

# Smoking and Cessation Behaviors in Patients at Federally Funded Health Centers



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## Introduction

- Cigarette smoking is the leading cause of preventable death in the U.S.
- Patients at HRSA funded health centers have a high smoking prevalence.
- Few studies have examined patterns of smoking cessation among health center patients.
- This purpose of this study is to compare health characteristics and cessation patterns of adult patients at HRSA funded health centers.

## Methods

- Secondary analysis of 2014 Health Center Patient Survey (HCPS) data
- Chi-square and logistic regression
- Sample size = 5,583

## Measures

- Smoking status
  - Current smoker vs. former smoker
- Sociodemographic characteristics
  - Urban/rural, employment, income, health insurance, gender, age, race, ethnicity
- Health characteristics
  - Self-reported health, hypertension, asthma, diabetes, cardiovascular disease, cancer, COPD
- Behavioral health
  - Mental health distress, general health, anxiety, panic disorder, schizophrenia or bipolar disorder, substance use
- Smoking cessation
  - Desire to quit, quit attempts, plans to quit, receipt of advice to quit from health provider, and cessation treatments used.

## Results

Table 1. Health Center Patient Characteristics

Variable	All Adult Patients Weighted % (n)	Current Smokers Weighted % (n)	Former Smokers Weighted % (n)	Never Smokers Weighted % (n)
	n = 5583	28.1 (1735)	19.2 (976)	52.7 (2872)
Female	64.1 (3513)	62.5 (884)	49.4 (491)	70.2 (2138)
Age				
18-44	53.4 (2293)	51.5 (652)	31.7 (260)	62.2 (1381)
45-64	35.8 (2739)	45.1 (1010)	45.1 (537)	27.4 (1192)
65+	10.9 (551)	3.4 (73)	23.2 (179)	10.4 (299)
Race/ethnicity				
Non-Hispanic white	50.5 (1373)	68.0 (629)	60.9 (296)	37.5 (448)
Non-Hispanic black	19.2 (1301)	17.9 (544)	15.5 (194)	21.1 (563)
Hispanic	24.2 (1900)	9.7 (284)	18.9(307)	33.9 (1309)
Non-Hispanic other	6.1 (1009)	4.4 (278)	4.7 (179)	7.5 (552)
Education				
< HS diploma	34.4 (2439)	35.4 (712)	33.6 (391)	36.1 (1336)
HS diploma/GED	28.7 (1517)	35.6 (566)	29.8 (246)	25.3 (705)
> HS diploma	36.9 (1611)	29.0 (454)	36.6 (336)	38.6 (821)
Fair/poor health <sup>1</sup>	41.6 (2747)	48.2 (924)	41.2 (495)	38.1 (1328)
Current asthma	15.8 (914)	21.4 (393)	17.7 (192)	12.1 (329)
Diabetes	21.4 (1196)	16.9 (320)	33.4 (288)	19.4 (588)
Cardiovascular disease <sup>2</sup>	14.9 (767)	17.7 (295)	22.4 (199)	10.6 (273)
COPD	7.5 (477)	13.8 (285)	12.8 (122)	2.1 (70)
Psychological distress <sup>3</sup>				
Severe (K6 ≥ 13)	14.5 (902)	23.9 (420)	12.1 (147)	10.3 (335)
Moderate (5 ≤ K6 < 13)	39.9 (2133)	41.6 (744)	44.8 (395)	37.1 (994)
No/low (K6 < 5)	45.7 (2494)	34.5 (552)	43.1 (430)	52.6 (1512)
Mental health diagnoses <sup>4</sup>				
None	52.4 (3015)	34.0 (645)	43.2 (496)	65.6 (1874)
1	18.2 (911)	19.7 (299)	23.3 (163)	15.5 (449)
≥ 2	29.4 (1657)	46.3 (791)	33.5 (317)	18.9 (549)
Sought mental health care in past year	21.9 (1233)	32.6 (615)	27.3 (232)	14.2 (386)
Use of illicit substances in past 3 months <sup>5</sup>	4.0 (328)	8.7 (237)	3.1 (38)	1.7 (53)
Days drinking ≥5 alcoholic beverages in past 12 months				
No alcohol in past 12 months	44.6 (2681)	31.2 (547)	43.1 (461)	52.3 (1673)
0-12 days	50.0 (2428)	59.4 (879)	49.1 (445)	45.5 (1104)

1. Self-reported health status on a 5 point scale.
2. Self-report of health provider telling patient they had one or more of the following conditions: congestive heart failure, coronary heart disease, angina (angina pectoris), heart attack (myocardial infarction), or stroke.
3. Kessler Psychological Distress Scores ranging from severe psychological distress (>13) to no/low distress (<5).
4. Self-report of health provider telling patient they had any of the following diagnoses: general anxiety, panic disorder, schizophrenia, or bipolar disorder.
5. Includes cocaine, amphetamines, inhalants, sedatives, hallucinogens, opioids, or other substance used for non-medical purposes. Does not include tobacco, alcohol, or marijuana

Table 2. Use of Smoking Cessation Interventions by Former Smoking Health Center Patients

Cessation Treatment Used	All Former Smokers Weighted % (n)	Quit within Last Year Weighted % (n)	Quit 1 to <5 Years Ago Weighted % (n)	Quit ≥5 Years Ago Weighted % (n)
	N = 976	N = 140	N = 251	N = 500
Any cessation treatment	15.2 (150)	30.6 (44)	9.6 (50)	12.4 (56)
Pharmacotherapy <sup>1</sup>	11.6 (109)	27.5 (34)	6.7 (37)	8.4 (38)
Counseling <sup>2</sup>	9.6 (89)	---	---	---
Counseling and Pharmacotherapy	6.0 (48)	---	---	---

- \*Value suppressed due to cell count < 30.
1. Pharmacotherapy includes use of any of the following cessation medications: nicotine patch, gum, lozenge, nasal spray, or inhaler, bupropion, or Varenicline.
  2. Counseling includes use of a telephone quit line, smoking cessation program, and/or one-on-one counseling.

## Key Findings

- 28.1% of patients reported current cigarette smoking.
- Current (vs. never) smokers were:
  - Older
  - Male
  - Less educated
  - Lower SES
  - Experiencing higher burden of chronic disease, mental health distress, and substance use
- 79% of current smoking patients reported a desire to quit.
- 55.1% of patients who smoked reported a quit attempt in the last year.
- 78.7% of patients received advice to quit from a provider in the last year, and most reported receiving this advice at their health center.
- Despite desire and advice to quit, current smoking patients reported low utilization of evidence-based cessation treatment.
- Pharmacotherapy most common cessation treatment reported by former smokers (11.6%).

## Conclusions

- Smoking cessation efforts should focus on strategies to (1) support FCHQ patients in their desire to quit and (2) increase access to and use of evidence-based cessation treatments.
- Increasing access and use of cessation treatments at HRSA funded health centers may help reduce smoking-related disparities and improve population health.

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