



THE UNIVERSITY OF TEXAS AT EL PASO

Online Smoke-Free Housing Forum 2:
Connecting Texas Residents to Quit
Tobacco Resources

** Made possible with funding from the Texas Department of State Health Services*

7/30/18

Texas Smoke-Free Public Housing

- **Work with Texas Department of State Health Services (DSHS) and state partners**
- **Assist Texas public housing authorities (PHA)s:**
 - **Implementing smoke-free public housing policies in their housing communities**
 - **Connecting residents to resources to quit tobacco**



Topics

- **UTEP School of Pharmacy**
 - **What is tobacco cessation? What roles can community pharmacists play to assist PHA residents/staff?**
- **Yes Quit Texas Tobacco Quitline**
 - **Yes Quit Texas Tobacco Quitline Information and Resources**
- **City of El Paso Department of Public Health**
 - **Lessons learned in educating and connecting public housing residents to tobacco cessation**



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Tobacco Cessation Information

Let's Quit
Together!

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Let's Quit Together

We want to answer the following questions:

- What is tobacco cessation?
- How can you access resources to help you stay quit ?
- What options are available to help with staying smoke free?
- What roles can pharmacists play in educating and connecting PHA residents/staff to tobacco cessation treatments?

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Tobacco Cessation

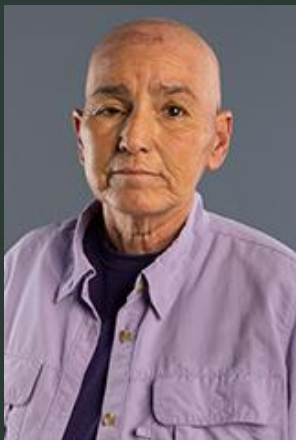
Tobacco Cessation = Quit Smoking

Why quit?

- For yourself, it improves your health and reduces your chances of heart disease, cancer, lung disease, and other smoking-related illnesses
- If not for yourself, quit for your children

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Let's meet Rose (Rose's story)



Rose, 59, Texas; diagnosed with lung cancer that spread to her brain

https://youtu.be/CRpA0-_zbg

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Resources

Quitlines

- [1-800-QUIT-NOW](https://1-800-QUIT-NOW.com) (1-800-784-8669)
- [1-855-DÉJELO-YA](https://1-855-DEJELO-YA.com) (1-855-335-3569)
(en Español)

Internet:

- SmokeFree: <https://smokefree.gov>

App:

- FREE QuitGuide Mobile App888



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Medication Options (Nicotine Replacement Therapy)

- Patch
- Gum
- Inhaler
- Nasal Spray
- Lozenge



References: <http://theconversation.com/nicotine-replacement-therapy-isnt-all-its-cracked-up-to-be-12153>

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Medications that need prescriptions



Chantix®



Wellbutrin®

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Community Health Center Resources

- Medication is available at a reduced cost compared to outside pharmacies
- Pharmacists will help you quit and gain access to tobacco cessation medication
- Pharmacist will work with providers and other health care professional to make sure you are successful in quitting
- Smoking Cessation behavioral programs are available

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Local Resources at Community Health Centers

Centro de Salud Familiar La Fe, Inc.
Address: 1314 E. Yandell Dr., El Paso,
TX Phone: 915-534-7979

Project Vida Health Center
Address: 3612 Pera Ave, El Paso, TX
Phone: 915-533-7057

Centro San Vicente Health Center
Address: 8061 Alameda, El Paso, TX
Phone: 915-859-7545

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References

- [CDC. Gov](http://www.cdc.gov)
- [Smokefree.gov](http://www.smokefree.gov)

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Let's Quit Together!

Margie E. Padilla, PharmD CDE, BCACP
Clinical Association Professor
UTEP School of Pharmacy
July 31, 2018



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Health and Human
Services

Texas Department of State
Health Services

Texas Tobacco Quitline

Helping Texans Quit Tobacco

Outline



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Health Services

- Texas Tobacco Quitline overview
- How to connect with the Quitline
- Quitline Eligibility
- Resources available
- Referrals to the Quitline



Texas Tobacco Quitline Overview



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- What is a Quitline?
 1. counseling
 2. pharmacotherapy



The Texas Tobacco Quitline has been managed by Optum since 2010.

