



# Tobacco Quit Rates among Montana Quit Line Callers with Disabilities

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# Montana Tobacco Quit Line



- For all Montana residents
- For all types of tobacco
  - Smokeless
  - Cigarettes
  - E-cigarettes
  - Pipe
  - Cigar
  - Hookah
- Staffed 7 days a week
  - 5am-11pm
  - Except Christmas and Thanksgiving
- 24 hour voicemail
- 8 weeks free NRT
- 3 months bupropion at \$5 copay
- Online access:  
[www.quitnowmontana.com](http://www.quitnowmontana.com)
- Starting July 1- eCoaching
- Celebrating 16 years this month!
- Over 100,000 intakes



# 3 Special Programs



**AMERICAN INDIAN**  
Commercial Tobacco Quit Line  
1 (855) 372-0037  
MTAmericanIndianQuitLine.com

- My Life My Quit
  - Under 18
  - Text/chat/phone with coaches
  - mylifemyquit.com 1-855-891-9989
- American Indian Commercial Tobacco Quit Line
  - AI coaches who can speak to the culture
  - Help callers quit commercial tobacco while still participating in traditional ceremonies
  - MTamericanindianquitline.com
- Quit Now Montana Pregnancy Program
  - Dedicated female coaches
  - Cash incentives for up to 9 completed coaching calls

