

**Florida Department of Health  
Quit-for-Life Line  
2005 Evaluation Report  
and  
Quit Rate Report**

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Submitted by:

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## **Executive Summary**

### **2005 Florida Quit-for-Life Line Evaluation Report**

#### **Description of the Program**

The Florida Quit-for-Life-Line (Quitline) is a telephone-based tobacco cessation hotline that was established to meet the needs of Florida adults who use tobacco. The Florida Department of Health negotiated a contract with the American Cancer Society to operate the Quitline. The service began operation in December, 2001.

#### *Quit-for-Life Line Objectives*

The Florida Quit-for-Life Line staff established a set of goals in 2001 that continue to guide the smoking cessation hotline. These goals include:

- Objective 1. Establishment of a statewide telephone tobacco use cessation hotline for adults in Florida
- Objective 2. Use by adults in Florida of the telephone-based tobacco use cessation hotline increasing quarterly throughout the contract period
- Objective 3. Sustained abstinence from tobacco use among adults age 18 and above who use the Quit-for-Life Line
- Objective 4. Decreased consumption of tobacco products among tobacco users in Florida who use the Quit-for-Life Line
- Objective 5. Decreased prevalence of tobacco use among adults who use the Quit-for-Life Line
- Objective 6. Reduction in Exposure To Environmental Tobacco Smoke (Second-Hand Smoke)

#### *Target Populations for the Quit-for-Life Line*

Several target populations were selected as the intended audience for the Quitline. These populations include:

- Floridians (Age 13 and Over) Who Smoke – 3,027 adults called the Quitline between July 2004 and May 2005.
- Parents Who Smoke and Who Have Children Under Age 18 In Household – 623 smokers called the Quitline with children under 18, with an estimated 1,161 children at risk.
- Pregnant Women – 78 pregnant women called the Quitline.
- DOH Employees and DOH Clients – 50 health employees called the Quitline

#### **Discussion of the Intake Data from Florida Residents Calling the Quitline**

Callers to the Florida Quitline are asked a set of intake questions when they call, and the answers are recorded by an American Cancer Society intake specialist. The goals of this

evaluation analysis are to confirm whether the Quitline reached its target populations and whether it had a positive effect on smoking cessation.

### *Calls from Florida Smokers to the Quitline*

The period of this evaluation covers calls from July 2004 to May 2005. A total of 13,027 Florida residents called the Quitline in this period, and all completed intake surveys, to become the base sample for this analysis.

- The Quitline averaged 275 calls per month in this period.
- 64.1% of the people calling the Quitline wanted to quit smoking.
- 61.8% of smokers requested counseling from the Quitline.

### *Target Population: Age and Gender of Adult Smokers*

- 52.4% of the Quitline clients are women compared to 29.6% who are men.
- 78.2% of the women called to quit smoking versus 77.6% of the men.
- Women smokers had a Quitline call rate of 0.071% of the female smoking population, almost twice that of male smokers, whose call rate was 0.040% of the smoking population.
- Quitline callers tend to be middle-aged, with 57.7% of them between 30 and 64.
- Women between 30 and 64 report smoking an average of 21 cigarettes per day.
- Men between 30 and 64 report smoking an average of 23 cigarettes per day.
- Women report making an average of 9 quit attempts before calling the Quitline, compared to an average of 14 quit attempts among men.
- 65.1% of women and 34.8% of men requested counseling.

### *Target Population: Race/Ethnicity of Adult Floridians Who Called the Quitline*

The race/ethnic makeup of callers to the Florida Quitline is predominantly White, followed by Hispanic and Black callers.

- 45% of all Floridians who called the Quitline were White, compared to 65.4% of the population in the 2000 US Census. The Quitline call rate for White smokers was 0.050%, slightly below average for all of Florida.
- 12% of Floridians who called the Quitline were Hispanic, compared to 16.8% of the population in the 2000 US Census. The Quitline call rate for Hispanic smokers was 0.067%, the highest in the state.
- 5% of Floridians calling the Quitline were Black, compared to 14.2% of the population in the 2000 US Census. The Quitline call rate for Black smokers was 0.042%, the lowest of the three.
- Between 90% and 95% of all race/ethnic groups calling the Quitline want to quit smoking.

- 63.1% of White smokers, 68.9% of Black smokers and 65.9% of Hispanic smokers who called the Quitline requested counseling.

*Target Population: DOH and County Health Employees*

- 50 health employees called the Quitline.

*Target Population: Pregnant Women*

- 78 pregnant women called the Quitline.
- 46.2% of the pregnant women had children under 18 in their household.

*Target Population: Children At Risk of Exposure to Second-hand Smoke*

- 20.6% of all smokers who called the Quitline had children under 18 in the household.
- 68.9% of households with children under 18 allow smoking somewhere in the house.
- An estimated 1,161 children live with smokers who have called the Quitline and who are at high risk of second-hand smoke.
- An estimated 513 of these children under 18 live in households with two smokers.
- 25.8% of all people calling the Quitline live with a smoker.

**Assessment of the Florida Quitline, July 2004 to May 2005**

The overall assessment of the Quitline is that the service is successful in providing counseling and smoking cessation materials to help Floridians reduce their consumption of tobacco products or to stop smoking entirely.

*How Effectively Did the Florida Quitline Meet the Goals of The Program?*

- 121% of the targeted 2,500 clients called the Florida Quitline between July 2004 and May 2005.
- 80.2% of Floridians who called the Quitline requested counseling, self-help services or information.
- Due to a lack of data, there is no information on counseling sessions with Quitline clients.
- The Quit Rate among smokers who call the Quitline is 18.2% at six months after counseling.

*How Well the Quitline Data Meet Program Needs*

- The intake survey data reports and dataset sent from the ACS were timely and accurate. They were very reliable.
- Data on the three and six month follow-up evaluations was generated upon request, but only up to April 2004.

- Some data elements were not reported by the ACS as contracted; for example, data from counseling sessions, time of day of calls, number of referrals made or coupons sent.

*Recommendations to Improve the Effectiveness of the Quit-for-Life Line Program*

- The Florida Quitline should target a greater number of smokers in Florida and motivate them to call. At present, the call rate is 0.054% based on 1,940 smokers calling in 2004-2005. The target for this call rate should be 0.1%, which would provide counseling services for 3,600 smokers per year.
- The Florida Quitline should continue to seek funding for smoking cessation communication campaigns. The dramatic increase in calls to the Quitline following one month of smoking cessation advertising in May 2005, indicates the importance of media presence in motivating smokers to call the Quitline.
- The Florida Quit-for-Life Line should continue working with smoking-cessation groups and medical professionals to increase awareness of the Quitline services, and to increase referrals from the medical community.
- The Florida Quit-for-Life Line should continue cooperating with North American Quitline Consortium to share Quitline data from other states using the minimum data set. The benefit of this action is that Florida's Quitline outcomes can be compared with the figures nation-wide, and thus can gauge its successfulness from a wider perspective.
- The evaluator should work more closely with the American Cancer Society to create more efficient Quitline data reporting and should continue to provide monthly report updates to the Quitline contract manager at the DOH and interested staff.