkey
- 19. Tapering down (gradually reducing the number of cigarettes you smoke)
- 66. Other [Specify]

- 88. None
- 77. Don't know/Not sure
- 99. Refused

Q14. During the last (3, 6 or 12 months), what is the longest period of time you did not smoke cigarettes or use any other tobacco products?

- 101-107. Days
- 201-252. Weeks
- 301-312. Months

- 777. Don't know/Not sure
- 888. Respondent has not gone one day or longer without tobacco
- 999. Refused

Q15. Do you think you will use tobacco anytime during the next year? [READ 1-4]

1. Definitely yes
2. Probably yes
3. Probably not
4. Definitely not

7. Don't know/Not sure
9. Refused

Q16. Do you think you will use any kind of nicotine replacement therapy or medication such as a patch, gum, lozenge, or pill at anytime during the next year? [READ 1-4]

1. Definitely yes
2. Probably yes
3. Probably not
4. Definitely not

7. Don't know/Not sure
9. Refused

Please respond to the following statements by telling me if you strongly agree, agree, disagree, or strongly disagree.

Q17. Nicotine replacement therapy like a patch, gum, or pill causes cancer.

1. Strongly agree
2. Agree
3. Disagree
4. Strongly disagree

7. Don't know/Not sure
9. Refused

Q18. Nicotine replacement therapy is helpful for people who want to quit using tobacco.

1. Strongly agree
2. Agree
3. Disagree
4. Strongly disagree

7. Don't know/Not sure
9. Refused

Q19. Nicotine replacement therapy is more dangerous than smoking cigarettes.

1. Strongly agree
2. Agree
3. Disagree
4. Strongly disagree

7. Don't know/Not sure
9. Refused

SECTION 4: Services

Q20. Was the amount of nicotine replacement therapy you received from the program more than enough, just right, or not enough for you to quit successfully?

1. More than enough
2. Just right
3. Not enough
4. Did not receive NRT

7. Don't know/Not sure
9. Refused/No answer

Q21. Was the amount of counseling you received from the program more than enough, just right, or not enough for you to quit successfully?

1. More than enough
2. Just right
3. Not enough
4. Did not receive counseling

7. Don't know/Not sure
9. Refused/No answer

Q22. Would you recommend these services to someone who was trying to quit smoking?

1. Yes
2. No

7. Don't know/Not sure
9. Refused

Q23. Overall, how would you rate your satisfaction with the tobacco cessation/treatment program? Were you...

1. Very satisfied,
2. Satisfied,
3. Dissatisfied, or
4. Very dissatisfied?

7. Don't know/Not sure
9. Refused

SECTION 6: Demographics

Now I'm going to ask a few questions about you.

Q24. Do you live with a smoker?

1. Yes
2. No

7. Don't know/Not sure
9. Refused

Q25. Are you Hispanic or Latino?

1. Yes
2. No

7. Don't know/Not sure
9. Refused

Q26. Which of the following would you say **best** represents your race?

1. White or Caucasian
2. Black or African American
3. Asian
4. American Indian or Alaska Native
5. Native Hawaiian or Pacific Islander
6. Other: [specify]?

7. Don't know/Not sure
9. Refused

Q27. Is your annual household income from all sources: [READ AS APPROPRIATE]

1. Less than \$20,000,
2. \$20,001 - \$40,000,
3. \$40,001 - \$60,000,
4. \$60,001 - \$80,000, or
5. \$80,001 or more?

7. Don't know/Not sure
9. Refused

Q28. Would you say that in general your health is...

1. Excellent,
2. Very good,
3. Good,
4. Fair, or
5. Poor?

7. Don't know/Not sure
9. Refused

Q29. What is your zip code?

— — — — — (5 digit zip code)

77777. Don't know
99999. Refused

Q30. Which of the following best describes your own health insurance situation?

