

802Quits Annual Report

FY 2023

Vermont Tobacco Control Program

Prepared by: Professional Data Analysts

Source: National Jewish Health

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VERMONT DEPARTMENT OF HEALTH
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Introduction

About 802Quits

802Quits is an evidence-based tobacco treatment program accessible by phone, online or text for Vermont residents. Program support includes over the phone cessation counseling with a trained health coach, text messaging, access to online cessation information, quit progress tracking tools and peer support, depending on enrollment type.

The quitline provides tailored protocols and incentives for priority populations. Nicotine replacement therapy (NRT) is the most used family of quit smoking medication, including patches, gum and lozenges, is available free of charge to adult enrollees 18+ and is recommended off-label with prescription for youth under 18 years old who are moderately or severely addicted to nicotine and motivated to quit.

About this report

The report provides an annual summary of 802Quits enrollment patterns and program use in fiscal year 2023 (FY2023), including year over year comparisons from 2019 – 2023 and quarterly breakdowns for 2023. The results may be used to identify trends over time, identify successes and opportunities for growth, and identify opportunities for program improvement. Only data from adult participants are included in this report. Data are summarized over the past five fiscal years, with the main focus on FY2023, which spans the timeframe of July 1, 2022 to June 30, 2023.

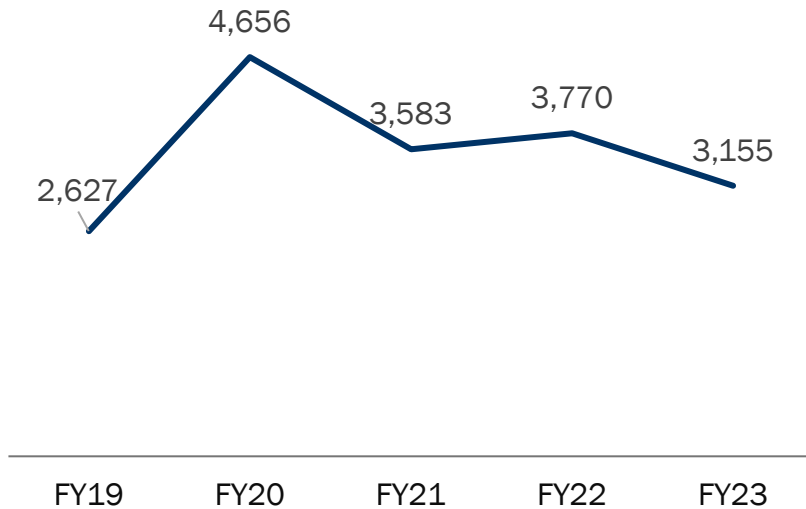
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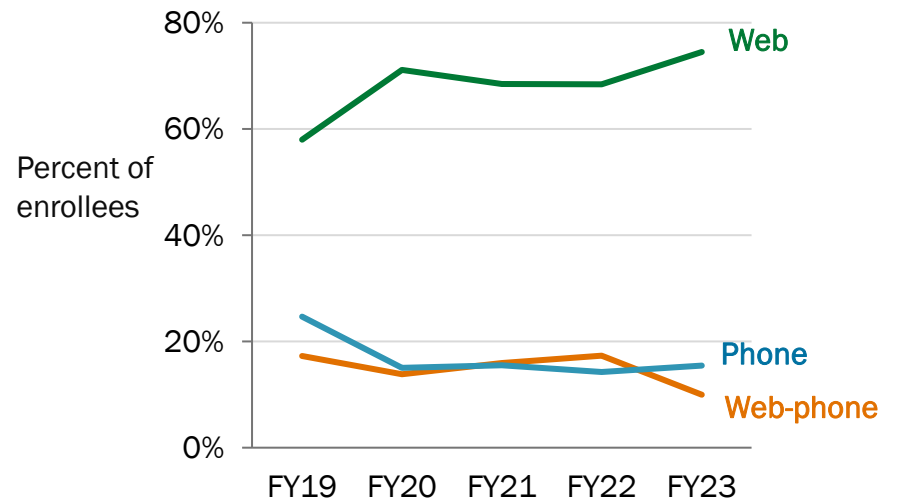
802Quits Fiscal Year Comparison

Enrollment in 802Quits Services

Number of enrollees in 802Quits services by fiscal year



Enrollees in 802Quits services by program type



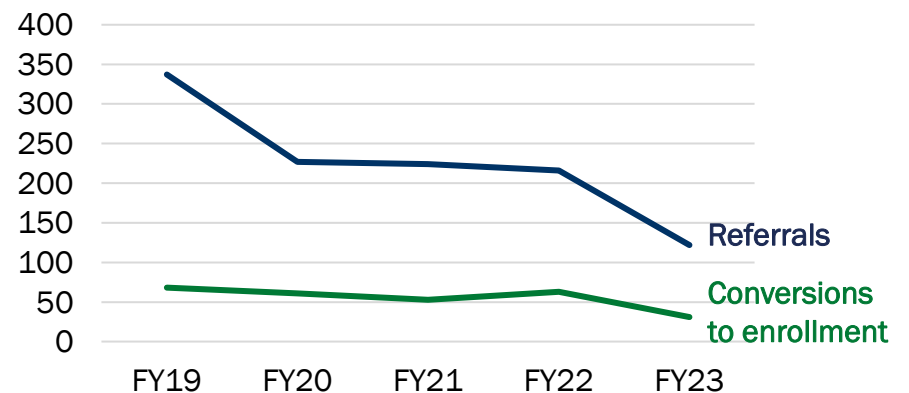
Referrals from Health Care Providers

Health care providers play an important role in tobacco cessation, as they are trusted sources of information and can provide behavioral interventions as well as connect patients to cessation services through the quitline.

Health care providers can provide referrals to their patients for cessation resources from 802Quits through the phone, online or via fax.

Referrals to 802Quits can come from a variety of health care professionals, including doctors, dentists, and pharmacists.

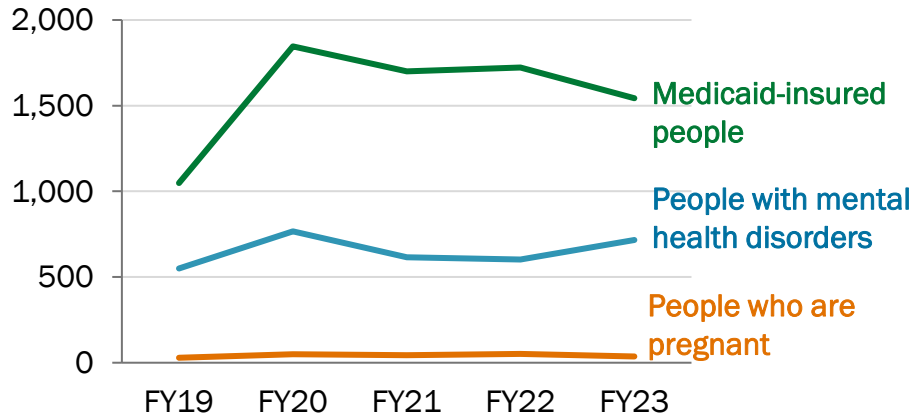
Number of 802Quits referrals and conversions



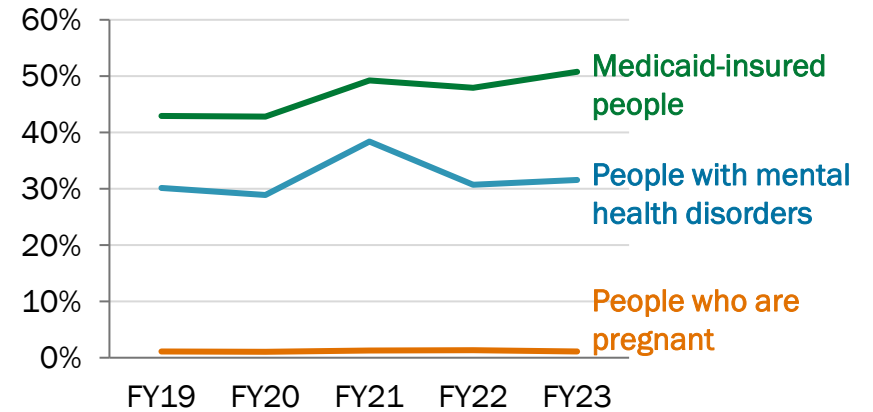
Demographics and E-cigarette Usage

Enrollment in 802Quits Services by Priority Populations

Number of 802Quits enrollees by priority population



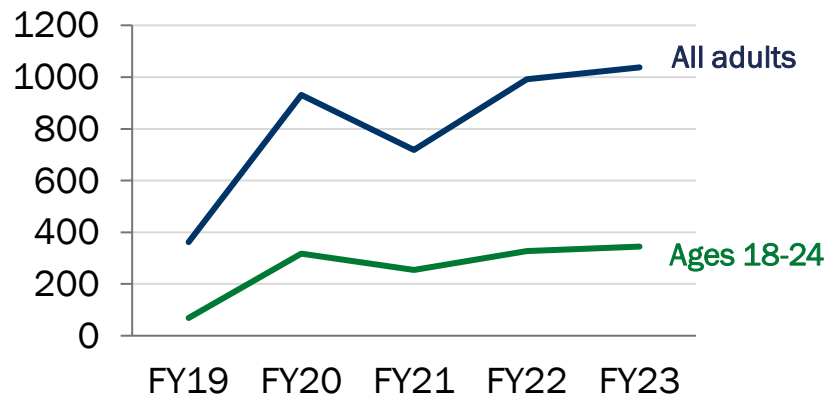
Percent of 802Quits enrollees by priority population