How to connect with the Quitline



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- ✓ Call Quitline directly
 - 1-800-QUIT-NOW (U.S. line, will connect caller with state Quitline that matches area code)
 - 1-877-YES-QUIT (Texas-specific Quitline)
 - Available in English and Spanish
- ✓ Can register online
 - www.quitnow.net/texas
 - www.yesquit.org
- ✓ Healthcare Provider referral
 - Provider will supply the Quitline with client's information and best time to contact



Quitline Eligibility



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- Resident must have a Texas address
- Must be 18 years and older for counseling and nicotine replacement therapy
- Must have a U.S. phone number & must answer telephone
- Residents aged 13-17 years are only eligible for counseling



What the Quitline provides



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For Tobacco Users

- Resources and services for tobacco users vary based on how they were introduced to Quitline

For Providers who make referrals

- Outcomes reports are returned to HIPAA covered entities

Tobacco Users



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Clients who contact the Quitline without referral by a provider:

- Eligible for up to 5 counseling sessions with a Quit Coach
- May be eligible for 2 weeks of nicotine replacement therapy (NRT) if they meet certain criteria:
 - ✓ Uninsured
 - ✓ Tobacco users with a mental health disorder
 - ✓ Tobacco users with chronic health conditions
 - ✓ Pregnant tobacco users (with a medical override letter)
 - ✓ Residents of DSHS-funded Tobacco Coalition counties

* Clients must register for the Helpline option when registering with the Quitline in order to qualify for NRT. Not eligible if client elects to have a Web Coach®

Tobacco Users



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Clients who are referred (through fax, eTP, or app) to the Quitline by a healthcare provider:

- Eligible for up to 5 counseling sessions with an experienced Quit Coach
- Eligible for 2 weeks of nicotine replacement therapy
 - Medicaid status overrides NRT eligibility
 - Pregnant women are eligible for up to 10 counseling sessions (must have medical override letter to receive NRT)

Healthcare Provider Referral options



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Fax Referral form is available online at
<http://www.dshs.texas.gov/tobacco/toolkit.shtm>

Note:

- Same spelling of clinic/entity name must be entered each time form is completed
- Indicate if the clinic/entity is HIPAA-compliant
- Notify client that Quitline will be calling from unknown 1-800 number
- Quitline will make 3-5 attempts to call client

Fax Referral Form

TEXAS TOBACCO QUIT LINE
 FAX REFERRAL FORM
 Fax Number: 1-800-483-3114



Provider Information: DATE FAX SENT

CLINIC NAME CLINIC ZIP CODE

HEALTH CARE PROVIDER

CONTACT NAME

FAX NUMBER PHONE NUMBER

I am a HIPAA covered entity (please check one) YES NO DONT KNOW

Patient Information:

PATIENT NAME DATE OF BIRTH MALE FEMALE
GENDER

ADDRESS CITY ZIP CODE

PRIMARY PHONE NUMBER HM WK CELL SECONDARY PHONE NUMBER HM WK CELL

Language preference (please check one): ENGLISH SPANISH OTHER

By participating in this program I understand that outcome information may be shared with my provider for purposes of my treatment.

(SMS) I am ready to quit tobacco and request the Texas Tobacco Quit Line contact me to help me with my quit plan.

(SMS) I DO NOT give my permission to the Texas Tobacco Quit Line to leave a message when contacting me.

(SMS) **By not relaying, you are giving your permission for the quitline to leave a message.


PATIENT SIGNATURE DATE

The Texas Tobacco Quit Line will call you. Please check the BEST 3-hour time frame for them to reach you.

NOTE: The Quit Line is open 7 days a week; call attempts over a week-end may be made at times other than during this 3-hour time frame.	<input type="checkbox"/> 6AM – 9AM <input type="checkbox"/> 9AM – 12PM <input type="checkbox"/> 12PM – 3PM	<input type="checkbox"/> 3PM – 6PM <input type="checkbox"/> 6PM – 9PM <input type="checkbox"/> 12PM – 3PM	Within this 3-hour time frame, please contact me at (check one): <input type="checkbox"/> Primary # <input type="checkbox"/> Secondary #
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Texas Tobacco Quitline



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 Health Services**

Questions?