**MY LIFE MY QUIT™**  
mylifemyquit.com  
1-855-891-9989

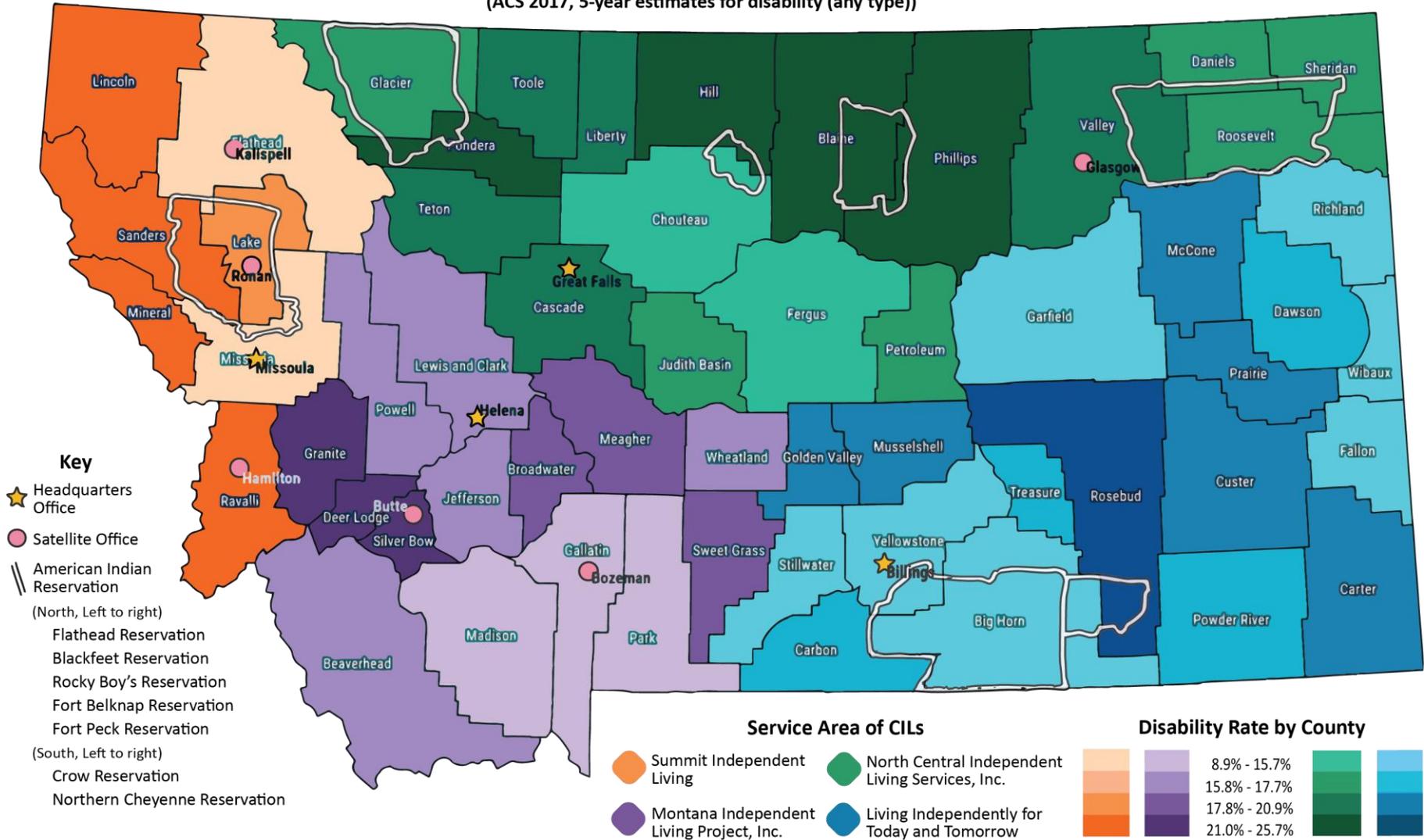


# Montana Disability & Health Program



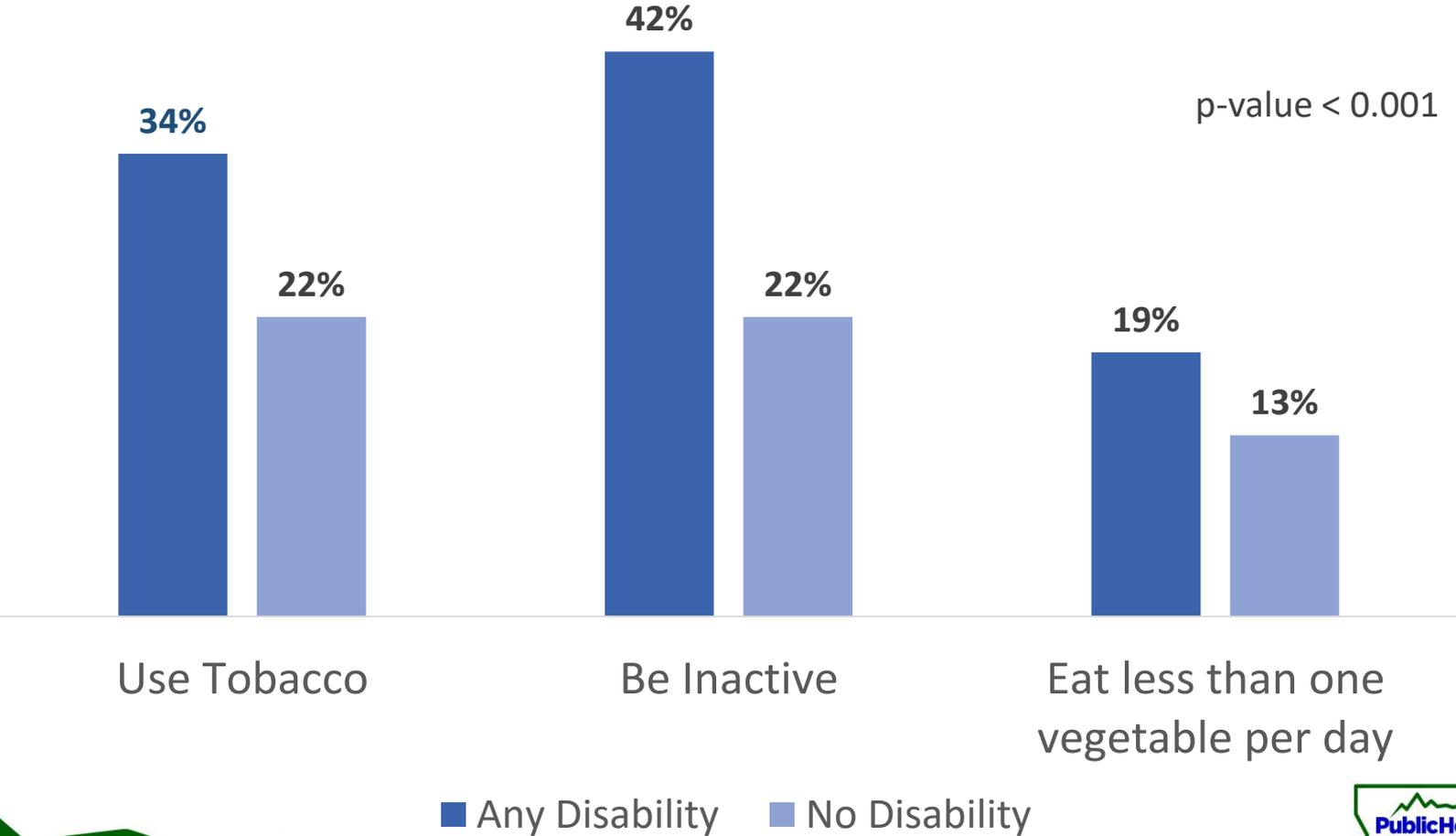
# Figure 1. Service Area and Disability Rates by County for the Montana Centers for Independent Living (CILs)

(ACS 2017, 5-year estimates for disability (any type))



# Background

# Health Behavior Barriers



Data source: Montana BRFSS, 2018

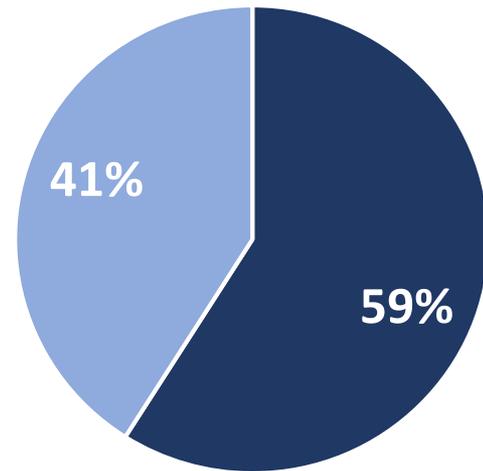
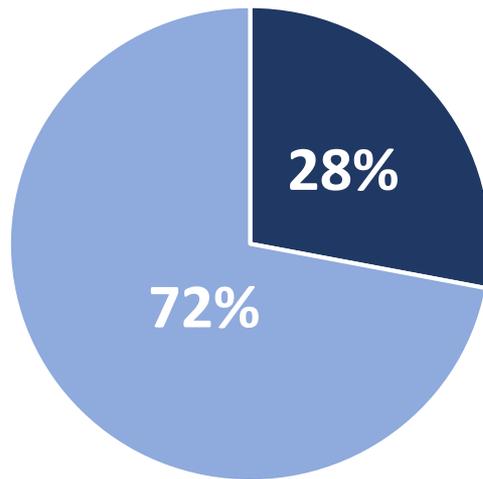


# Disability Rates

One in four Montana adults have a disability<sup>1</sup>

Over half of Montana Quit Line callers have a disability<sup>2</sup>

■ Disability  
■ No Disability



1. Montana BRFSS, 2018  
2. Montana Quit Line Outcomes Report, 2019



# Methodology

- Since 2016 the Montana Quit Line has been asking five disability related demographic questions.
- Outcomes were pulled from FY 19: July 2018-June 2019
- National Jewish organized the disability data as an addendum to the Annual Outcomes Report.