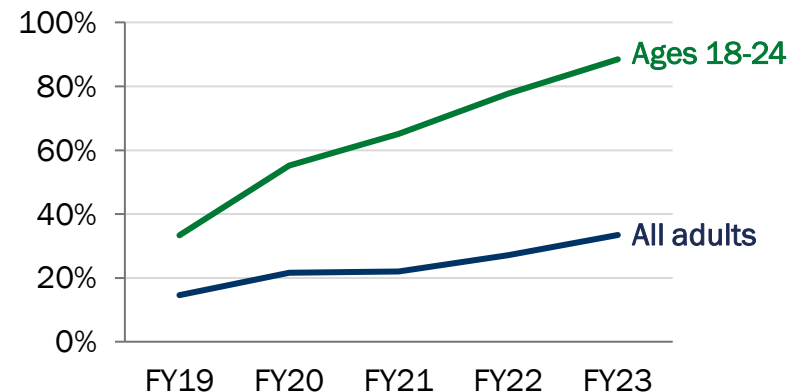
Use of E-Cigarettes by 802Quits Enrollees

At intake, enrollees in 802Quits services report the types of tobacco they use. From FY2019 to FY2023, the percent of enrollees aged 18-24 who use e-cigarettes increased from 33% to 88%.

Number of 802Quits enrollees who use e-cigarettes



Percent of 802Quits enrollees who use e-cigarettes

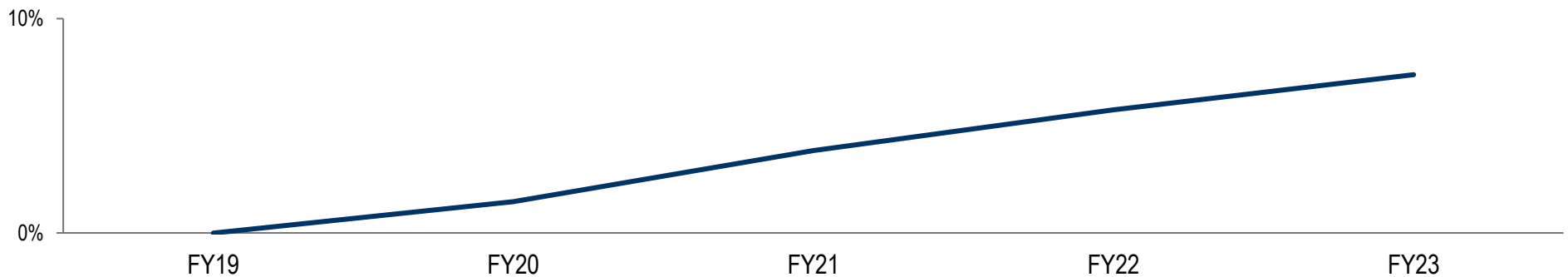


Re-enrollments in 802Quits and Nicotine Addiction Level

Re-enrollment in 802Quits Services

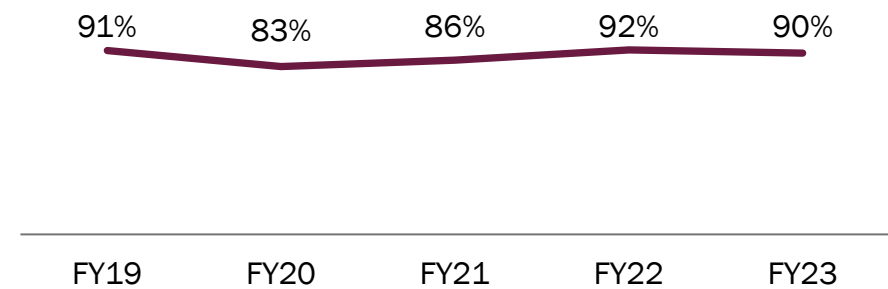
Evidence from Centers for Disease Control and Prevention suggests that it may take 8–11 attempts before quitting tobacco and nicotine products permanently.¹ In FY2023, 7.4% of enrollees in 802Quits had already enrolled at least once in the previous 4 years.

Percent of 802Quits enrollees who had already enrolled in previous years (starting with FY2019)

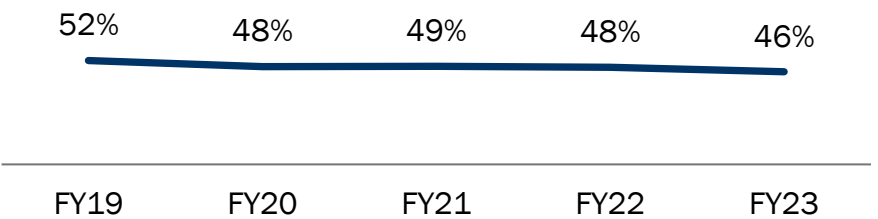


Level of Addiction of Enrollees in 802Quits Services

Percent of 802Quits enrollees who use tobacco or nicotine products every day



Percent of 802Quits enrollees who smoke at least 20 cigarettes per day

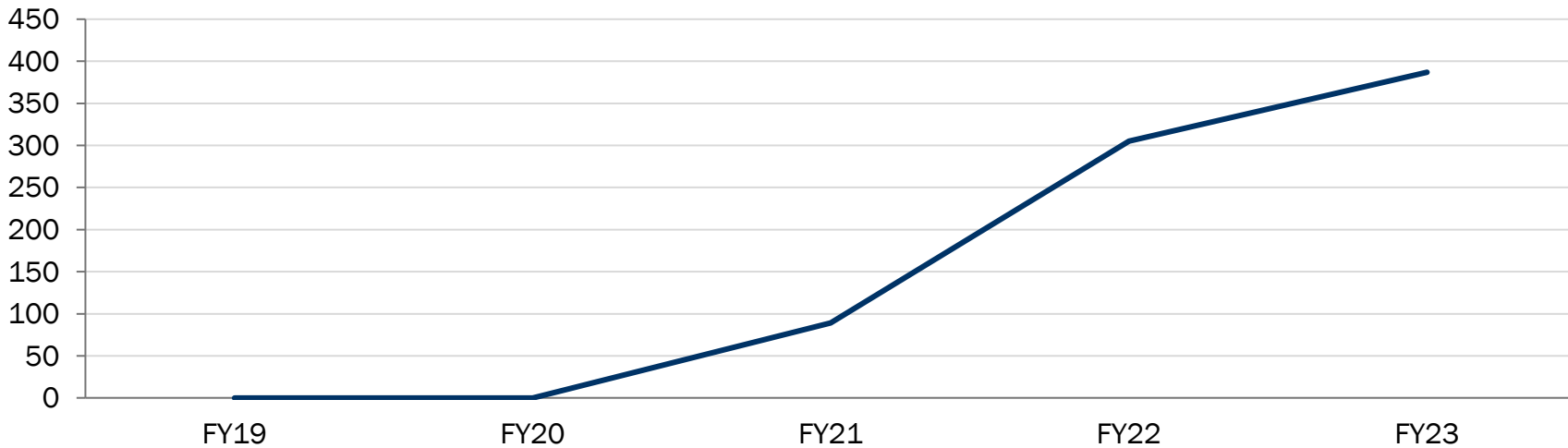


1. United States Public Health Service Office of the Surgeon General. Smoking Cessation: A Report of the Surgeon General. Washington (DC): US Department of Health and Human Services; 2020. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK555591/>

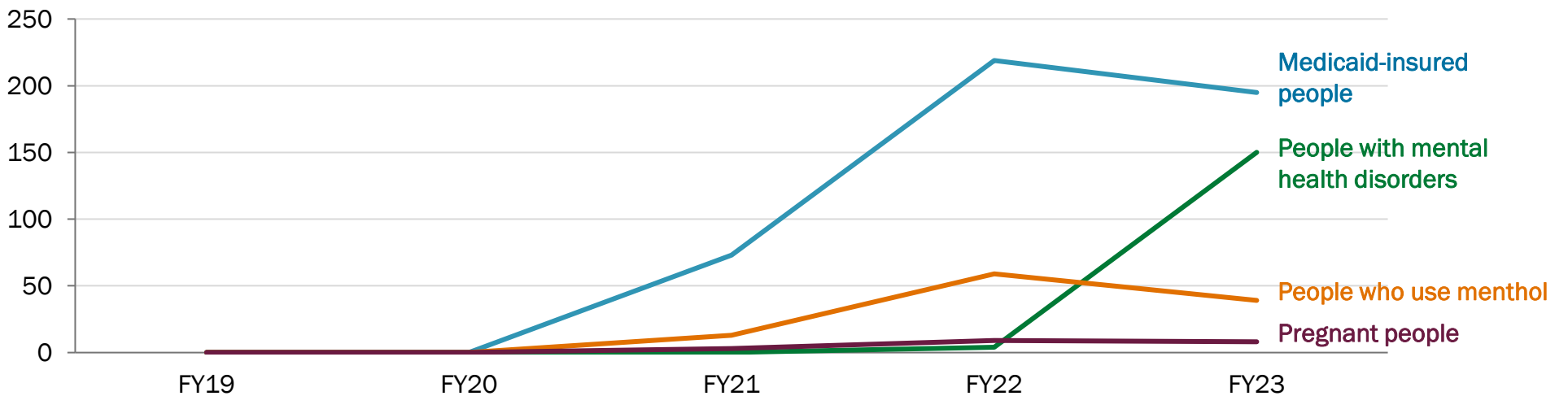
Incentives

Starting in March 2021, the 802Quits program provides incentives for call completion for enrollees in the phone or web-phone programs from priority populations (people with Medicaid or who are uninsured, people who use menthol, people with behavioral health conditions (added in 2022), and people who are pregnant/postpartum).