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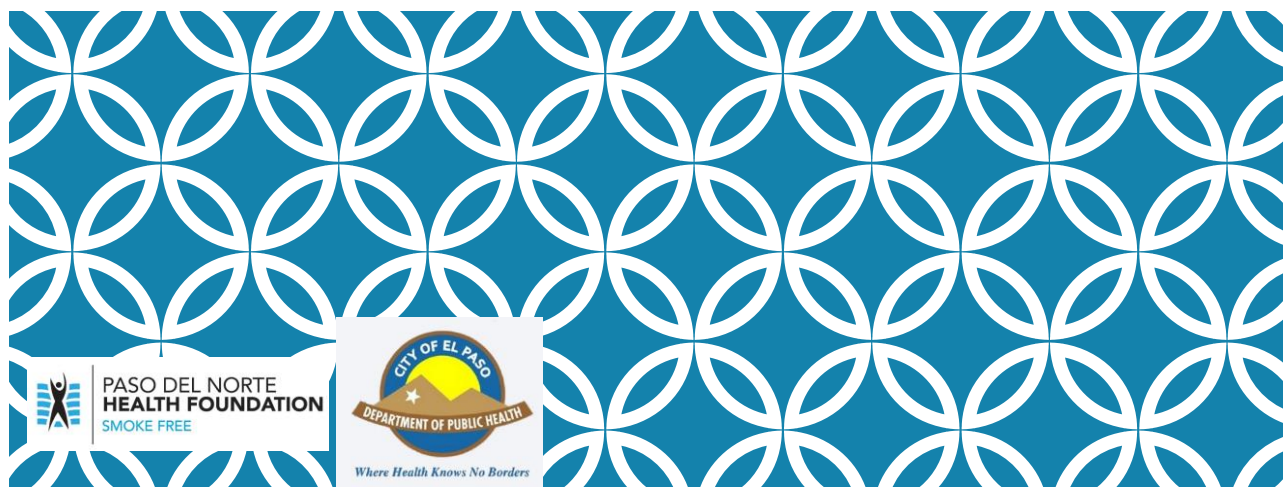
Texas Department of State
Health Services

Thank you

Tia Olarinde, MPH, CHES

Special Populations Coordinator, Tobacco Prevention & Control

Email: tia.olarinde@dshs.texas.gov | Office: (512) 776-2031



CITY OF EL PASO
DEPARTMENT OF PUBLIC HEALTH

SARAI GUTIERREZ B.S., CHES

•How did the Housing Authority of the City of El Paso and the City of El Paso Department of Public Health begin working together?

Holly Mata PhD, CHES was a Postdoctoral Research Fellow with the Hispanic Health Disparities Research Center at the University of Texas at El Paso. Hispanic Health Disparities Research Center is an interdisciplinary team, building a translational research program to develop, implement, and document integrated intervention programs that contribute to health and educational equity among Hispanic populations.

They presented a brief sociodemographic portrait of community participants, highlighting several health determinants known to contribute to overall health disparities: 1,2,3 health insurance coverage, educational attainment, and smoking rates.

Over 1,400 adults living in El Paso public housing were surveyed (10.)

17% reported smoking some days or every day (10.)

In a separate survey in 2012, 85% of male and 83% of female smokers living in El Paso public housing stated they would like to quit. Because 80% of public housing residents support a smoke free policy offering cessation services to this population was very timely (11.)

•What public health resources have been integrated into multi-housing?

American Cancer Society Freshstart Cessation Program was integrated and piloted within the Housing Authority of the City of El Paso July 2014.

Resident Association Officers

- Attended monthly meetings to meet all resident specialists.
- Scheduled times and dates with Resident Specialists in difference communities.

Community meetings

- Educate residents about the importance of being tobacco free and introduce them to the Freshstart program.
- Identify tobacco-users and register.

The key to is **COMMUNICATION** with resident specialists and building managers.

•What has been challenging? What has been successful?

Participants complete the program

- Tobacco users are not likely to attend community meetings.

Treating others like you a part of their community is helpful.

Marketing is key!

- Market the program as a helpful quitting tool not a forceful lecture series.



FREE HELP TO QUIT SMOKING

ITS WORTH QUITTING...

IN 3 MONTHS, CIRCULATION & LUNG FUNCTION IMPROVES

TAKE A FRESHSTART!

FRESHSTART IS A FOUR SESSION PROGRAM DESIGNED TO HELP PARTICIPANTS INCREASE THEIR MOTIVATION TO QUIT SMOKING/TOBACCO USE, LEARN EFFECTIVE APPROACHES FOR QUITTING AND GUIDE THEM IN MAKING A SUCCESSFUL QUIT ATTEMPT.

Participant Requirements

- Must be a current smoker (light, social or heavy smoker)
- Or current tobacco User/ Electronic cigarette user

When: Wednesday January 18, 2017
AND Thursday January 19, 2017

Time: 2:00-4:00 pm

Where: Hervey Community Hall

For Information/Class Schedule
Sara Gutierrez
915-212-6900



AYUDA GRATUITA DEJA DE FUMAR

VALE LA PENA DEJAR... VENGA A FRESHSTART!

