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QUARTERLY NEWSLETTER

NORTHWEST MICHIGAN CHRONIC DISEASE PREVENTION
COALITION



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Welcome

My name is Katie Haner and I am your new editor for the Northwest Michigan Chronic Disease Prevention Coalition Quarterly Newsletter. I am so excited to begin showcasing all the great work that is going on within our coalition.

For coalition updates and information: please visit www.livewell4health.org under the "About Us" tab.

Looking to get a project featured? Email submissions to: khaner@dhd10.org

 @livewell4health



NMCDPC Tobacco Task Force



Who they are:

The Northwest Michigan Chronic Disease Prevention Coalition has formed a Tobacco Cessation and Prevention Community/Clinical Linkages Task Force to address the issue of high rates of tobacco use in the 11 county region of the Coalition.

The task force is composed of clinical, public health, and community partners working together to implement comprehensive tobacco treatment programs that identify persons who use tobacco, advise them to quit, and provide brief counseling and treatment services including nicotine replacement therapy, behavioral counseling, and follow-up visits.

What they do:

The Task Force is working to reduce tobacco use prevalence using community-level interventions such as implementing community wide campaigns, reducing exposure to environmental tobacco smoke and promoting the Michigan Tobacco Quitline.



Current Programs

District Health Department #10: Tobacco Treatment Program



**District Health
Department #10**
Healthy People, Healthy Communities



Trained tobacco treatment specialists work with adults and youth to help them better understand the effects of tobacco and nicotine on their health and to assist and support personalized quit plans.

Tobacco treatment specialists also work with health care providers to make sure clients are getting the personal medical support they need to quit.

DHD #10, Spectrum Health, Munson Health Care Manistee and West Shore Community College all have trained tobacco treatment specialists ready to support community members on their journey to quit.

Go to <https://www.livewell4health.org/tobacco-cessation> for more info.

TTP Referrals for DHD 10	Total Referrals 10/1/18-5/31/19	Total Enrollments 10/1/18-5/31/19	TTP Completed & Quit/Reduced 10/1/18- 5/31/19
Total	180	25	10
Crawford	6	4	0
Kalkaska	3	2	0
Lake	35	10	2
Manistee	12	4	1
Mason	5	3	0
Mecosta	50	10	2
Missaukee	7	2	0
Newaygo	14	3	0
Oceana	5	1	1
Wexford	22	7	4
Osceola	17	2	0
Montcalm	4	1	0

Spectrum Health Gerber Memorial: Tobacco Cessation Program

**SPECTRUM HEALTH
Gerber Memorial**



The SHGM Tobacco Cessation Program has three Tobacco Treatment Specialists. Tobacco Treatment Specialists are professionals with appropriate educational and experiential backgrounds trained to deliver a high-intensity, evidence-based, cognitive-behavioral treatment for nicotine dependence. Tobacco use screening and cessation counseling is rated among the three most effective and efficacious preventive health actions that can be undertaken in a clinical setting (U.S. Dept. of Health and Human Services, 2019).

The program offers:

- Group classes
- Individual one-on-one counseling
- Community Events
- School Health Fairs
- Presentations/classes at local businesses

Providers in the Newaygo County area can refer patients to any of these services through the electronic health record system and email. Exciting things are coming in the near future to the program that includes; a program coordinator, continued education with clinicians throughout the Spectrum system, referral capability in the electronic health record system and partnership with local schools. We are excited with how far the program has come and how many more improvements are coming in the future to help tobacco patients.