1. Private insurance (self-pay or through employer)
2. Medicaid
3. Medicare
4. Military health care (includes veterans)
5. No health insurance
6. Other [Specify]

7. Don't know/Not sure
9. Refused

Q31. Did Medicaid pay for any of the medication or nicotine replacement therapy that you took to help you quit smoking in the last (3, 6 or 12) months?

1. Yes
2. No

7. Don't know/Not sure
9. Refused

FINAL STATEMENT

That's all the questions I have. The answers of all the participants interviewed will be combined to describe people's experiences with the program and to guide its future development. If you have questions about this survey you may call Disa Cornish at (319) 273-2105. Thank you for your time and cooperation with this survey. Good-bye.

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Appendix D

HSTCT Follow-Up Frequency Tables

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Table D-1

Q1. Think back to when you first started this program. During the 30 days before started this program, on how many days did you...

Q1a. Smoke cigarettes	Number	Overall %	Valid %
None	8	1.4	1.4
1 to 4	0	0.0	0.0
5 to 9	7	1.3	1.3
10 to 14	7	1.3	1.3
15 to 19	3	0.5	0.5
20 to 24	8	1.4	1.4
25 or more	523	93.7	94.1
Don't know/Not sure	2	0.4	--
Not asked/No response	0	0.0	--
Q1b. Smoke cigars	Number	Overall %	Valid %
None	532	95.3	95.3
1 to 4	13	2.3	2.3
5 to 9	1	0.2	0.2
10 to 14	4	0.7	0.7
15 to 19	1	0.2	0.2
20 to 24	1	0.2	0.2
25 or more	6	1.1	1.1
Don't know/Not sure	0	0.0	--
Not asked/No response	0	0.0	--

Table D-1 (Continued)

Q1. Think back to when you first started this program. During the 30 days before started this program, on how many days did you...

Q1c. Smoke tobacco in pipes	Number	Overall %	Valid %
None	551	98.7	98.7
1 to 4	0	0.0	0.0
5 to 9	0	0.0	0.0
10 to 14	0	0.0	0.0
15 to 19	1	0.2	0.2
20 to 24	0	0.0	0.0
25 or more	6	1.1	1.1
Don't know/Not sure	0	0.0	--
Not asked/No response	0	0.0	--
Q1d. Use chew or smokeless tobacco	Number	Overall %	Valid %
None	540	96.8	96.8
1 to 4	4	0.7	0.7
5 to 9	1	0.2	0.2
10 to 14	3	0.5	0.5
15 to 19	2	0.4	0.4
20 to 24	1	0.2	0.2
25 or more	7	1.3	1.3
Don't know/Not sure	0	0.0	--
Not asked/No response	0	0.0	--

Table D-2			
Q2. On the average, on days when you smoked, about how many cigarettes did you smoke a day?			
	Number	Overall %	Valid %
Less than 5	15	2.7	2.7
5 to 9	32	5.7	5.8
10 to 19	116	20.8	21.1
20 to 29	214	38.4	38.9
30 to 39	90	16.1	16.4
40 or more	83	14.9	15.1
Don't know/Not sure	0	0.0	--
Not asked/No response	8	1.4	--

Table D-3			
Q3. Think about a typical morning back when you first started the program. How soon after waking up did you first use any tobacco product?			
	Number	Overall %	Valid %
Within 5 minutes	242	43.4	43.7
6-30 minutes	176	31.5	31.8
31-60 minutes	58	10.4	10.5
More than 60 minutes	78	14.0	14.1
Don't know/Not sure	3	0.5	--
Not asked/No response	1	0.2	--

Table D-4

Q4a. Why did you decide to quit smoking cigarettes? (select all that apply)