LA META DEL PROGRAMA DE FRESHSTART ES AYUDARLE A PREPARARSE PARA UN INTENTO EXITOSO DE DEJAR DE FUMAR, PARTICIPANDO EN EL PROGRAMA DE FRESHSTART, USTED DESCUBRIRÁ CÓMO PUEDE CONVERTIRSE EN UN EX FUMADOR TAMBIÉN.

Requisitos de participante:

- Fumador, o usuario de productos de tabaco
- 18 años o mayor

Cuando: miércoles, enero 18, 2017
Y jueves enero 19, 2017

Tiempo: 2:00-4:00 pm

Donde: Hervey Community Hall

Para Información
Sara Gutierrez
915-212-6900



Come out of your smoking/tobacco shell this summer!

Smokeless Tobacco & E-Cigarette users welcome

"Smoke Free since June 10, 2015!!!
Freshstart made all the difference!"
- City of El Paso Employee Freshstart Participant

What is Freshstart?

Freshstart is a four session program geared to help participants INCREASE their motivation to quit smoking/tobacco use, learn effective approaches for quitting and guide them in making a successful quit attempt.

Participant Requirements

- Must be a smoker (light, social or heavy smoker)
- Must be 18 years or older
- Must attend all sessions to complete program

For Information/Class Schedule
Sara Garcia
915-212-6900

Rocio Medina
915-212-6900

CITATIONS

10. Mata, et al. Our homes, our health: Smoke-Free policy in public housing Poster. Hispanic Health Disparities Research Center. Unpublished data. 2013.
11. Mata, H., Flores, M., Castañeda, E., Jerez-Medina, W., Lachica, J., Smith, C., & Olvera, H. (2013). Health, hope, and human development: Building capacity in public housing communities on the u.s.-mexico border. *Journal of Health Care for the Poor and Underserved*, 24(4), 1432-1439.

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Q & A

Technical Assistance and Additional Resources

Living Smoke-Free: Texas Public Housing Authorities

Toolkit for Administrators and Property Managers

Made possible with funding from the Texas Department of State Health Services
May 2018

Living Smoke-Free: Texas Public Housing Authorities Toolkit

<https://www.utep.edu/txsmokefreepublichousing/Resources/Resources.html>



General Disclaimer:
This toolkit is provided as an educational tool only and is not to be construed as legal opinion or as a substitute for obtaining legal advice.