# Questions Used

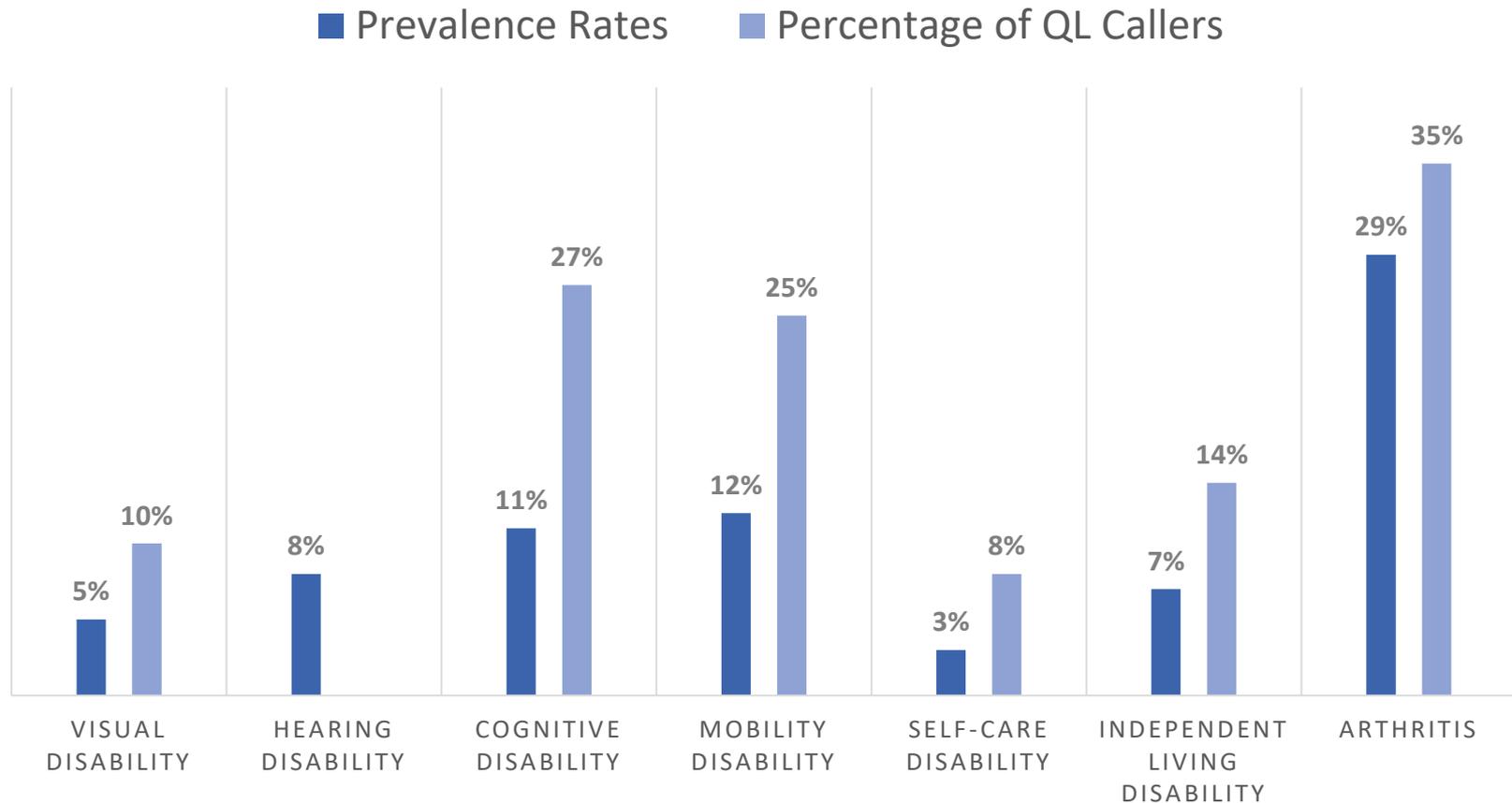
1. Are you blind or do you have serious difficulty seeing, even when wearing glasses?
2. Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering or making decision?
3. Do you have serious difficulty walking or climbing stairs?
4. Do you have difficulty dressing or bathing?
5. Because of a physical mental or emotional condition, do you have difficulty doing errands alone such as visiting a doctor's office or shopping?
6. Do you have arthritis?\*

# Outcome Evaluation

- Agree to evaluation
- 6 month follow up
- Asks about tobacco use in the past 30 days.
- 2,699 consented to the follow-up survey
- 637 completed the survey
- 24% response rate.