	Number	Overall %	Valid %
It is bad for my health	362	64.9	65.8
I had a health event like a heart attack or diagnosis	67	12.0	12.2
It was getting too expensive	121	21.7	22.0
NRT was available for free or at reduced cost	0	0.0	0.0
Family or friends wanted me to	38	6.8	6.9
Concerned about the health or well-being of others	41	7.3	7.5
Motivation from media campaign in newspapers, on television, or online	1	0.2	0.2
Employer/workplace policy	4	0.7	0.7
Just didn't like it anymore	74	13.3	13.5
Too few places allow smoking	5	0.9	0.9
Recommended by a healthcare professional	21	3.8	3.8
Embarrassed to use tobacco products	3	0.5	0.5
Pregnant	0	0.0	0.0
Wanted to be a good role model	12	2.2	2.2
Other reason(s)	54	9.7	9.8
Don't know/Not sure	0	0.0	--
Not asked/No response	8	1.4	--

Table D-5

Q4b. Why did you decide to quit using tobacco products? (select all that apply)

	Number	Overall %	Valid %
It is bad for my health	30	5.4	68.2
I had a health event like a heart attack or diagnosis	4	0.7	9.1
It was getting too expensive	6	1.1	13.6
NRT was available for free or at reduced cost	0	0.0	0.0
Family or friends wanted me to	3	0.5	6.8
Concerned about the health or well-being of others	2	0.4	4.5
Motivation from media campaign in newspapers, on television, or online	0	0.0	0.0
Employer/workplace policy	0	0.0	0.0
Just didn't like it anymore	9	1.6	20.5
Too few places allow it	0	0.0	0.0
Recommended by a healthcare professional	5	0.9	11.4
Embarrassed to use tobacco products	0	0.0	0.0
Pregnant	0	0.0	0.0
Wanted to be a good role model	0	0.0	0.0
Other reason(s)	1	0.2	2.3
Don't know/Not sure	2	0.4	4.5
Not asked/No response	514	92.1	--

Table D-6

Q5. How many times did you receive the following types of counseling?

Q5a. Individual Counseling	Number	Overall %	Valid %
None	247	44.3	45.5
1-3	177	31.7	32.6
4-5	51	9.1	9.4
6 or more	68	12.2	12.5
Don't know/Not sure	15	2.7	--
Not asked/No response	0	0.0	--
Q5b. Group Counseling	Number	Overall %	Valid %
None	466	83.5	84.0
1-3	41	7.3	7.4
4-5	18	3.2	3.2
6 or more	30	5.4	5.4
Don't know/Not sure	3	0.5	--
Not asked/No response	0	0.0	--
Q5c. Quitline Counseling	Number	Overall %	Valid %
None	473	84.8	85.4
1-3	48	8.6	8.7
4-5	12	2.2	2.2
6 or more	21	3.8	3.8
Don't know/Not sure	4	0.7	--
Not asked/No response	0	0.0	--

Table D-7

Q6. While enrolled in the tobacco cessation program, how many times did you go to the pharmacy or clinic to pick up...

Q6a. Nicotine Patches	Number	Overall %	Valid %
0	426	76.3	76.9
1	50	9.0	9.0
2	21	3.8	3.8
3	21	3.8	3.8
4	10	1.8	1.8
5	8	1.4	1.4
6	18	3.2	3.2
Don't know/Not sure	4	0.7	--
Not asked/No response	0	0.0	--
Q6b. Nicotine Gum	Number	Overall %	Valid %
0	534	96.2	96.4
1	14	2.5	2.5
2	1	0.2	0.2
3	2	0.4	0.4
4	1	0.2	0.2
5	2	0.4	0.4
6	0	0.0	0.0
Don't know/Not sure	1	0.2	--
Not asked/No response	0	0.0	--

Table D-7 (Continued)

Q6. While enrolled in the tobacco cessation program, how many times did you go to the pharmacy or clinic to pick up...

