

Help patients quit tobacco

Each year, 450,000 people die of preventable, smoking-related diseases.¹ Physicians are in a unique position to help tobacco users quit by screening patients at annual visits and providing resources for tobacco cessation programs.

- Although most tobacco users say they want to quit, only 48 percent who saw a physician were advised to quit.
- Physician advice to quit tobacco prompts users to make quit attempts and increases quit rates.
- Counseling and medication should be offered to patients willing to make an attempt to quit.
- If a patient is not ready to quit, encourage tobacco reduction.

Intervening during an adolescent patient visit³

Physicians should ask pediatric and adolescent patients about their tobacco use, and clearly communicate the importance of abstaining from tobacco.

- Asking adolescents about tobacco use and advising them to quit are the first steps toward the use of effective treatments to quit.
- In a sample of 11th graders, more than 79 percent reported they would acknowledge tobacco use if asked.
- Physicians need to routinely assess adolescent tobacco use, offer counseling, and follow up with these patients.
- Physicians may not be aware of motivational interventions.
- It is important for physicians to intervene with adolescents in a manner that respects confidentiality and privacy (e.g., interviewing adolescents without their parents present).

Resources for patients

The following are useful tobacco cessation resources and phone numbers you can give patients who are trying to quit.

Pennsylvania Quitline

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

All Pennsylvania residents can receive free nicotine replacement products and up to five counseling sessions with a trained quit coach. Coaches are available 24 hours a day, 7 days a week.



Three steps you can take to encourage patients to quit²

1. Ask patients if they use tobacco.
 2. Advise those who use tobacco to quit.
 3. Refer patient to evidence-based cessation services, such as a Quitline.
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¹ Quitting Smoking Among Adults—United States, 2001-2010. MMWR Morb Mortal Wkly Rep. 2011;60(44):1513-1519, www.cdc.gov

² Best Practices for Comprehensive Tobacco Control Programs, www.cdc.gov

³ How to Help Adolescents Quit Smoking—PHS Guideline Recommendations Clinical Practice Guideline. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. May 2008.

New Jersey Quitline

1-866-NJSTOPS (1-866-657-8677)

New Jersey residents will receive a Quit Guide in the mail and get five counseling sessions with a trained quit coach. Coaches are available throughout the week from 8 a.m. – 3 a.m. EST.

Community-based tobacco cessation programs

The following community-based tobacco cessation programs provide group counseling and one-on-one support.

New Jersey

- **HiTOPS, Inc:** Helps 13–27 year olds quit smoking through counseling and nicotine replacement therapy. Call [1-609-683-5155](tel:1-609-683-5155) or visit www.hitops.org.
- **Virtua Memorial Hospital:** Offers group and individual counseling by professionals specially trained in smoking cessation. Call [1-888-Virtua-3](tel:1-888-Virtua-3).
- **Ocean Medical Center’s Freshstart Smoking Cessation Program:** This two-week program teaches participants skills to help them kick the habit, while addressing other issues such as addiction and dependency. Call [1-732-836-4042](tel:1-732-836-4042) to register.

Pennsylvania

- **Council of Spanish Speaking Organizations (CONCILIO):** Provides a Spanish-language tobacco cessation program for the adult (18+) Latino population in Philadelphia. Call [215-627-3100](tel:215-627-3100).
- **Jefferson University Hospital:** Provides a three-week tobacco cessation support/therapy program. Program fee applies. Call [215-503-6222](tel:215-503-6222).



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