# Results

# Prevalence of Montana Adults by Disability Status and QL Participation

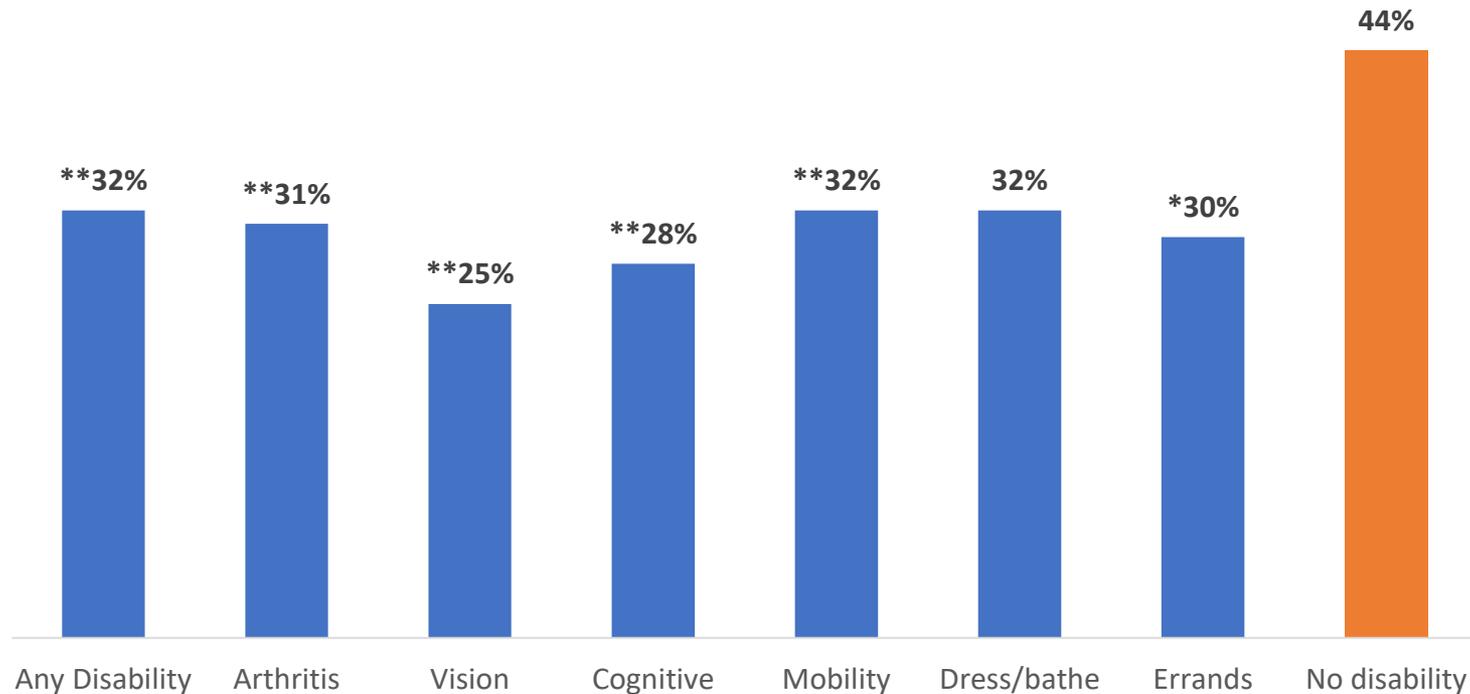


1. Montana BRFSS, 2018
2. Montana Quit Line Outcomes Report, 2019