Q6c. Chantix or varenicline	Number	Overall %	Valid %
0	108	21.1	21.6
1	98	19.1	19.6
2	92	18.0	18.4
3	67	13.1	13.4
4	39	7.6	7.8
5	18	3.5	3.6
6	44	8.6	8.8
7	2	0.4	0.4
8	18	3.5	3.6
9	1	0.2	0.2
10	5	1.0	1.0
11	3	0.6	0.6
12	6	1.2	1.2
Don't know/Not sure	11	2.2	--
Not asked/No response	0	0.0	--
Q6d. Nicotine Lozenges	Number	Overall %	Valid %
0	547	98.0	98.0
1	8	1.4	1.4
2	0	0.0	0.0
3	0	0.0	0.0
4	0	0.0	0.0
5	0	0.0	0.0
6	3	0.5	0.5
Don't know/Not sure	0	0.0	--
Not asked/No response	0	0.0	--

Table D-7 (Continued)

Q6. While enrolled in the tobacco cessation program, how many times did you go to the pharmacy or clinic to pick up...

Q6e. Nicotine Inhaler	Number	Overall %	Valid %
0	542	97.1	97.1
1	10	1.8	1.8
2	2	0.4	0.4
3	3	0.5	0.5
4	1	0.2	0.2
5	0	0.0	0.0
6	0	0.0	0.0
Don't know/Not sure	0	0.0	--
Not asked/No response	0	0.0	--
Q6f. Wellbutrin, Zyban, or bupropion	Number	Overall %	Valid %
0	467	91.2	92.5
1	21	4.1	4.2
2	8	1.6	1.6
3	2	0.4	0.4
4	5	1.0	1.0
5	1	0.2	0.2
6	1	0.2	0.2
Don't know/Not sure	7	1.4	--
Not asked/No response	0	0.0	--

Table D-8			
Q7. In the past 30 days, on how many days did you...			
Q7a. Smoke cigarettes	Number	Overall %	Valid %
None	129	23.1	23.1
1 to 4	36	6.5	6.5
5 to 9	21	3.8	3.8
10 to 14	23	4.1	4.1
15 to 19	17	3.0	3.0
20 to 24	16	2.9	2.9
25 or more	316	56.6	56.6
Don't know/Not sure	0	0.0	--
Not asked/No response	0	0.0	--
Q7b. Smoke cigars	Number	Overall %	Valid %
None	544	97.5	97.5
1 to 4	7	1.3	1.3
5 to 9	3	0.5	0.5
10 to 14	0	0.0	0.0
15 to 19	1	0.2	0.2
20 to 24	1	0.2	0.2
25 or more	2	0.4	0.4
Don't know/Not sure	0	0.0	--
Not asked/No response	0	0.0	--

Table D-8 (Continued)

Q7. In the past 30 days, on how many days did you use the following tobacco products?

Q7c. Smoke tobacco in pipes	Number	Overall %	Valid %
None	556	99.6	99.6
1 to 4	0	0.0	0.0
5 to 9	0	0.0	0.0
10 to 14	0	0.0	0.0
15 to 19	1	0.2	0.2
20 to 24	0	0.0	0.0
25 or more	1	0.2	0.2
Don't know/Not sure	0	0.0	--
Not asked/No response	0	0.0	--
Q7d. Use chew or smokeless tobacco	Number	Overall %	Valid %
None	549	98.4	98.4
1 to 4	6	1.1	1.1
5 to 9	0	0.0	0.0
10 to 14	1	0.2	0.2
15 to 19	0	0.0	0.0
20 to 24	0	0.0	0.0
25 or more	2	0.4	0.4
Don't know/Not sure	0	0.0	--
Not asked/No response	0	0.0	--

Table D-9			
Q8. On the average, on days when you smoked during the past 30 days, about how many cigarettes did you smoke a day?			
	Number	Overall %	Valid %
Less than 5	85	15.2	20.0
5 to 9	54	9.7	12.7
10 to 19	97	17.4	22.9
20 to 29	132	23.7	31.1
30 to 39	27	4.8	6.4
40 or more	29	5.2	6.8
Less than 1 per day	3	0.5	--
Don't know/Not sure	2	0.4	--
Not asked/No response	129	23.1	--