Number of 802Quits enrollees who received an incentive by fiscal year



Number of 802Quits enrollees who received an incentive by type

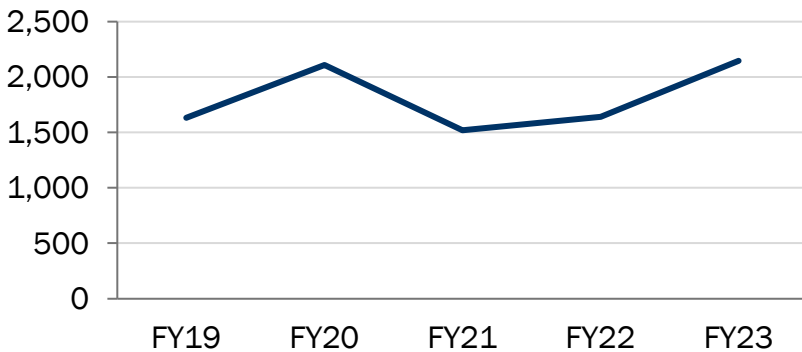


Utilization of 802Quits Services

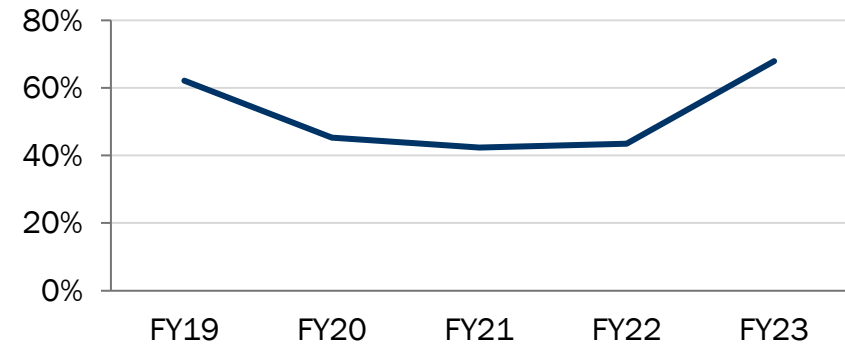
The North American Quitline Consortium defines evidence-based treatment (also known as minimal treatment) as receiving a counseling phone call or nicotine replacement therapy (NRT) from a quitline program, as both services have been proven to help people quit.

