



Utah Tobacco Quit Line facts

Telephone number

1.800.Quit.Now (7848.669)

Spanish: 1.877.629.1585

TTY: 1.888.229.2182

Hours of operation

Monday - Sunday:

6 a.m. to 11 p.m.

All Quit Line services are confidential and free to Utah residents.

The Quit Line is a convenient tobacco cessation resource, and, a person is two to three times more likely to quit successfully if they use Quit Line support (1).

Target Population

Teen and adult users of cigarettes and other tobacco products.

Quit Line Services

The Utah Tobacco Quit Line is a statewide, toll-free telephone coaching service available to all Utah residents. The program provides each participant with five proactive sessions with an experienced tobacco cessation coach trained in behavioral modification and motivational interviewing. Each caller's program is customized to meet the caller at their stage of behavior change.

Participants age 18 and older who are enrolled in the Quit Line may be eligible for free Nicotine Replacement Therapy (NRT).

Levels of Service Include:

Level 1: Information and Referral

For callers not interested in quitting in the next 30 days, or for those looking for cessation information only, the Quit Line will provide resources and materials. Callers can be referred directly to local cessation programs using a comprehensive database. All callers are offered a free tobacco cessation information kit, including written materials about quitting.

Callers interested in additional follow-up beyond this single call will have the option of enrolling in the Quit Line's full coaching program.

Callers not interested in additional follow-up will be encouraged to call the Quit Line again, visit utahquitnet.com, and will receive information by mail.

Level 2: Cessation Coaching Program

Callers who are ready to quit will speak with a trained tobacco cessation coach. The

coach will explore the caller's pattern of tobacco use, barriers to successfully quitting, and strengths that would contribute to a successful quit attempt.

They will receive a series of five calls over approximately two months with the timing of the calls dependent upon the caller's quit date and availability.

A tobacco cessation coach will provide a focused, purposeful intervention designed to enhance motivation and to facilitate behavior change. Coaches receive specific training for decision support regarding over the counter and prescription cessation medications.

Teen callers receive participation incentives upon completion of calls one, three and five.

Tobacco Cessation Information

The Quit Line provides focused educational booklets based on the needs of the callers and their readiness to quit. Those who call the Quit Line receive one or more of the following booklets:

- Breathe Easy: A Guide to Help You Quit Tobacco
- Secondhand Smoke

- Giving Up Smoking For You and Your Baby
- Spit Tobacco: A Guide for Quitting
- Your Life Is Our Future. You Can Stop Smoking Today (Native Americans)
- LGBTQ Communities: Motivation to Quit Smoking
- On Kicking Nicotine (Youth)
- Dejar de Fumar (Spanish)

Patient Referral

The Utah Tobacco Quit Line enables you to provide your patients with a proven source of advice and support as they quit the use of tobacco. Health care providers can refer patients to the Quit Line by advising them to call 1.800.Quit.Now (7848.669) or sending a Fax Referral Form available at <http://www.tobaccofreeutah.org/utqprofax.html>. A cessation coach will call your patient within 48 hours to enroll them in the Quit Line program. Another way to refer a patient is to use the Electronic Referral Form at <http://www.nationaljewish.org/utah-referral/>.

Services for Mental Health and Substance Abuse Facilities

Mental health and substance abuse facilities desiring Quit Line services for patients must have: 1) telephone access for patients to receive calls; 2) a contact person at the facility to interface with Quit Line staff; 3) a policy regarding patients receiving nicotine replacement therapy. Facilities can register

for Quit Line services by contacting Allison Nuanes at 303-398-1842.

Operating the Quit Line

The Utah Department of Health contracts with National Jewish Health to operate the Utah Tobacco Quit Line.

National Jewish Health has been named by US News and World Report as the number one respiratory center in the United States since 1998. Tobacco cessation has been a core part of its research and clinical programs for decades.

National Jewish Health currently operates statewide Quit Lines for states including Colorado, Ohio, Iowa, Idaho, Minnesota, Montana, New Mexico, Utah, and Kentucky.

How the Quit Line was developed

The Quit Line program is based on *Treating Tobacco Use and Dependence, Clinical Practice Guidelines* and the latest research findings. The programs offer the benefit of evidence-based interventions, behavioral modification, motivational interviewing, and customized quit plans for each tobacco user.

Due to tobacco's impact on respiratory health, National Jewish is strongly committed to local, regional and national efforts toward tobacco prevention and cessation, and has established effective and comprehensive programs.

How the Quit Line is Evaluated

A formal evaluation of the Quit Line is performed annually. A telephone survey is conducted by an independent research partner six months after a sample of participants' initial call to the Quit Line. The survey includes questions to determine the caller's satisfaction with the Quit Line program and their current tobacco use status. Outcomes include quit and reductions rates.

For more information on services available to help people quit their tobacco use, visit

<http://www.tobaccofreeutah.org>

(1) Treating Tobacco Use and Dependence, Clinical Practice Guideline 2008 Update, U.S. Dept of Health and Human Services, p. 92.