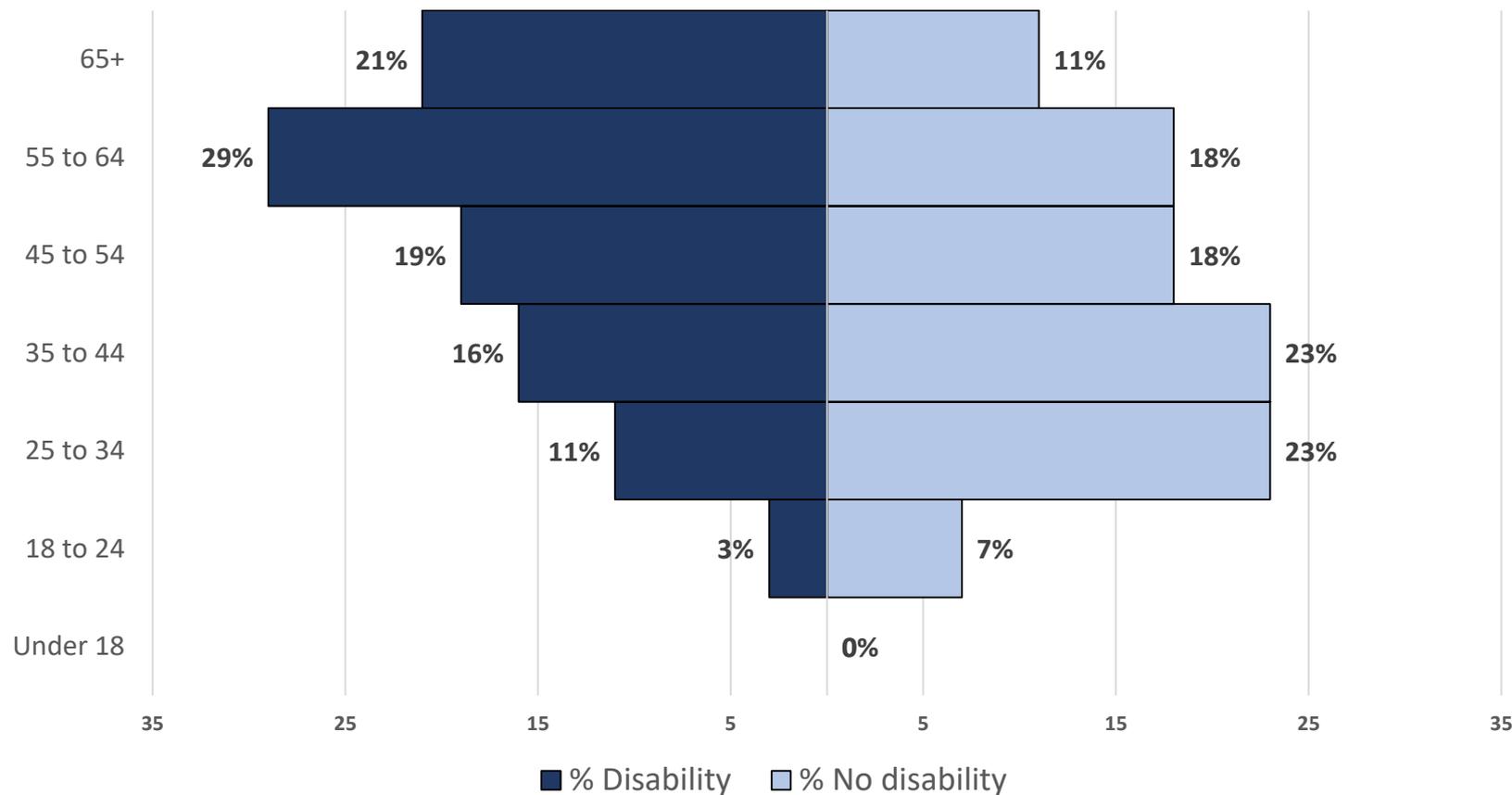


# Quit Rates by Disability Status

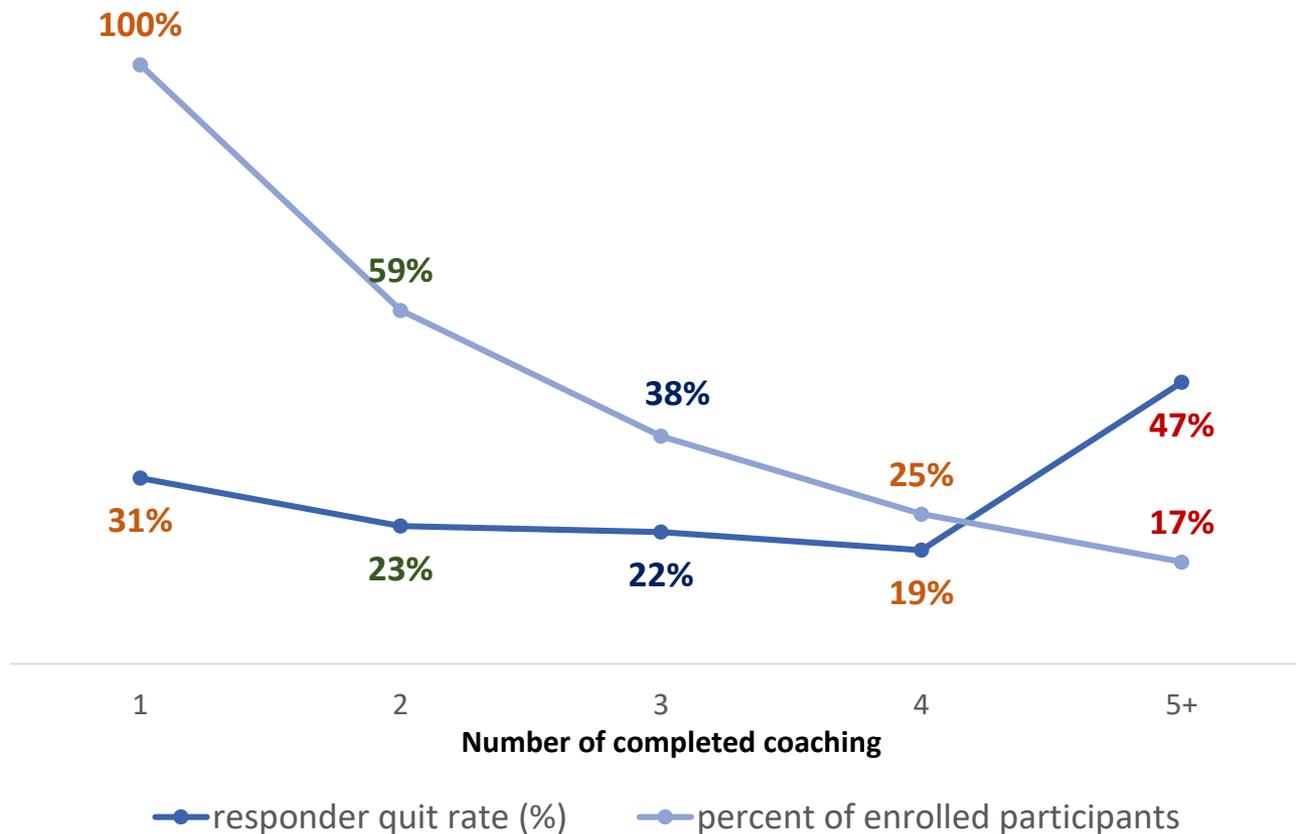
(significantly different from no disability p values: \* $<.05$ , \*\* $<.01$ )