Table D-10			
Q9. How soon after you wake up do you first use any tobacco products?			
	Number	Overall %	Valid %
Within 5 minutes	135	24.2	31.3
6-30 minutes	123	22.0	28.5
31-60 minutes	50	9.0	11.6
More than 60 minutes	123	22.0	28.5
Don't know/Not sure	3	0.5	--
Not asked/No response	124	22.2	--

Table D-11			
Q10a. How does your current cigarette use compare to your use when you first started the program? Do you currently smoke...			
	Number	Overall %	Valid %
A lot less	280	50.2	50.9
Somewhat less	95	17.0	17.3
About the same number	143	25.6	26.0
Somewhat more	18	3.2	3.3
A lot more	14	2.5	2.5
Don't know/Not sure	0	0.0	--
Not asked/No response	8	1.4	--

Table D-12			
Q10b. How does your current cigar use compare to your use when you first started the program? Do you currently smoke...			
	Number	Overall %	Valid %
A lot less	20	3.6	71.4
Somewhat less	1	0.2	3.6
About the same number	6	1.1	21.4
Somewhat more	1	0.2	3.6
A lot more	0	0.0	0.0
Don't know/Not sure	0	0.0	--
Not asked/No response	530	95.0	--

Table D-13			
Q10c. How does your current pipe use compare to your use when you first started the program? Do you currently smoke...			
	Number	Overall %	Valid %
A lot less	4	0.7	66.7
Somewhat less	0	0.0	0.0
About the same number	2	0.4	33.3
Somewhat more	0	0.0	0.0
A lot more	0	0.0	0.0
Don't know/Not sure	1	0.2	--
Not asked/No Response	551	98.7	--

Table D-14			
Q10d. How does your current chew use compare to your use when you first started the program? Do you currently chew...			
	Number	Overall %	Valid %
A lot less	13	2.3	59.1
Somewhat less	1	0.2	4.5
About the same number	6	1.1	27.3
Somewhat more	2	0.4	9.1
A lot more	0	0.0	0.0
Don't know/Not sure	0	0.0	--
Not asked/No response	536	96.1	--

Table D-15			
Q11a. During the past (3, 6, or 12 months), how many different times have you stopped smoking or using other tobacco products for one day or longer because you were trying to quit?			
	Number	Overall %	Valid %
0 times	164	29.4	30.0
1 time	196	35.1	35.8
2 to 5 times	150	26.9	27.4
6 to 10 times	27	4.8	4.9
11 to 20 times	5	0.9	0.9
More than 20 times	5	0.9	0.9
Don't know/Not sure	11	2.0	--
Not asked/No response	0	0.0	--

Table D-16			
Q12. During the past (3, 6, or 12 months), did you use any of the following medications to quit? (select all that apply)			
	Number	Overall %	Valid %
Nicotine gum	5	0.9	0.9
Nicotine lozenge	0	0.0	0.0
Nicotine patch	66	11.8	11.8
Nicotine inhaler	8	1.4	1.4
Nicotine nasal spray	1	0.2	0.2
Chantix or varenicline	328	58.8	58.8
Wellbutrin, Zyban, or Bupropion	27	4.8	4.8
A pill to help you quit	33	5.9	5.9
Other medication	1	0.2	0.2
None	89	15.9	15.9
Don't know/Not sure	0	0.0	--
Not asked/No response	0	0.0	--

Table D-17

Q13. In the past (3, 6, or 12 months), did you use any of the following methods to quit? (select all that apply)