Enrollees who Received Evidence-Based Treatment through 802Quits

Number of 802Quits enrollees who received evidence-based treatment

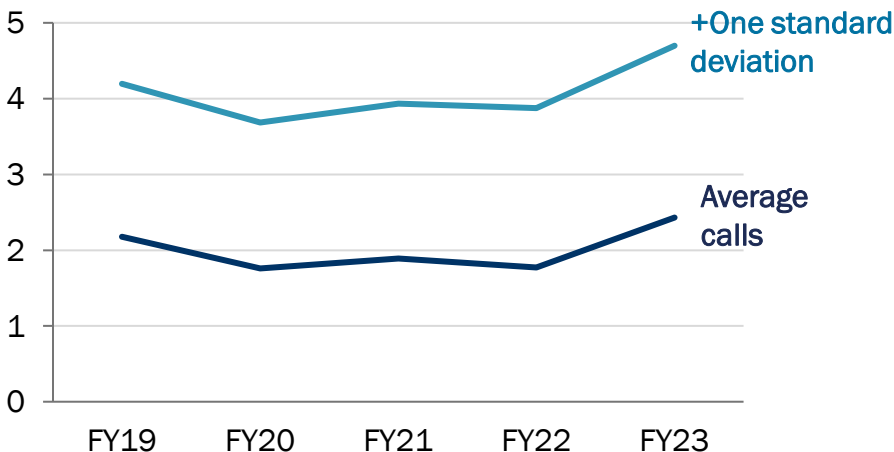


Percent of 802Quits enrollees who received evidence-based treatment

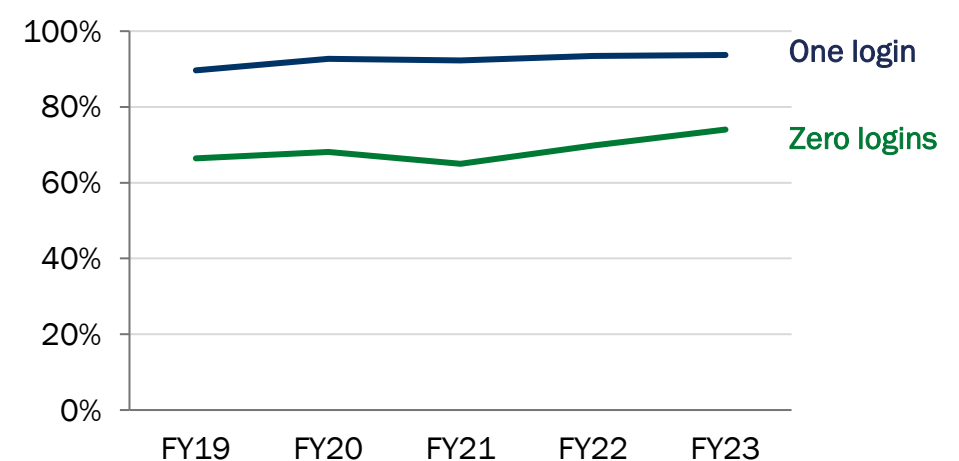


Services Received through 802Quits

Number of calls completed by enrollees in phone and web-phone programs



Percent of 802Quits website logins completed by enrollees in web program

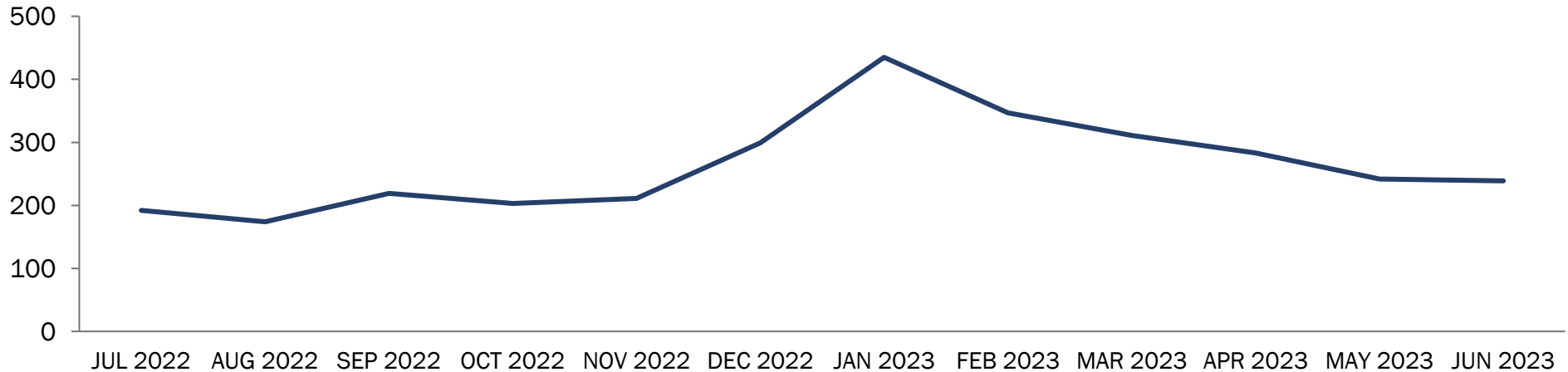


802Quits FY2023 Data

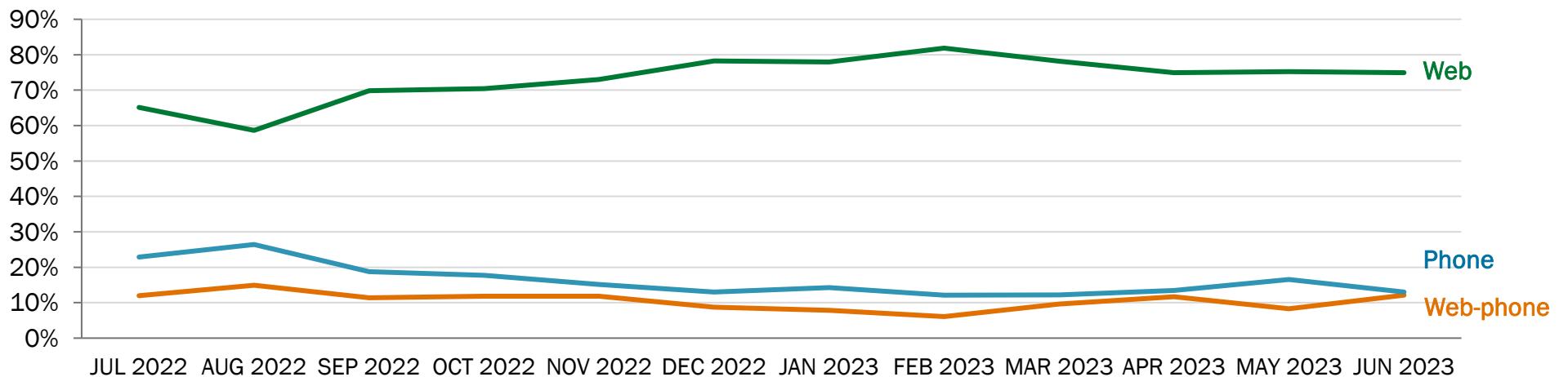
Enrollment in 802Quits Services

In FY2023, there were a total of 3155 enrollees in 802Quits services.

Number of monthly 802Quits enrollees in FY2023

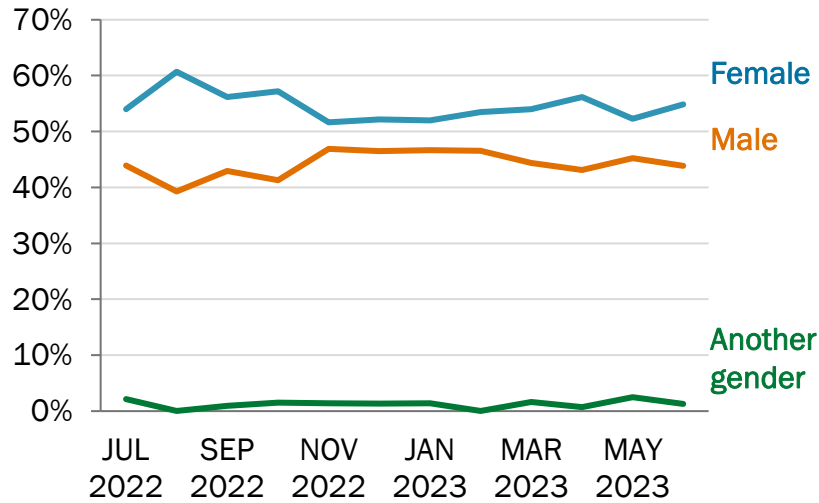


Percent of monthly 802Quits enrollees by program type

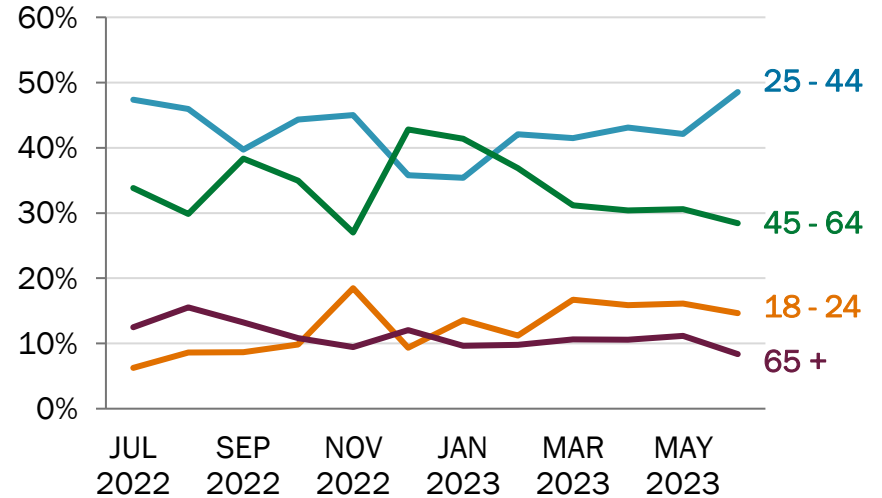


Enrollee Demographics

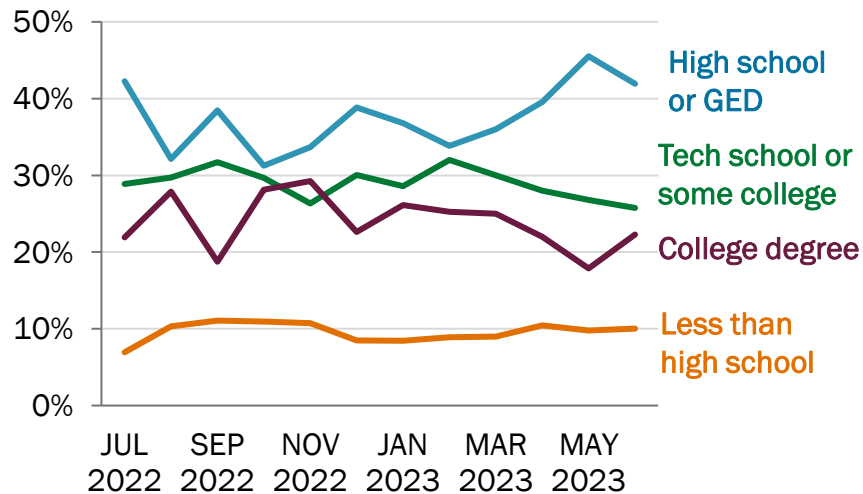
Gender distribution of 802Quits enrollees