Resident Education Packets and Push Cards

WANT TO QUIT SMOKING? HELP IS AVAILABLE.	WHERE YOU LIVE IS GOING SMOKE-FREE; WHAT YOU NEED TO KNOW.	HEALTH EFFECTS OF SECONDHAND SMOKE
<p>You don't have to quit smoking to live in your housing authority.¹ Although, you may find this may be the right time to quit smoking or using tobacco.</p> <p>It's never too late to quit! The single most important thing you can do to protect your health is to quit using tobacco. Quitting isn't easy, but more than three million people find a way to quit each year!</p> <p>When you're ready, there is support available to help you quit.</p> <p>Texas Tobacco Quitline is a confidential, 24/7 telephone counseling service to help you quit. The Texas Tobacco Quitline is available to Texas residents who are 13 years or older with additional benefits for pregnant women.</p> <p>You may be able to qualify for nicotine gum, patches, or other medications that can help you quit.</p> <p>You can also talk to your doctor or visit your nearest health clinic to get more information about how to quit. There may be other programs in your area to help support you. Ask your property manager about local quit tobacco support in your area.</p>	<p>By July 30th, 2018, the U.S. Department of Housing and Urban Development (HUD) requires all public housing across the country to be smoke-free.</p> <ul style="list-style-type: none"> - Living smoke-free can make a big difference in our health.¹ <p>What does it mean to be "smoke-free" and how does it affect me?</p> <ul style="list-style-type: none"> - Going smoke-free means smoking is not allowed indoors.² - Rules regarding outdoor areas may differ depending on your public housing authority. - Smoking can be defined as items that involve the burning of tobacco leaves. This can include but is not limited to cigarettes, cigars, and hookahs. <p>What is secondhand smoke?^{3,4}</p> <ul style="list-style-type: none"> - Secondhand smoke is smoke from the lit end of burning tobacco products like cigarettes, cigars, or pipes. Secondhand smoke is also generated when a smoker exhales. - Tobacco smoke contains 7,000 chemicals, including hundreds that are toxic and about 70 can cause cancer. - Secondhand smoke is known to cause lung cancer, heart disease, and breathing problems. - Secondhand smoke can travel within multi-unit housing and common areas through elevators, cracks in walls, electrical lines, ventilation systems, and plumbing.⁵ 	<p>2 in 3 children are exposed to secondhand smoke.¹</p> <p>The home is the main place where children are exposed to secondhand smoke.^{1,2}</p> <p>Many people who live in public housing are especially affected by secondhand smoke, including children, elderly, pregnant women, and people with disabilities.^{4,6}</p> <p>There is no safe level of secondhand smoke exposure.³</p> <p>The only way to truly reduce the health risk from secondhand smoke exposure is to create smoke-free environments.^{3,7}</p> <p>About 80 (1 in 10) percent of multi-unit housing residents choose to make their own homes smoke-free.⁷</p>
<p>Call 1-877-YES-QUIT (1-877-937-7848) or visit www.YesQuit.org</p>		<p><small>References: 1. Centers for Disease Control and Prevention. (2015). The 2014-2015 National Survey on Tobacco Use in Secondhand Smoke-Free Environments. Retrieved from http://www.cdc.gov/tobacco/data_statistics/trends/2014-2015_nstus/ 2. U.S. Department of Health and Human Services. (2010). The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Cancer Institute, National Heart, Lung, and Blood Institute. Retrieved from http://www.cdc.gov/tobacco/sgr/sgr_full_report.pdf 3. Centers for Disease Control and Prevention. (2010). Tobacco use and secondhand smoke exposure. http://www.cdc.gov/tobacco/sgr/sgr_full_report.pdf 4. U.S. Department of Health and Human Services. (2010). The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Cancer Institute, National Heart, Lung, and Blood Institute. Retrieved from http://www.cdc.gov/tobacco/sgr/sgr_full_report.pdf 5. U.S. Department of Health and Human Services. (2010). The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Cancer Institute, National Heart, Lung, and Blood Institute. Retrieved from http://www.cdc.gov/tobacco/sgr/sgr_full_report.pdf 6. U.S. Department of Health and Human Services. (2010). The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Cancer Institute, National Heart, Lung, and Blood Institute. Retrieved from http://www.cdc.gov/tobacco/sgr/sgr_full_report.pdf 7. American Lung Association. (2013). Smoke-free homes: A key to better health. Retrieved from http://www.lung.org/healthy-living/healthy-home/smoke-free-homes</small></p>



Exterior Outdoor Signage

Online Database

UTEP TEXAS SMOKE FREE PUBLIC HOUSING

CONNECT WITH US
The University of Texas at El Paso
School of Pharmacy
Campbell Building
1101 N. Campbell, Ste. 512
El Paso, Texas 79968
E: norag@utep.edu / keortega@utep.edu
P: (915) 747-5072

UTEP > TEXAS SMOKE FREE PUBLIC HOUSING > DATABASE

Texas Public Housing Authorities

*last updated 03/26/2017

Agency	City	Zip	Level I	Level II	Level III	Level IV	Level V
			Does NOT meet HUD Smoke-Free Rule	Meets HUD Smoke-Free Rule	Meets HUD Smoke-Free Rule & Includes E-Cigarettes	Meets HUD Smoke-Free Rule & Extends to Include Entire Property	Meets HUD Smoke-Free Rule, Includes E-Cigarettes, & Extends to Include Entire Property
Abilene Housing Authority	Abilene	79602					
Alamo Housing Authority	Alamo	78516					
Alba Housing Authority	Alba	75410					
Alice Housing Authority	Alice	78333					
Alpine Housing Authority	Alpine	79831					
Alto Housing Authority	Alto	75925					
Amarillo Housing Authority	Amarillo	79101					
Anderson County Hsg Authority	Elkhart	75839					
Anson Housing Authority	Anson	79501					
Anthony Housing Authority	Anthony	79821					
Aranas Pass Housing Authority	Aranas Pass	78336					
Archer City Housing Authority	Archer City	76351					
Ark-Tex HAP Program	Texarkana	75505					
Arlington Housing Authority	Arlington	76011					
Asherton Housing Authority	Asherton	79502					
Athens Housing Authority	Athens	75751					
Atlanta Property Management	Atlanta	75551					

<https://www.utep.edu/txsmokefreepublichousing/Database/index.html>

Contact

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Thank you for your participation!

www.utep.edu/txsmokefreepublichousing

* Made possible with funding from the Texas Department of State Health Services