	Number	Overall %	Valid %
Quitline telephone counseling	11	2.0	2.2
Individual, face-to-face counseling	21	3.8	4.3
Group, face-to-face	6	1.1	1.2
Self-help materials from Quitline	3	0.5	0.6
A self-help site on the Internet (like Quitnet)	2	0.4	0.4
Any other self-help materials not on the internet	4	0.7	0.8
Followed advice from physician/other healthcare provider	74	13.3	15.0
Cold turkey	66	11.8	13.4
Tapering down	296	53.0	60.2
Other method(s)	9	1.6	1.8
None	66	11.8	--
Don't know/Not sure	0	0.0	--
Not asked/No response	0	0.0	--

Table D-18			
Q14. During the past (3, 6, or 12 months), what is the longest period of time you did not smoke cigarettes or use any other tobacco products?			
	Number	Overall %	Valid %
1 day	37	6.6	8.4
2 to 6 days (less than 1 week)	102	18.3	23.1
1 to 4 weeks (less than 1 month)	98	17.6	22.2
5 to 8 weeks (less than 2 months)	55	9.9	12.5
9 to 12 weeks (less than 3 months)	44	7.9	10.0
3 to 6 months	71	12.7	16.1
6 months or longer	34	6.1	7.7
Have not gone 1 day or longer without tobacco	113	20.3	--
Don't know/Not sure	4	0.7	--
Not asked/No response	0	0.0	--

Table D-19			
Q15. Do you think you will use tobacco anytime during the next year?			
	Number	Overall %	Valid %
Definitely yes	163	29.2	30.0
Probably yes	166	29.7	30.5
Probably not	106	19.0	19.5
Definitely not	109	19.5	20.0
Don't know/Not sure	13	2.3	--
Not asked/No response	1	0.2	--

Table D-20			
Q16. Do you think you will use any kind of nicotine replacement therapy or medication such as a patch, gum, lozenge, or pill at anytime during the next year?			
	Number	Overall %	Valid %
Definitely yes	151	27.1	27.8
Probably yes	163	29.2	30.0
Probably not	103	18.5	19.0
Definitely not	126	22.6	23.2
Don't know/Not sure	15	2.7	--
Not asked/No response	0	0.0	--

Table D-21			
Q17. Nicotine replacement therapy like a patch, gum, or pill causes cancer			
	Number	Overall %	Valid %
Strongly agree	13	2.3	3.0
Agree	53	9.5	12.3
Disagree	278	49.8	64.7
Strongly disagree	86	15.4	20.0
Don't know/Not sure	128	22.9	--
Not asked/No response	0	0.0	--

Table D-22			
Q18. Nicotine replacement therapy is helpful for people who want to quit using tobacco			
	Number	Overall %	Valid %
Strongly agree	201	36.0	37.4
Agree	300	53.8	55.8
Disagree	27	4.8	5.0
Strongly disagree	10	1.8	1.9
Don't know/Not sure	20	3.6	--
Not asked/No response	0	0.0	--

Table D-23			
Q19. Nicotine replacement therapy is more dangerous than smoking cigarettes			
	Number	Overall %	Valid %
Strongly agree	8	1.4	1.5
Agree	24	4.3	4.6
Disagree	309	55.4	59.8
Strongly disagree	176	31.5	34.0
Don't know/Not sure	40	7.2	--
Not asked/No response	1	0.2	--

Table D-24			
Q20. Was the amount of NRT you received from the program more than enough, just right, or not enough for you to quit successfully?			
	Among All Participants		
	Number	Overall %	Valid %
More than enough	70	12.5	13.3
Just right	222	39.8	42.1
Not enough	191	34.2	36.2
Did not receive NRT	44	7.9	8.3
Don't know/Not sure	31	5.6	--
Not asked/No response	0	0.0	--

Table D-25			
Q21. Was the amount of counseling you received from the program more than enough, just right, or not enough for you to quit successfully?			
	Among All Participants		
	Number	Overall %	Valid %
More than enough	60	10.8	11.0
Just right	258	46.2	47.2
Not enough	166	29.7	30.3
Did not receive counseling	63	11.3	11.5
Don't know/Not sure	11	2.0	--
Not asked/No response	0	0.0	--