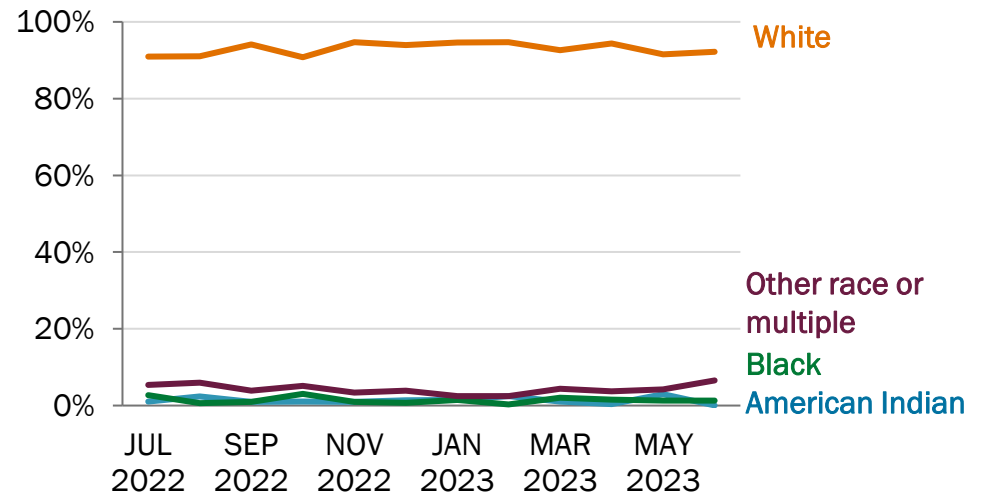
Age distribution of 802Quits enrollees



Educational attainment distribution of 802Quits enrollees

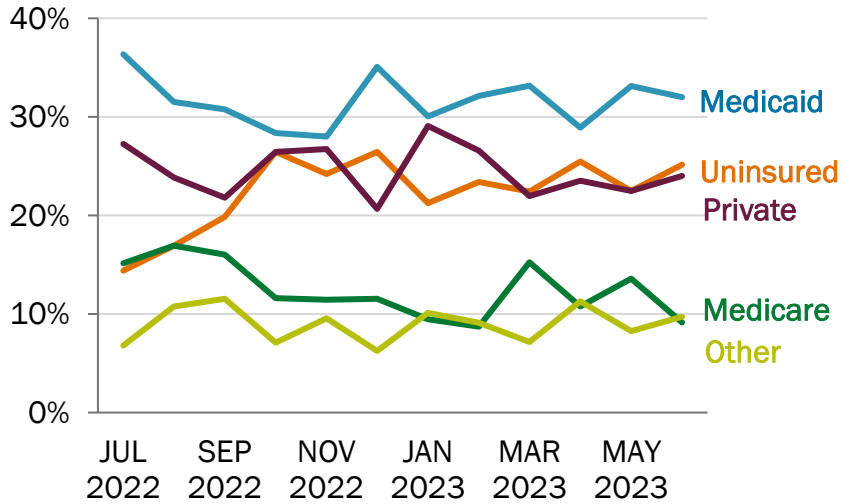


Racial distribution of 802Quits enrollees

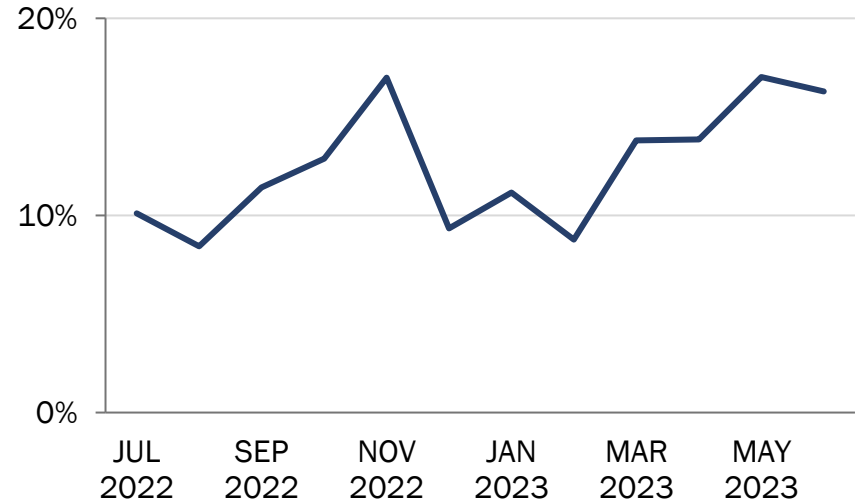


Enrollee Demographics

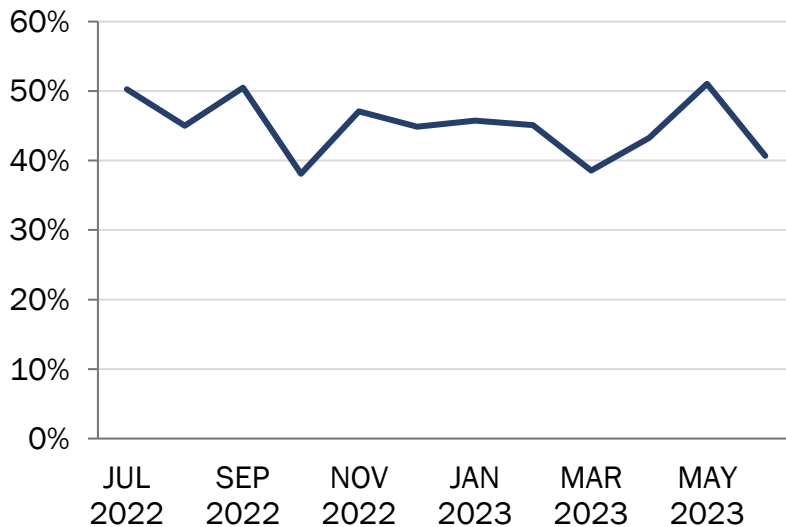
Insurance type distribution of 802Quits enrollees



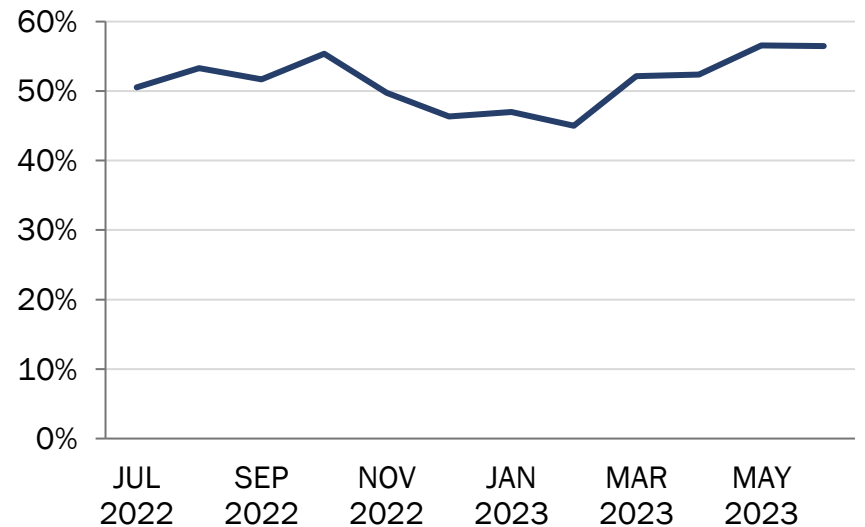
Percent of 802Quits enrollees who are LGBTQ+



Percent of 802Quits enrollees with a chronic condition



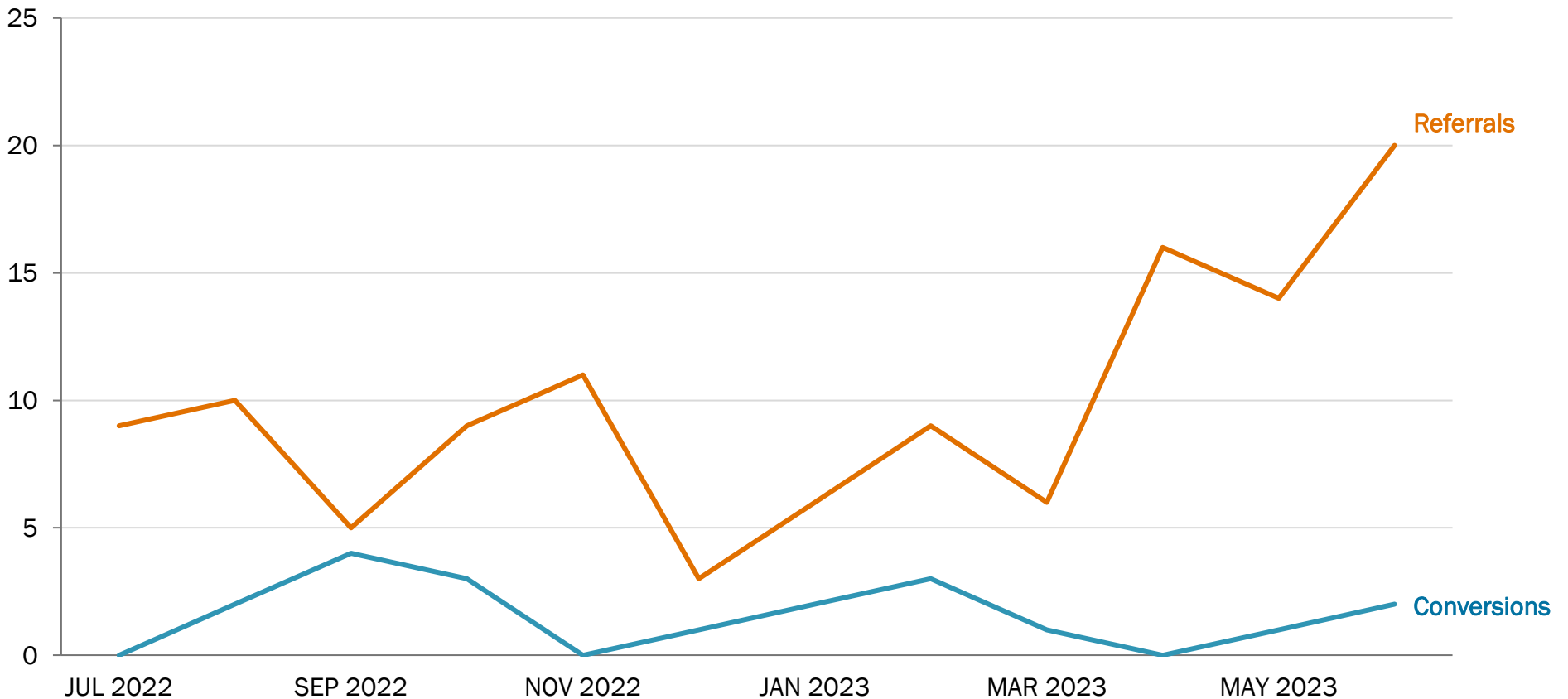
Percent of 802Quits enrollees with a mental health condition



Referrals from Health Care Providers

Health care providers can provide referrals to their patients for cessation resources from 802Quits through the phone, online or via fax. Referrals to 802Quits can come from a variety of health care professionals, including doctors, dentists, and pharmacists.