Current Programs

Michigan Tobacco Quitline

The Michigan Tobacco Quitline provides guidance and support throughout the entire tobacco quit process to help you:

- Prepare a quit plan
- Set a quit date
- Understand tobacco triggers
- Manage cravings
- Get back on track after relapses



Types of Support Offered:

Research shows that coaching and quit medications combined gives you the best chance of quitting. The quitline offers these services, as well as other supports, including;

1. **Planning and educational materials.** These help you map out your road to quitting tobacco.
2. **Coaching** by phone and additional support by email, text, or chat with experienced and understanding coaches. Your coach will support you during your quitting process. Your coach also will work with you to help with problem-solving and learning tools to deal with challenges. Quitline coaches are available 24/7.
3. **Nicotine quit medications** (such as nicotine gum, lozenge, or patch). You may be eligible for quit medications. If so, we mail these directly to your home. Quit medications can double or triple your chances of quitting for good.
4. **Membership in an online community** of others who are working to become tobacco free.

There are three different quit programs to choose from:

- **Phone + Online:** Phone coaching, plus email, text, chat, web-based materials, and quit progress tracking through our website.
- **Phone Only:** Phone coaching, plus materials, quit planning, and quit progress tracking.
- **Online Only:** Materials, quit planning, and quit progress tracking through our website.

There are specialized protocols for many priority populations, including:

- American Indian/Alaskan Native: addressing the difference in commercial tobacco and tribal tobacco use
- Youth: youth specific program launching July 1st that includes specifics on Vaping and e-cigarettes.
- Pregnant/post-partum women: extra counseling sessions offered with a financial incentive for moms.

Michigan Tobacco Quitline Referrals 10/1/2018 to 5/31/2019	
Total	97
Crawford	5
Kalkaska	4
Lake	5
Manistee	7
Mason	10
Mecosta	17
Missaukee	3
Newaygo	8
Oceana	9
Wexford	21
Osceola	8
Pregnant women referred	
Michigan	51
** referrals for pregnant women are not broken down by county	

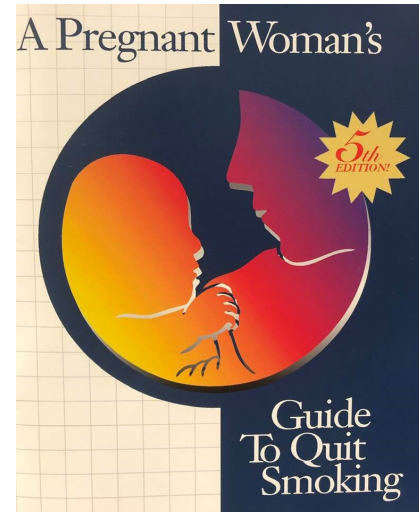
Current Programs

SOPHE Script Program

SCRIPT® is an award-winning, evidence-based program shown to be effective in helping thousands of pregnant women quit smoking.

It is designed to be a component of a patient education program for prenatal care providers and is cited by the Agency for Healthcare Research & Quality's Smoking Cessation Clinical Practice Guidelines.

SCRIPT® counseling is a reimbursable service under the Patient and Affordable Care Act.



Total SCRIPT Enrollments 10/1/2018 to 5/31/2019	
Total	17
Crawford	0
Kalkaska	2
Lake	1
Manistee	0
Mason	0
Mecosta	2
Missaukee	0
Newaygo	6
Oceana	6
Wexford	0
Osceola	0
Montcalm	0

The SCRIPT program includes the following intervention materials:

- A Pregnant Woman's Guide to Quit Smoking
- Commit to Quit DVD.
- Comprehensive counseling using the 5 As
- Follow up counseling and encouragement to establish a non-smoking home

In The News

West Shore Community College

Scottville, MI- On February 18, 2019 the West Shore Community College Board in Ludington, MI approved Board Policy 6053 making campus Smoke-free and Tobacco-free **effective June 1, 2019!** The policy states, "No person shall smoke, chew, or otherwise use tobacco products and electronic smoking devices on property owned or leased by the College." According to WSCC, the policy is intended to protect and enhance the indoor and outdoor air quality and to contribute to the health and well-being of all. Employees and students who would like to quit tobacco use, but need additional support, can seek extra help by contacting Julie Page Smith at 843-5949 or email at jsmith@westshore.edu.



Way to go, WSCC!