Table D-26			
Q22. Would you recommend these services to someone who was trying to quit smoking?			
	Number	Overall %	Valid %
Yes	523	93.7	94.6
No	30	5.4	5.4
Don't know/Not sure	5	0.9	--
Not asked/No Response	0	0.0	--

Table D-27			
Q23. Overall, how would you rate your satisfaction with the tobacco cessation/treatment program? Were you...			
	Number	Overall %	Valid %
Very satisfied	196	35.1	35.9
Satisfied	241	43.2	44.1
Dissatisfied	68	12.2	12.5
Very dissatisfied	41	7.3	7.5
Don't know/Not sure	12	2.2	--
Not asked/No response	0	0.0	--

Table D-28			
Q24. Do you live with a smoker?			
	Number	Overall %	Valid %
Yes	256	45.9	45.9
No	302	54.1	54.1
Don't know/Not sure	0	0.0	--
Not asked/No response	0	0.0	--

Table D-29			
Q25. Are you Hispanic or Latino?			
	Number	Overall %	Valid %
Yes	14	2.5	2.5
No	541	97.0	97.5
Don't know/Not sure	1	0.2	--
Not asked/No response	2	0.4	--

Table D-30			
Q26. Which of the following would you say best represents your race?			
	Number	Overall %	Valid %
White or Caucasian	489	87.6	88.3
Black or African American	50	9.0	9.0
Asian	1	0.2	0.2
American Indian or Alaska Native	7	1.3	1.3
Native Hawaiian or Pacific Islander	1	0.2	0.2
Other	6	1.1	1.1
Don't know/Not sure	1	0.2	--
Not asked/No response	3	0.5	--

Table D-31			
Q27. Is your annual household income from all sources...			
	Number	Overall %	Valid %
Less than \$20,000	288	51.6	55.5
\$20,001 - \$40,000	159	28.5	30.6
\$40,001 - \$60,000	47	8.4	9.1
\$60,001 - \$80,000	14	2.5	2.7
\$80,001 or more	11	2.0	2.1
Don't know/Not sure	12	2.2	--
Not asked/No response	27	7.0	--

Table D-32			
Q28. Would you say that in general your health is...			
	Number	Overall %	Valid %
Excellent	22	3.9	3.9
Very good	102	18.3	18.3
Good	204	36.6	36.6
Fair	152	27.2	27.2
Poor	78	14.0	14.0
Don't know/Not sure	0	0.0	--
Not asked/No response	0	0.0	--

Table D-33			
Q30. Which of the following best describes your own health insurance situation?			
	Number	Overall %	Valid %
Private insurance	117	21.0	23.1
Medicaid	36	6.5	7.1
Medicare	42	7.5	8.3
Military health care	5	0.9	1.0
No health insurance	282	50.5	55.6
Other	25	4.5	4.9
Don't know/Not sure	0	0.0	--
Not asked/No response	51	9.1	--

Table D-34

Q31. Did Medicaid pay for any of the medication or nicotine replacement therapy that you took to help you quit smoking in the last (3, 6, or 12) months?

	Number	Overall %	Valid %
Yes	59	10.6	13.2
No	389	69.7	86.8
Don't know/Not sure	61	10.9	--
Not asked/No response	49	8.7	--

Appendix E

Baseline and Overall Follow-Up Comparisons

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Table E1: Quitline Cessation Respondents' Tobacco Use at Baseline and Follow-Up