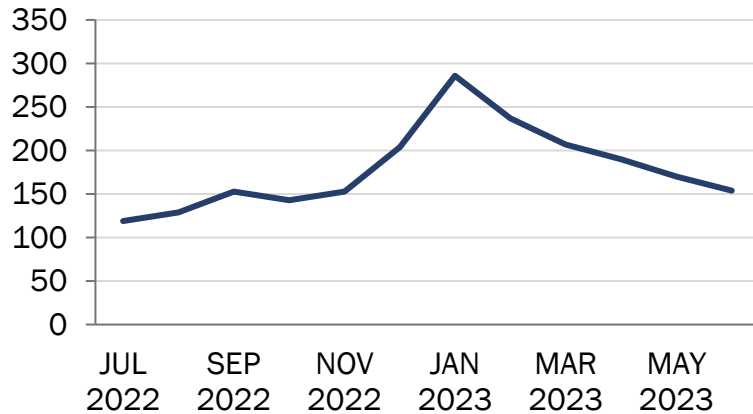
Number of monthly referrals to 802Quits from health care providers and conversions to enrollment



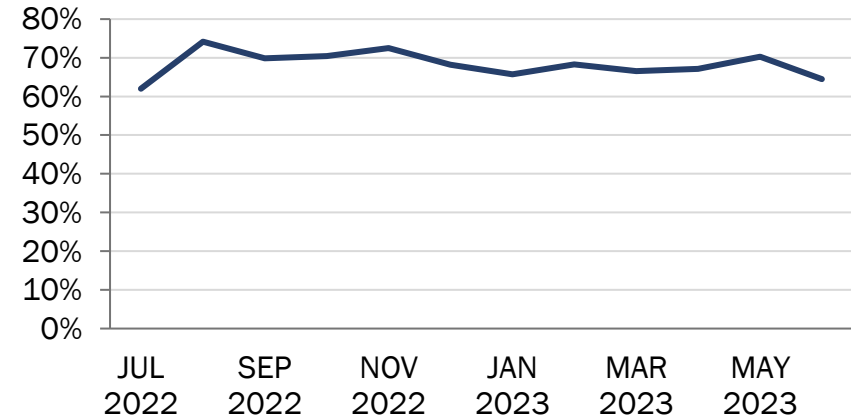
Utilization of 802Quits Services

Enrollees who Received Evidence-Based Treatment through 802Quits

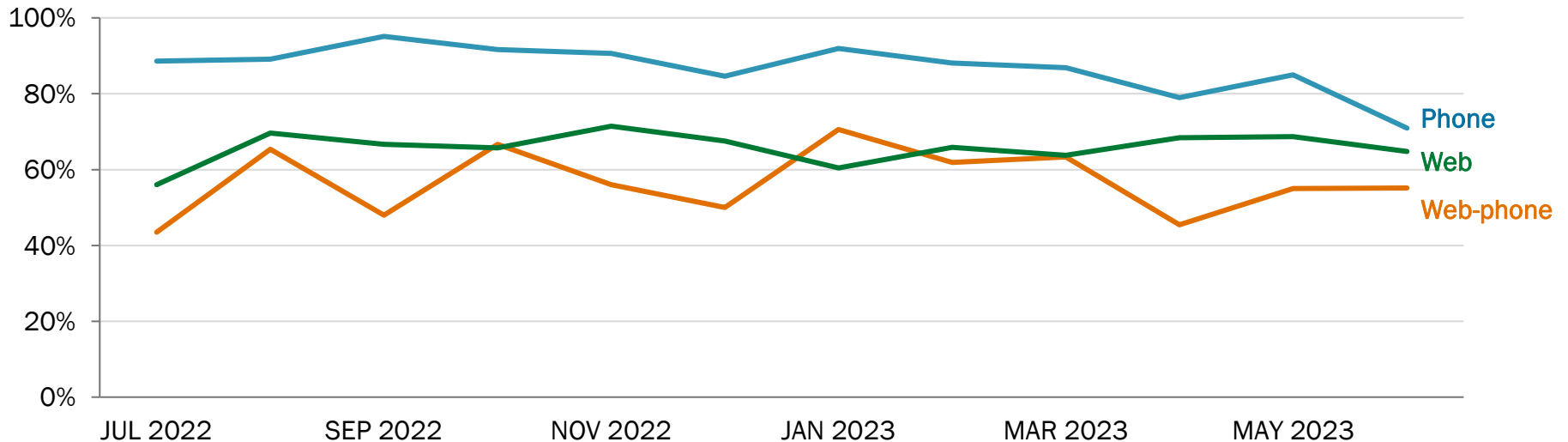
Number of 802Quits enrollees who received evidence-based treatment



Percent of 802Quits enrollees who received evidence-based treatment



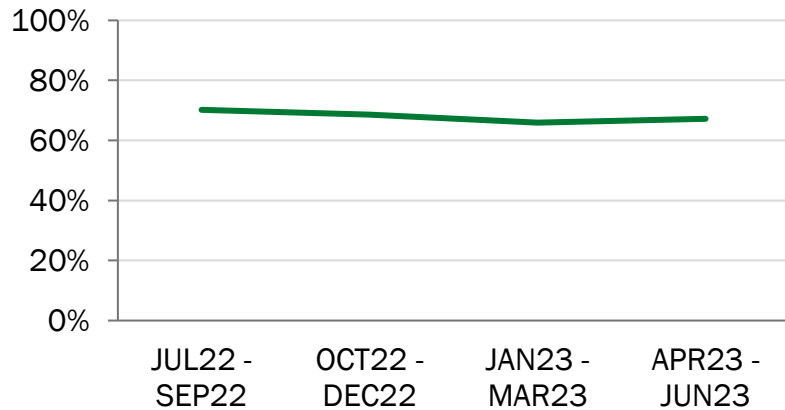
Percent of 802Quits enrollees who received evidence-based treatment by program type



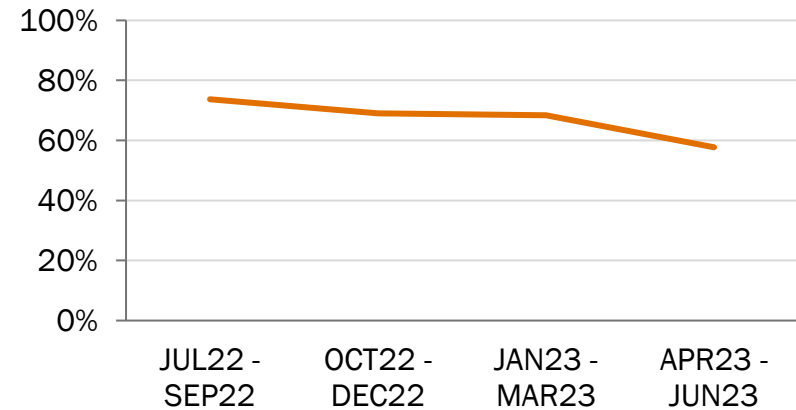
Utilization of 802Quits Services

Enrollees who Received Evidence-Based Treatment by Priority Population

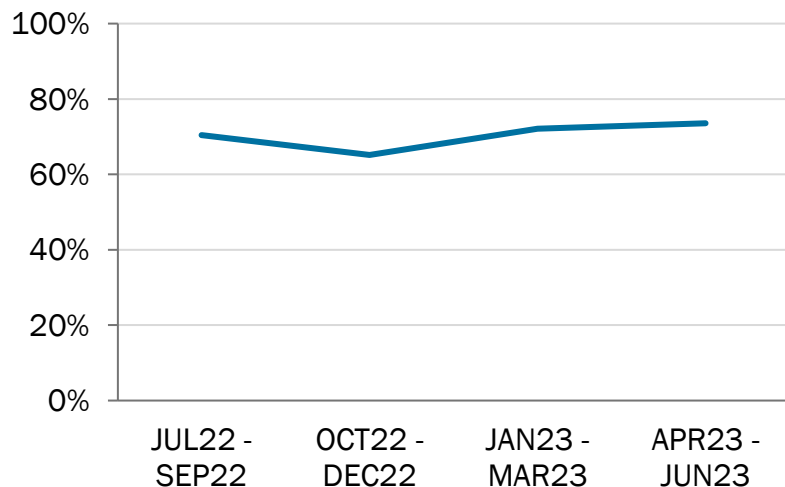
Percent of 802Quits enrollees with **mental health conditions** who received evidence-based treatment



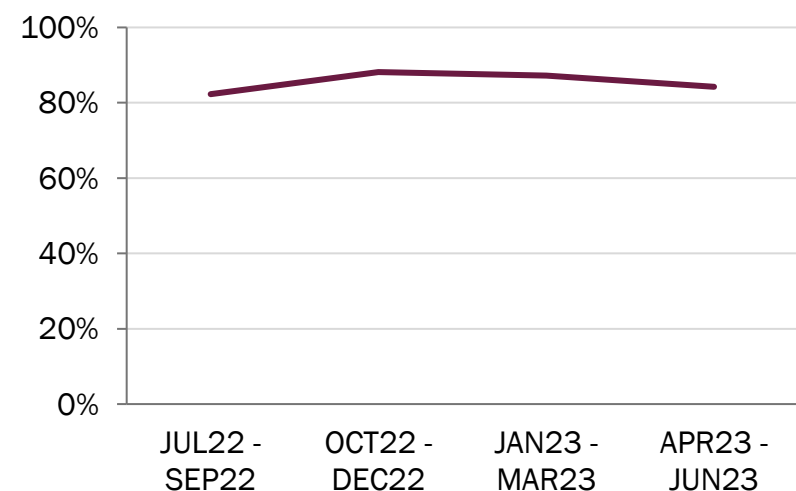
Percent of 802Quits enrollees who are **LGBTQ+** who received evidence-based treatment



Percent of 802Quits enrollees who are **people of color** who received evidence-based treatment



