

1-800-QUIT-NOW QUITWORKS-RI

RI Smokers' Helpline – Fiscal Year 2013ⁱ Update

The Rhode Island Smokers' Helpline (the state's Quitline) and the **QuitWorks-RI** referral program are free, evidence-based stop-smoking services. Callers to the Helpline and patients referred to QuitWorks-RI by their health care providers receive free telephone-based support to help them quit smoking and using other tobacco products. Multi-session counseling, mailed self-help materials and referrals for additional services are offered. For a limited time period when funding is available free nicotine patch starter kits may also be offered. The Helpline serves the general public, tobacco control professionals, educators, health care providers, and others who want to reduce tobacco's heavy toll on society.

In Fiscal Year (FY) 13, the Rhode Island Smokers' Helpline and QuitWorks-RI programs served 1,834 Rhode Island residents.

Key results

- 506 clientsⁱⁱ (28% of total served) called the Helpline directly.
- 1,316 QuitWorks-RI referrals (72% of total clients served) were sent from 169 health care providers from 44 institutions (hospitals, community health centers or private practices).
- 876 clients participated in an initial screener call and were mailed a quit guide in the mail.
- 307 QuitWorks-RI patients received 2 weeks of free nicotine patchesⁱⁱⁱ.
- 478 clients (55% of those screened) took advantage of the Helpline's multi-session counseling program.
- 181 six-month follow-up evaluation interviews were completed for clients receiving services during this period (approximately 400 cases are still in process).
- 35% of clients who used counseling and/or medications were currently quit for 30 days or more at the time of follow-up.

The Rhode Island Smokers' Helpline and QuitWorks-RI program are services of the Rhode Island Department Health and are managed by JSI Research and Training Institute, Inc.

ⁱ Fiscal Year 2013: Period from July 01, 2012 to June 30, 2013.

ⁱⁱ During the CDC TIPS 2 campaign from March-May 2013, call volume tripled to 90+ callers a month, proving that RI residents need and want Helpline services.

ⁱⁱⁱ Scientific evidence shows that combining the use of behavioral counseling and FDA approved quit smoking medications doubles a smokers' chances of quitting. Fiore MC, Jaén CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Quick Reference Guide for Clinicians. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. April 2009.