# Percent of QL participants with any disability and no disability, by age

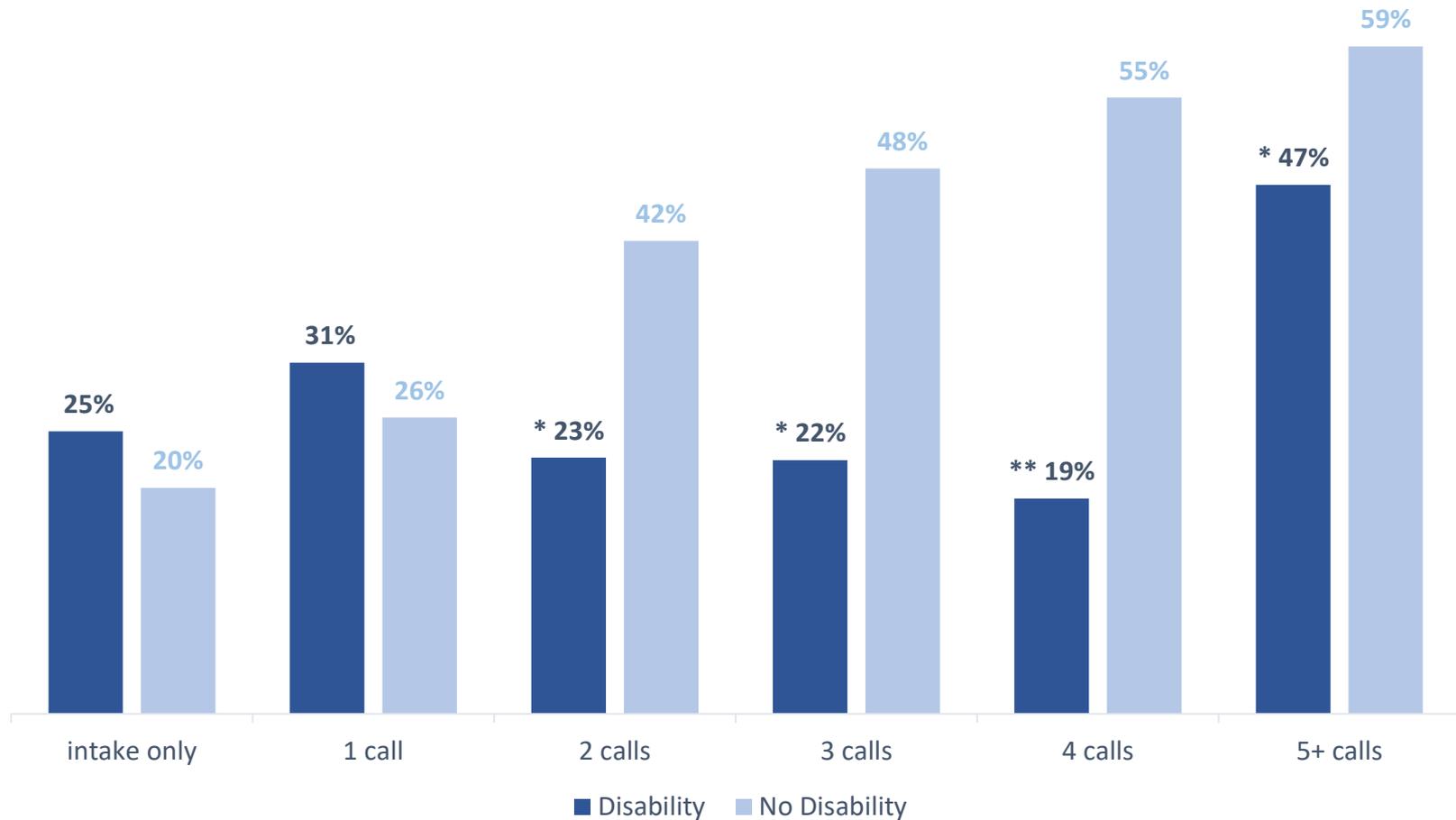


# Responder quit rate v. percent enrolled by coaching calls completed



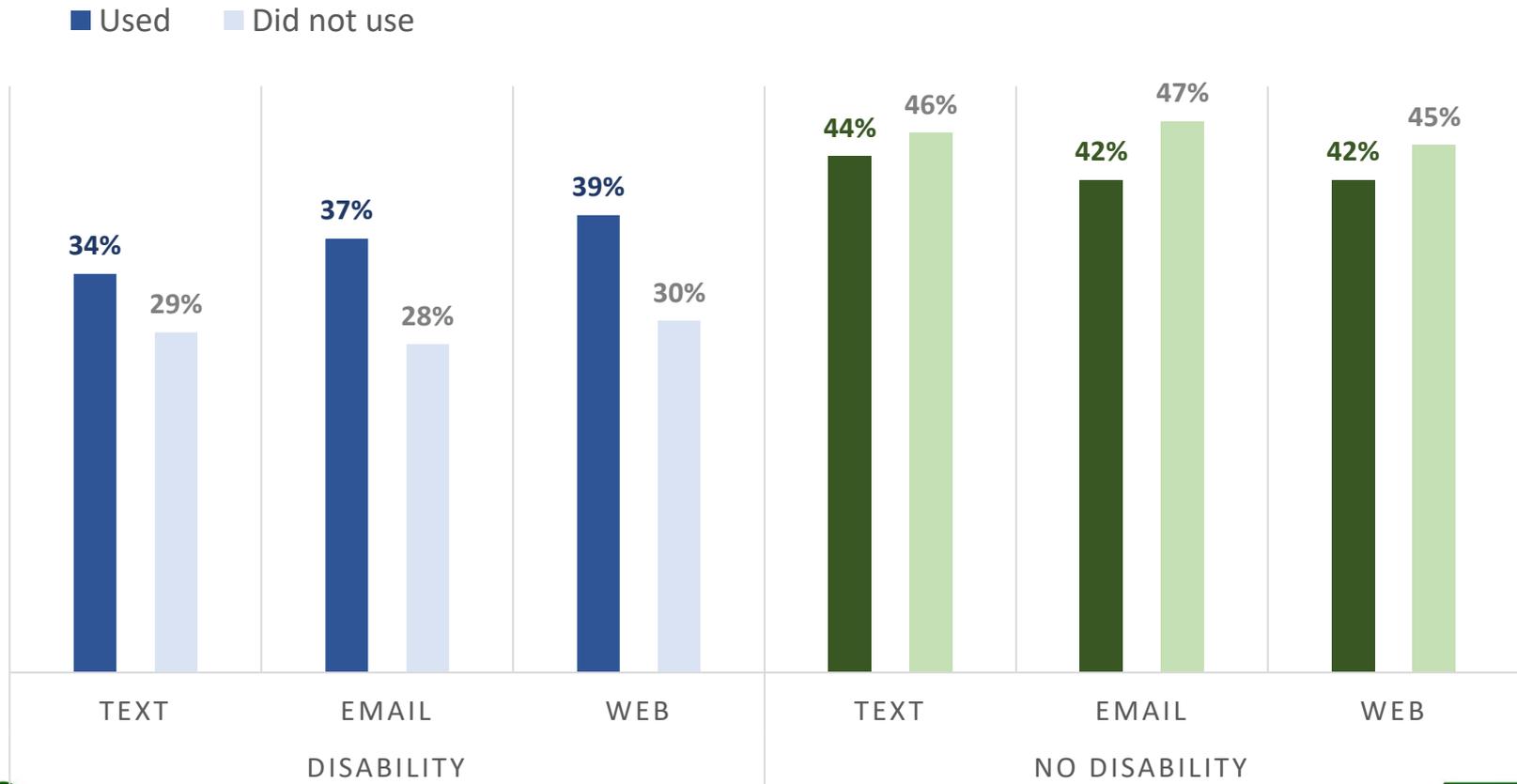
# Quit rates by coaching calls completed