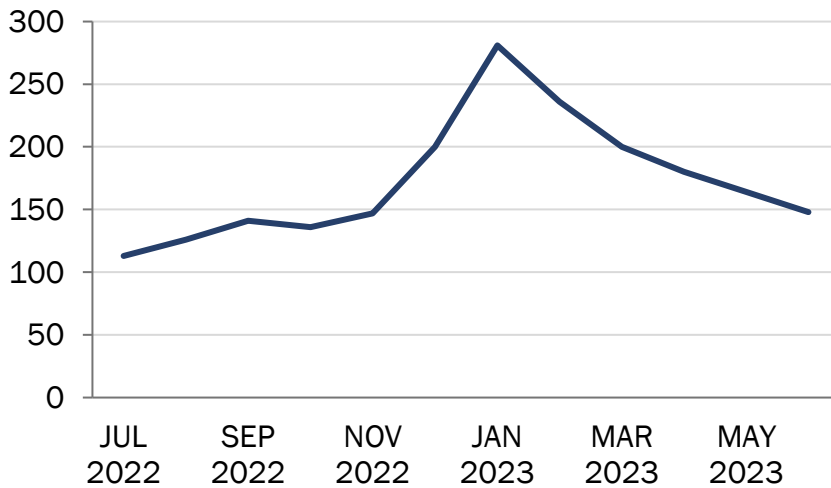
Percent of 802Quits enrollees with **Medicaid or are uninsured** who received evidence-based treatment



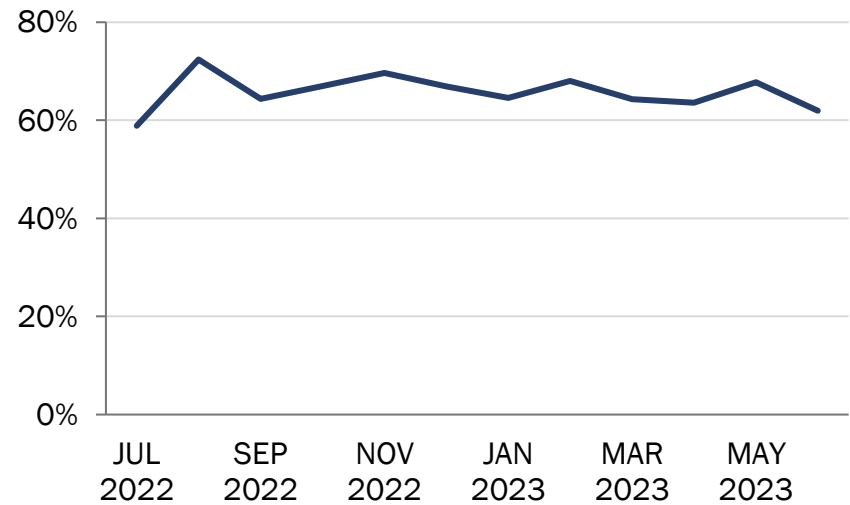
Utilization of 802Quits Services

Nicotine Replacement Therapy (NRT)

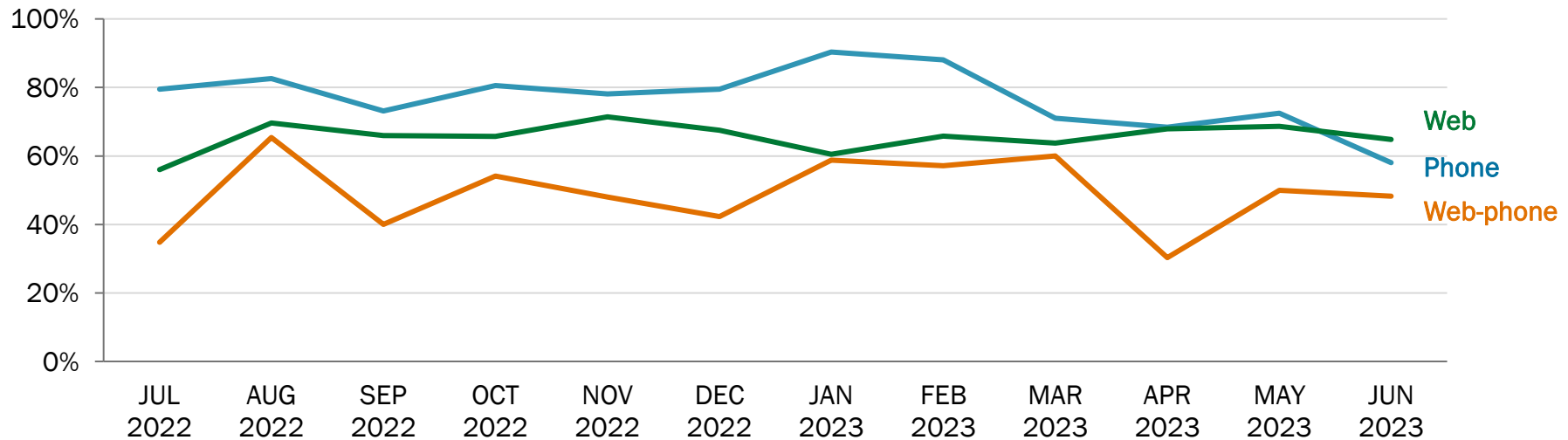
Number of 802Quits enrollees who received NRT



Percent of 802Quits enrollees who received NRT



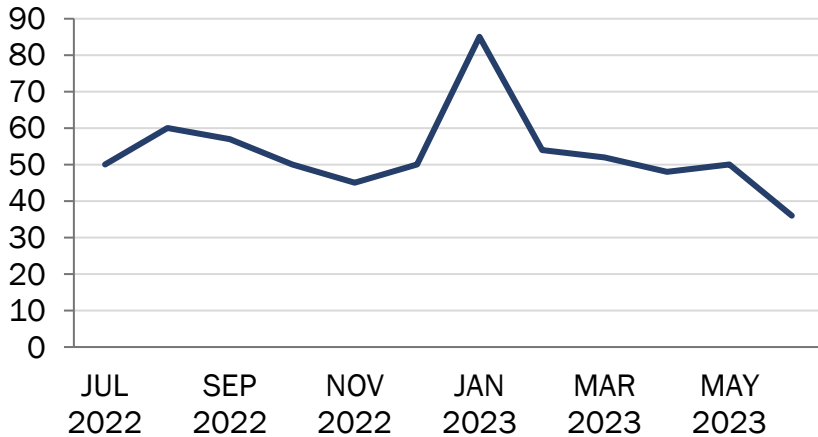
Percent of 802Quits enrollees who received NRT by program type



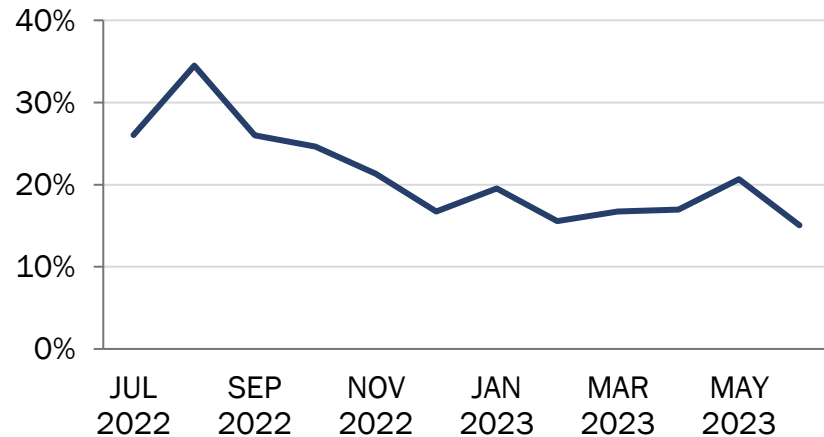
Utilization of 802Quits Services

Counseling Calls

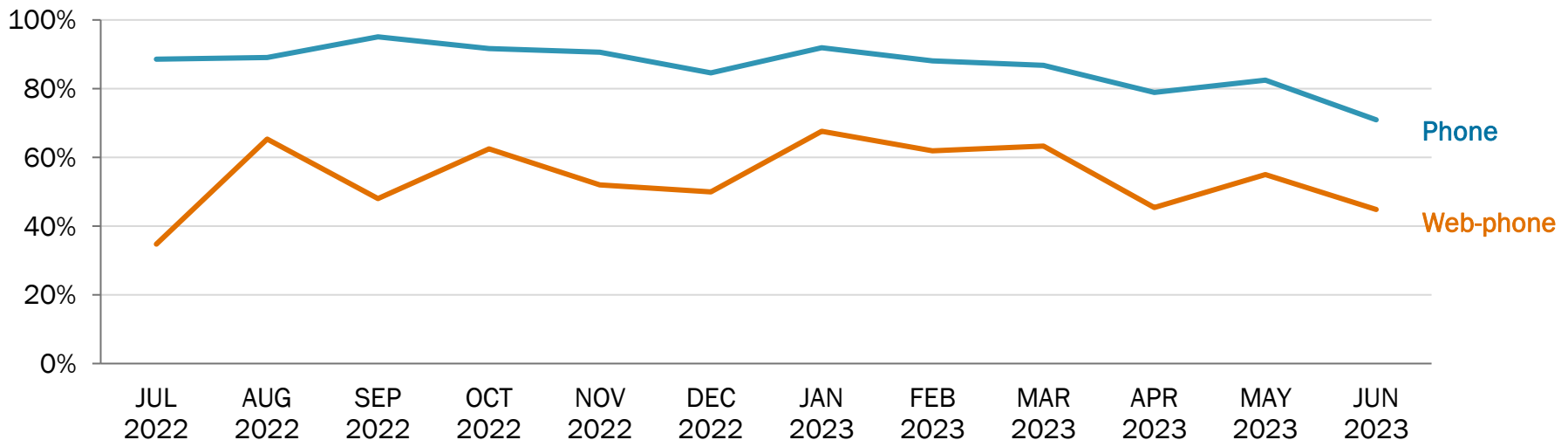
Number of 802Quits enrollees who completed at least one counseling call



