

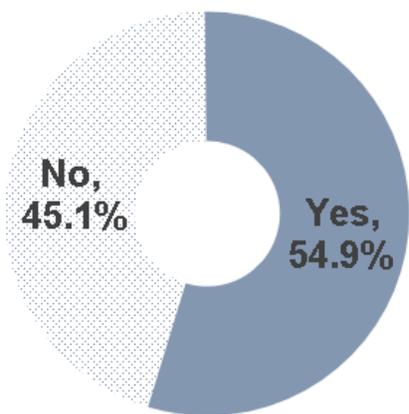
TOBACCO CESSATION IN KANSAS

Updated 2020

Patients look to their health care providers for direction about their individual health issues. Health care providers' help and guidance can give patients the power to curb their tobacco addiction. It is a condition that often requires repeated treatments, but there are helpful treatments and resources for quitting. Smokers can and do quit smoking for good. In fact, since 2002 there have been more former smokers than current smokers.¹

Under the Affordable Care Act, all insurance plans in Kansas, except grandfathered plans, must cover tobacco cessation counseling and medications without co-payments. Kansas Medicaid, or KanCare, provides a comprehensive tobacco cessation benefit including four quit attempts a year for all seven FDA approved cessation medications and cessation counseling for individuals enrolled with any of the three managed care organizations. Health care providers can help their patients have a better chance to succeed with quitting by helping them access these comprehensive barrier-free expanded benefits.

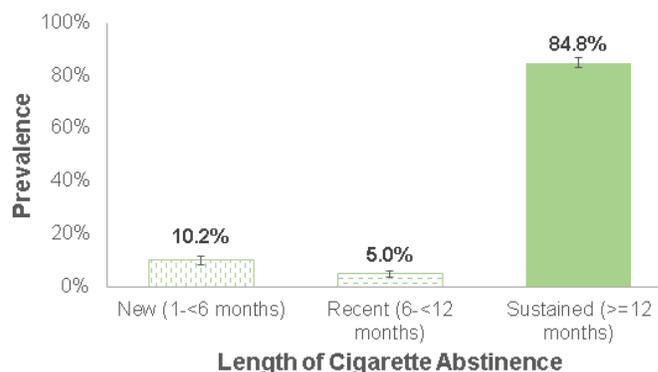
Quit Attempts in Past Year



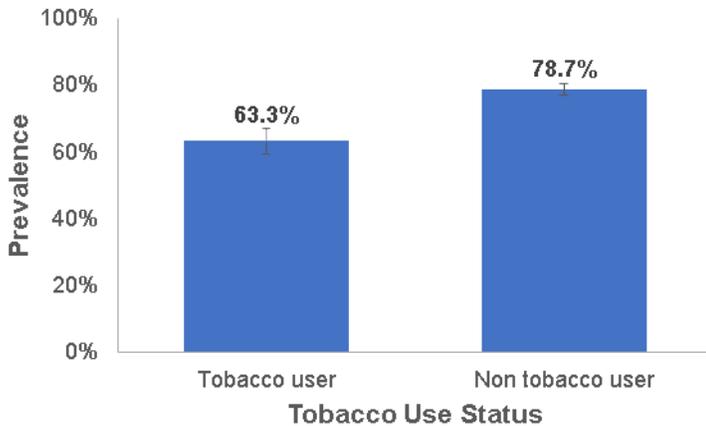
Significantly more current smokers have made a quit attempt in the past 12 months (**54.9%**) compared to those who have not (**45.1%**).

Length of Abstinence

Most former smokers have sustained abstinence of 1 year or longer (**84.8%**). One in ten (**10.2%**) former smoker are newly quit (1 - <6 months). One in twenty (**5.0%**) recently quit (6 - <12 months).

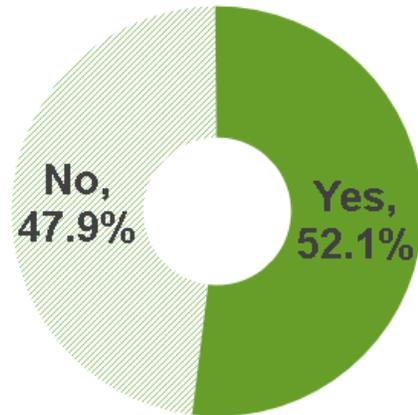


Last Doctor Visit in Past 12 Months



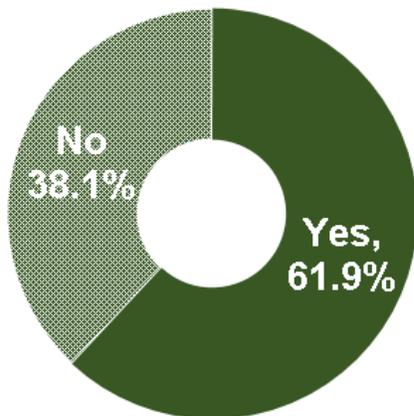
Significantly fewer Kansas adult tobacco users have seen a doctor in the past year (**63.3%**) compared to non-tobacco users (**78.7%**).

Doctor Advice to Quit Tobacco



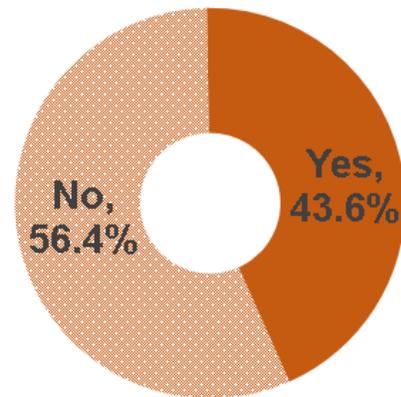
About half (**52.1%**) of tobacco users were advised by their doctor to stop tobacco use in the previous year.

Doctor Assistance



Among tobacco users who were advised by their doctor to quit tobacco, the majority (**61.9%**) received assistance from their doctor to quit.

Doctor Provided Prescription



The percentage of tobacco users who receive a prescription from their doctor to quit tobacco is **43.6%**.

We Can Help!

The Kansas Tobacco Quitline is a free service available 24/7 to help smokers quit. The Quitline offers counseling and resources for smokers and their families to help them quit using tobacco products.

For free help, Call **1-800-QUIT-NOW** (784-8669) or visit **KSQuit.org**.

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www.kdheks.gov/tobacco



Sources: ¹U.S. Department of Health and Human Services. Smoking Cessation. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2020.

²Fiore, MC, et al. Treating Tobacco Use and Dependence: 2008 Update. U.S. Department of Health and Human Services. Rockville, MD. May 2008.
2018 Kansas BRFS, Bureau of Health Promotion, KDHE