

## Health Department Expands QuitLine

South Dakotans who need help kicking the tobacco habit can now get free cessation medications and coaching from the Department of Health's tobacco QuitLine. QuitLine users previously paid half the cost of cessation aids. The QuitLine is also expanding the number of times tobacco users can receive services – up to three times.

“Quitting smoking is one of the healthiest lifestyle changes a person can make, but it's also one of the most difficult,” said Doneen Hollingsworth, secretary of the South Dakota Department of Health. “Research has shown it usually takes several quit attempts for people to quit for good. By offering these expanded services, we are able to help people try again while providing support to remain tobacco-free.”

In addition to coaching services, the QuitLine offers participants a choice of **free** NRT patch, or NRT gum, or prescription medication. South Dakotans can sign-up by calling toll-free, 1-866-SD QUIT (1-866-737-8487).

Since its inception in 2002, over 30,000 South Dakotans have used the QuitLine's services. According to preliminary data for calendar year 2006, the fifth year of operation, the statewide QuitLine demonstrated a 25% quit rate. This represents quit status 12 months after quitting, for respondents reached at follow-up. In comparison, only about 5% of people who try to quit on their own are still abstinent a year later.

Healthcare professionals play a vital role in the QuitLine's success by encouraging patients to quit tobacco and by referring them to the QuitLine's services. **As a health care professional, here's what you need to know:**

- Those who have previously used the QuitLine (QL) but have relapsed may now use the line up to a total of three times in their lifetime. Repeat service is available 3 months after the last date of service from the QL.
- QL participants have a choice of one of the following: up to 8 weeks of patch or gum, or up to 12 weeks of Zyban **FREE**.
- Relapsed QuitLine participants who have used Zyban that was provided by the SDQL during a previous cycle of SDQL service may be eligible for free Chantix.

**Procedure for prescribing medication for those participating in QuitLine coaching:**

- **Zyban (up to 3 months):** Program participants must meet the following requirements:
  1. The individual's healthcare provider determines Zyban is safe and appropriate for the individual
  2. A QL prescription form is completed by the prescribing provider and faxed to the number on the form.
  3. The patient **must call** the QL, be enrolled in the program, and actively participate in coaching.
  4. Pharmacy staff will confirm participation and eligibility with QL staff and send medication.
  
- **Chantix (up to 3 months):** Program participants who have used Zyban in a previous cycle of QL service must meet the following requirements:
  1. The individual's healthcare provider determines Chantix is safe and appropriate for the individual
  2. A QL prescription form is completed by the prescribing provider and faxed to the number on the form.
  3. The patient **must call** the QL, be enrolled in the program, and actively participate in coaching.
  4. Pharmacy staff will confirm participation and eligibility with QL staff and send medication.

*QuitLine staff will instruct clients on how to obtain medication as part of their QuitLine service.*

For more information about the QuitLine or to obtain prescription forms, contact Brandi Alford, Tobacco Cessation Coordinator at (605) 347-4467 ext 226. You may also order free tobacco control resources online <http://doh.sd.gov/catalog.aspx>.

**Short Promotional Paragraph:**

South Dakotans now have another chance to get help in kicking the tobacco habit. The state Department of Health, Tobacco Control Program is expanding the number of times tobacco users can receive **free** services from the South Dakota QuitLine – **up to three** times in their lifetime. In addition to coaching services, participants in the QuitLine are also eligible for a choice of **free** NRT patch, or NRT gum, or prescription medication. South Dakotans can sign-up by calling toll-free, 1-866-SD QUIT (1-866-737-8487).