(significantly different from no disability p values: \*<.05, \*\*<.01)



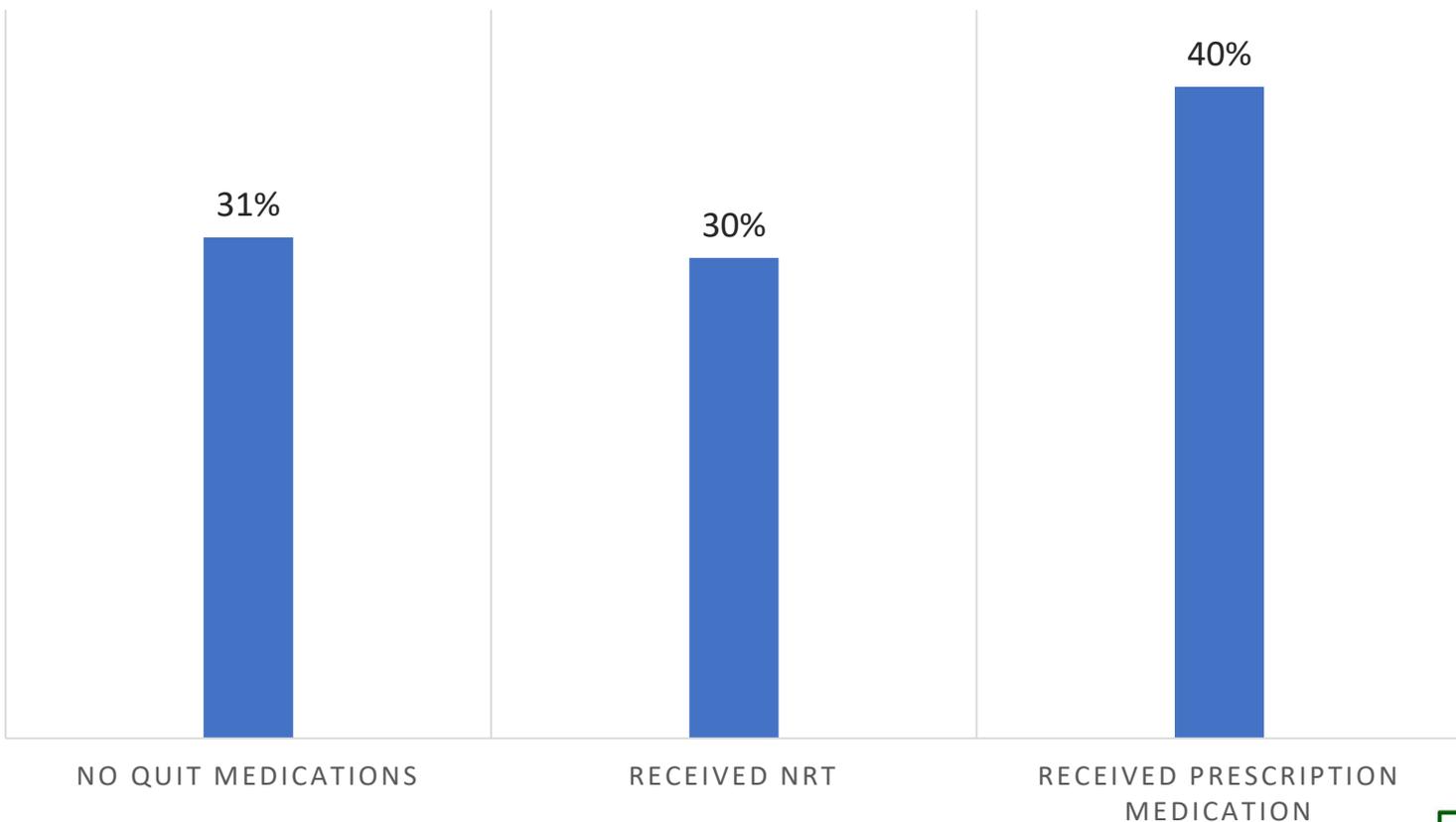
# Quit rate by technology used, by disability and no disability