Measure	Baseline	Overall Follow-Up
Cigarettes		
Any use in past 30 days	96.7%	78.0%
Frequent smoker (20 days or more in the past 30)	91.9%	62.7%
Daily smoker (30 days in the past 30)	89.7%	56.2%
Cigars		
Any use in past 30 days	5.1%	3.1%
Frequent smoker (20 days or more in the past 30)	1.1%	0.6%
Daily smoker (30 days in the past 30)	0.9%	0.5%
Pipe tobacco		
Any use in past 30 days	1.5%	0.7%
Frequent smoker (20 days or more in the past 30)	0.9%	0.4%
Daily smoker (30 days in the past 30)	0.8%	0.3%
Smokeless tobacco		
Any use in past 30 days	4.0%	3.0%
Frequent user (20 days or more in the past 30)	2.5%	1.2%
Daily user (30 days in the past 30)	2.3%	1.1%

Table E2: Clinic Cessation Respondents' Tobacco Use at Baseline and Follow-Up

Measure	Baseline	Overall Follow-Up
Cigarettes		
Any use in past 30 days	98.2%	76.9%
Frequent smoker (20 days or more in the past 30)	95.2%	59.5%
Daily smoker (30 days in the past 30)	93.7%	54.5%
Cigars		
Any use in past 30 days	4.7%	2.5%
Frequent smoker (20 days or more in the past 30)	1.3%	0.5%
Daily smoker (30 days in the past 30)	1.1%	0.4%
Pipe tobacco		
Any use in past 30 days	1.3%	0.4%
Frequent smoker (20 days or more in the past 30)	1.1%	0.2%
Daily smoker (30 days in the past 30)	1.1%	0.2%
Smokeless tobacco		
Any use in past 30 days	3.2%	1.6%
Frequent user (20 days or more in the past 30)	1.4%	0.4%
Daily user (30 days in the past 30)	1.3%	0.4%

Table E3: Quitline Cessation Respondents' Number of Cigarettes per Day at Baseline and Follow-Up		
Number per Day	Baseline	Overall Follow-Up
1 to 5 cigarettes	2.6%	11.7%
5 to 9 cigarettes	7.2%	11.9%
10 to 19 cigarettes	26.3%	25.3%
20 to 29 cigarettes	38.1%	21.5%
30 to 39 cigarettes	12.5%	5.2%
40 or more cigarettes	13.0%	4.0%
Less than 1 cigarette per day	0.0%	0.2%
Don't Know/Not Sure	0.2%	0.5%
Not Asked/No Response	0.0%	19.8%

Table E4: Clinic Cessation Respondents' Number of Cigarettes per Day at Baseline and Follow-Up		
Number per Day	Baseline	Overall Follow-Up
1 to 5 cigarettes	2.6%	15.3%
5 to 9 cigarettes	5.8%	9.7%
10 to 19 cigarettes	21.2%	17.7%
20 to 29 cigarettes	39.1%	23.9%
30 to 39 cigarettes	16.2%	4.9%
40 or more cigarettes	15.1%	5.3%
Less than 1 cigarette per day	0.0%	0.5%
Don't Know/Not Sure	0.0%	0.4%
Not Asked/No Response	0.0%	22.3%

Table E5: Quitline Cessation Respondents' Amount of Time After Waking Used Tobacco at Baseline and Follow-Up		
Number per Day	Baseline	Overall Follow-Up
Within 5 minutes of waking	44.3%	24.6%
6 to 30 minutes after waking	32.2%	23.3%
31 to 60 minutes after waking	11.1%	10.8%
More than 60 minutes after waking	11.9%	21.0%
Don't Know/Not Sure	0.4%	0.9%
Not Asked/No Response	0.1%	19.3%

Table E6: Clinic Cessation Respondents' Amount of Time After Waking Used Tobacco at Baseline and Follow-Up		
Number per Day	Baseline	Overall Follow-Up
Within 5 minutes of waking	43.8%	24.6%
6 to 30 minutes after waking	31.4%	22.1%
31 to 60 minutes after waking	10.6%	8.8%
More than 60 minutes after waking	13.5%	21.9%
Don't Know/Not Sure	0.5%	0.5%
Not Asked/No Response	0.2%	22.1%