

About QuitDoc Foundation

The **QuitDoc Foundation** was founded in 2006 by two physicians, a pulmonologist and a pediatrician, with a mission to improve overall community health and wellness by reducing the number of deaths in the United States from tobacco addiction and curtailing tobacco use within youth and adult populations through research, education, and prevention.

In addition to our work on this project, QuitDoc Foundation works on a number of other tobacco prevention and cessation projects, including:

Community Tobacco Free Partnerships (Bureau of Tobacco Free Florida)

The QuitDoc Foundation manages twelve *Tobacco Free Partnerships* throughout Florida in Bradford, Clay, Columbia, DeSoto, Dixie, Gilchrist, Highlands, Indian River, Levy, Marion, Martin, and Okeechobee Counties.

Measure Up Marion (Centers for Disease Control and Prevention)

The QuitDoc Foundation is part of a collaboration of organizations and community health advocates who are working to make healthy living easier and more affordable for Marion County residents where they live, learn, worship, work, and play. The initiative specifically works to address chronic diseases, access to affordable healthcare, healthier food, and tobacco free environments.

My Smoke Free Life (Health Foundation of South Florida)

A unique online cessation program that incorporates interactive video modules for participants, combined with telephone counseling and individual follow-up. *My Smoke Free Life* is designed to use modern technology to link patients with healthcare professionals for a cost-effective solution to address cessation needs.

Taking Advantage of a Teachable Moment (Sarasota Memorial Hospital)

Inpatient smoking cessation program that takes advantage of the fact that hospitalized smokers are more motivated to quit, are a captive audience, and have nicotine-free days while in the hospital. The program combines educational videos with phone support that starts while the patient is in the hospital and continues after discharge with follow-up calls to assist with any questions or concerns.



Research. Education. Prevention.

5944 Coral Ridge Drive, #255
Coral Springs, FL 33076

Phone: 866-355-QUIT
Fax: 877-878-4755
Email: info@QuitDoc.com
www.QuitDoc.com



QuitDoc Foundation

info@QuitDoc.com

www.QuitDoc.com

OUR MISSION:

To improve overall community health and wellness by reducing the number of deaths in the United States from tobacco addiction and reducing tobacco use within youth and adult populations through research, education, and prevention.

Start the Conversation!

Be a Tobacco Free Influence is an innovative adolescent tobacco intervention and cessation program for youth ages 11-17 identified as at risk for tobacco use.

- ◆ Designed to stop first initiation or encourage quit attempt.
- ◆ Provides targeted tobacco cessation services for adolescents and cessation referrals for adult tobacco users in household.
- ◆ Promotes tobacco free social norms and protects adolescents from secondhand smoke exposure by encouraging quit attempt for adults and adolescents in household.

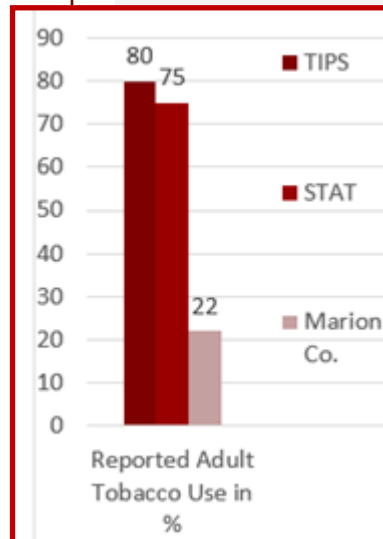
Phase I: Tobacco Intervention Program for Students Prevention Education Curriculum (TIPS 2 QUIT)

- ◆ Participants referred by law enforcement, at-risk programs, school personnel, or self-referral.
- ◆ Utilizes educational model that teaches adolescents to choose not to use tobacco at all or encourages them to quit tobacco use.
- ◆ Each interactive module is designed to change attitudes towards tobacco using weekly rotation of program materials.
- ◆ Each educational component is designed so an adolescent can enter the program at any point in the rotation.

Youth completing the TIPS 2 QUIT program report a significant change in perception of addiction, making them less likely to initiate or continue tobacco use and high-risk behaviors. In the first year, 7.5% of all participants made a quit attempt.

Phase II: Student Tobacco Addiction Treatment - (STAT!):

- ◆ Face-to-face tobacco cessation program for tobacco users ages 11-17 who complete TIPS 2 QUIT
- ◆ Participants must complete the TIPS intervention component before entering cessation services.
- ◆ Classes are group sessions to encourage support among friends and peers and provide opportunity for peer leadership.
- ◆ Incorporates behavior modification strategies and teaches coping mechanisms to quit tobacco use.
- ◆ Trained youth peer counselors and adult mentors provide additional support to program participants.
- ◆ Adult household members who are identified as tobacco users are provided available cessation services.



80% of participants reported an adult tobacco user in the home. Adults have the option to join cessation classes to reduce secondhand smoke exposure and change the social acceptability of tobacco use in the home.



Conclusions:

Along with socioeconomic status, adult tobacco use in the home is a major factor for youth tobacco initiation, and access through peer groups reinforces the behavior.

- ◆ 159 participants aged 11-17 entered the TIPS program and completed at least one session.
- ◆ 12 program completers entered the STAT cessation program (38% of tobacco users based on population data).

- ◆ 1 youth has maintained quit status since STAT completion, 1 reported to have quit for one month.

- ◆ Peer leaders have been helping others while working to get back on track.

- ◆ Topics should be expanded to address concurrent use of marijuana and alcohol.

Important findings from implementing TIPS and STAT programs:

- ◆ Need for expanding TIPS and STAT curricula to include marijuana.
- ◆ More education on electronic cigarettes.
- ◆ More attention on flavored cigarillos and blunt wraps due to knowledge gaps.
- ◆ Need for expansion to younger audiences because of early exposure to tobacco use in the home.

References:

TIPS 2 QUIT pilot project funded by a CVS Health Community Grant in Bradford County, FL.

Be The Tobacco Free Influence: TIPS 2 QUIT & STAT! is currently a project of the Marion County Hospital District, Marion County, FL.