(significantly different, used vs did not use, p values: \*<.05, \*\*<.01)



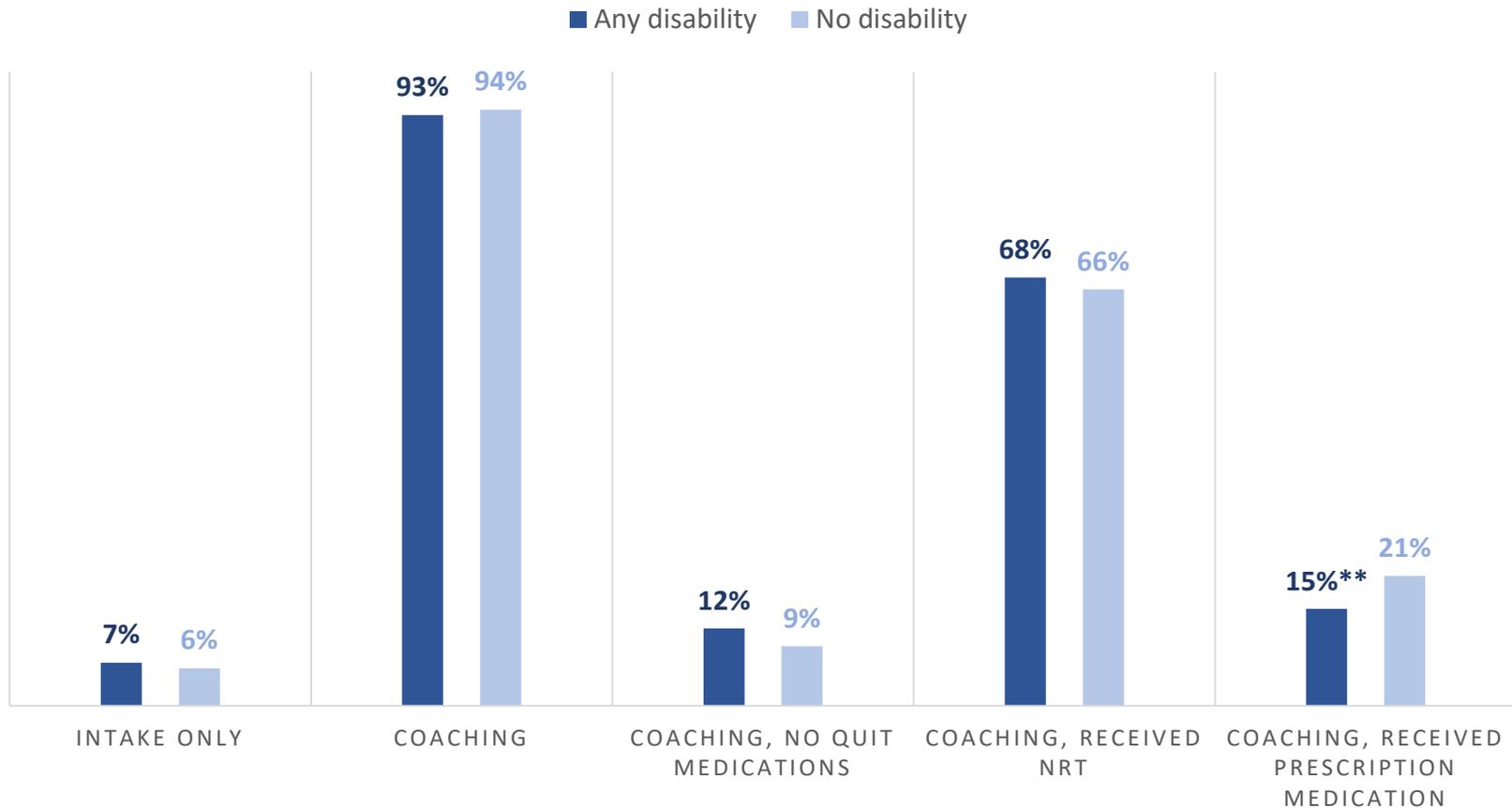
# Quit rates among persons with disability by coaching type

(no significant difference)



# Percentage of participants by type of participation

(significantly different from no disability p values: \*<.05, \*\*<.01)



# Discussion

- Disability is represented at a higher rate than expected based on Montana disability prevalence rates.
- Age representation for QL callers with disability is not proportionate.
- Overall, quit rates for people with disability are significantly lower than people without disability.
- Quit rates for people with disability are higher among those who use automated technology.



Quit rates for participants with disability are higher among those who complete 5+ coaching calls

**17%**

of persons with disability completed 5 or more coaching calls.

Among this group,

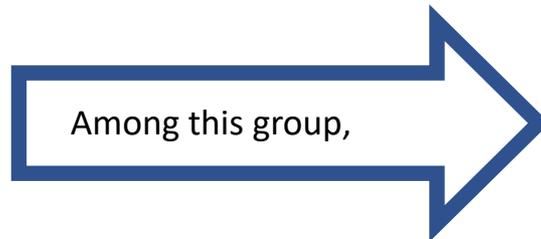
**47%**

successfully quit tobacco

# Quit rates for participants with disability are higher among those who use prescription medication

**15%**

of persons with disability used prescription medication.



**40%**

successfully quit tobacco



# Implications

- Increase the number of coaching calls to callers with disability
- Encourage the use of automated technology
- Offer all types of medication, but recommend prescription medication
- Reach out to younger adults with disability who use tobacco.
- Determine other environmental, social and programmatic barriers to quitting

# Contact Us

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