

Implications for Programming and Policy Wyoming Quit Tobacco Program Survey: July 2009—December 2009 Interviews; CHES- 1001

Tobacco Cessation

- 37% of WQTP enrollees have not used tobacco in the past 30 days.

Use of Medications as Quit Aids

- Nearly 85% of WQTP enrollees use medications as quit aids.
 - Nearly half use Chantix.
 - Close to a third use Nicotine Replacement Therapy (NRT).

Use of Medications and Being Quit

- Enrollees who use Chantix quit more often than enrollees who do not take cessation medications.
- Enrollees who use NRTs quit more often than enrollees who do not take cessation medications, but the difference is not statistically significant. The lack of statistical significance is likely due to a decline in sample size rather than a ‘real’ change in the effectiveness of NRTs.

Use of Medications and Program Satisfaction

- Most enrollees are satisfied with the WQTP.
- Compared to enrollees who do not use medication to help them quit, more Chantix and NRT users are satisfied with the WQTP and more Chantix and NRT users recommend the program to other tobacco users.

Counseling Participation, Being Quit, and Program Satisfaction

- Three fourths of WQTP participants use *Quitline*, *Quitnet*, or both.
- Participation in counseling does not increase quit success.
- More counseling participants (than non-participants) are satisfied with WQTP.

Implications for Policy and Practice

- The WQTP is effective in helping enrollees to quit using tobacco.
- Most enrollees use medication and counseling as quit aids.
- Use of Chantix is associated with higher quit rates, but counseling is not.
- The new WQTP survey will provide insight regarding the relative helpfulness of various cessation aids, the use rate for smoke-free forms of nicotine (snus, e-cigarettes, etc.) and will improve WYSAC’s qualitative data collection.

Click here to access the full report:

http://wysac.uwyo.edu/r/25_u07301001WQTP%20Semi-Annual%20Report%20Jul%2009-Dec%2009%20Full%20Report.pdf