Percent of 802Quits enrollees who completed at least one counseling call



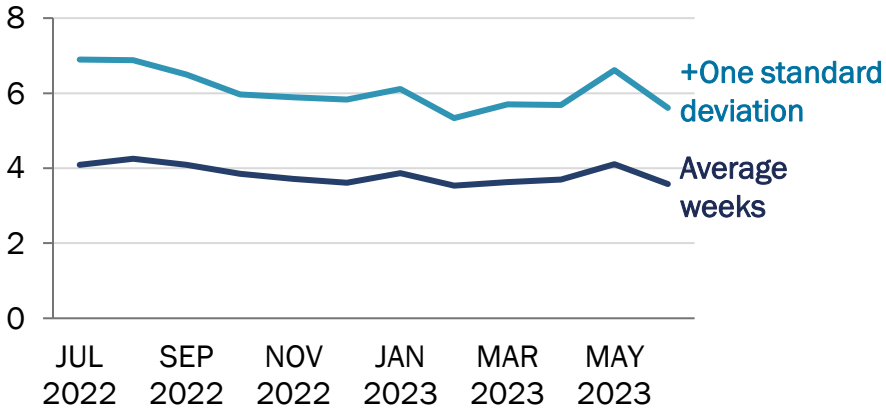
Percent of 802Quits enrollees who completed at least one counseling call by program type



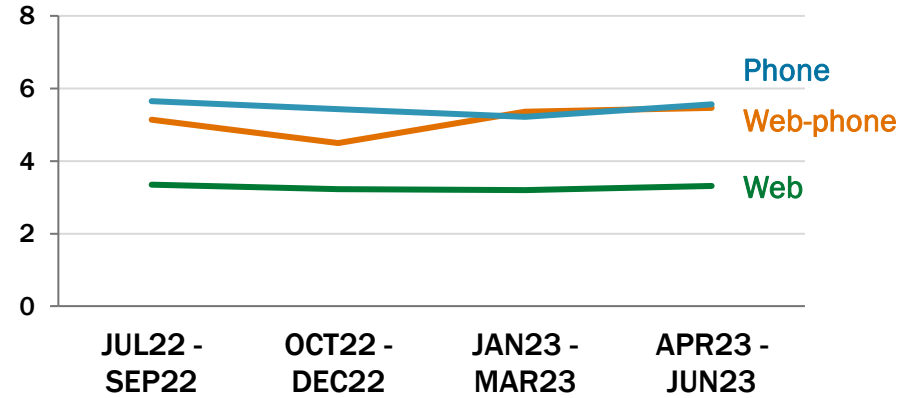
Utilization of 802Quits Services

Nicotine Replacement Therapy (NRT)

Average weeks of NRT received by 802Quits enrollees, excluding zero

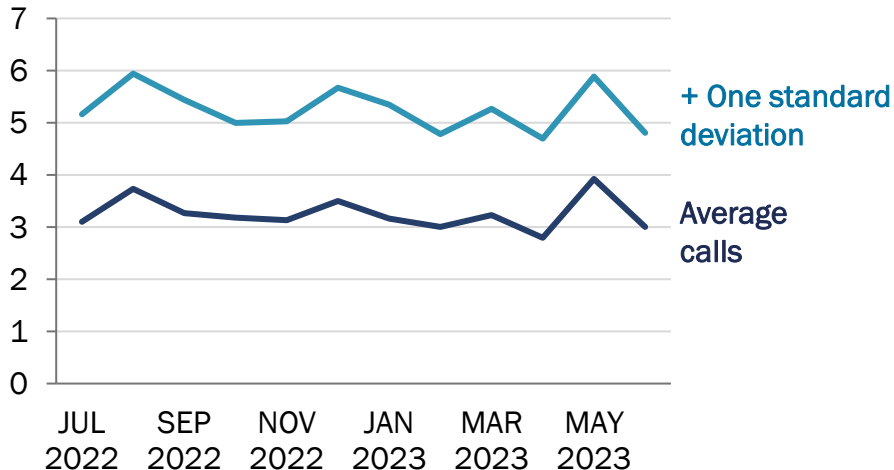


Average weeks of NRT received by program type, excluding zero

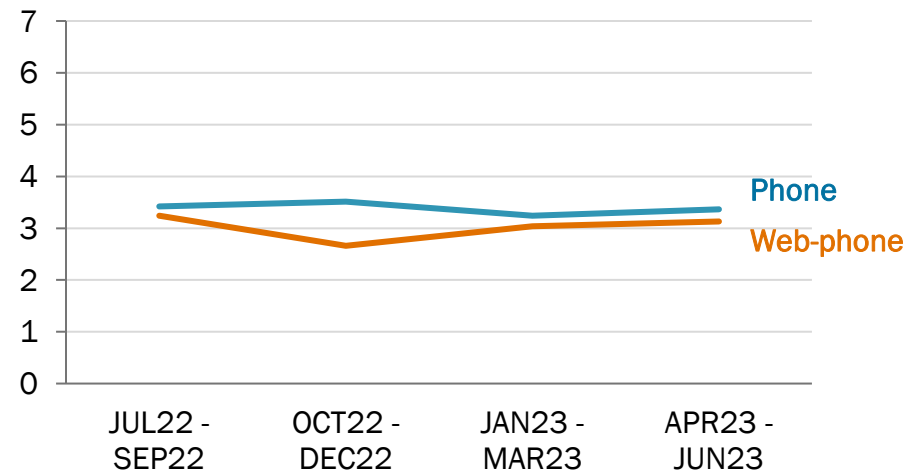


Counseling Calls

Average counseling calls by 802Quits enrollees, excluding zero

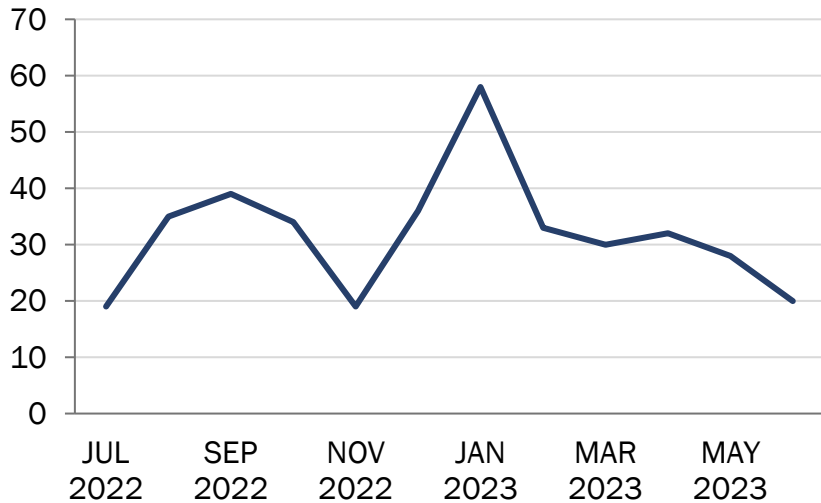


Average counseling calls completed by program type, excluding zero

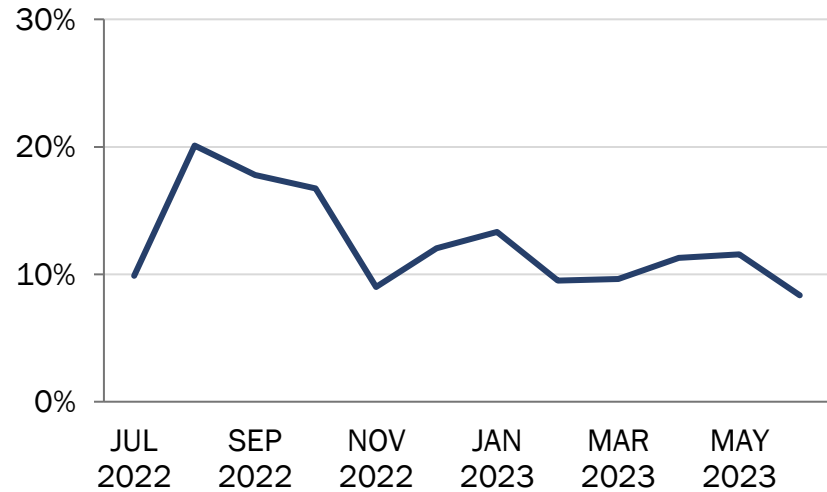


Incentives

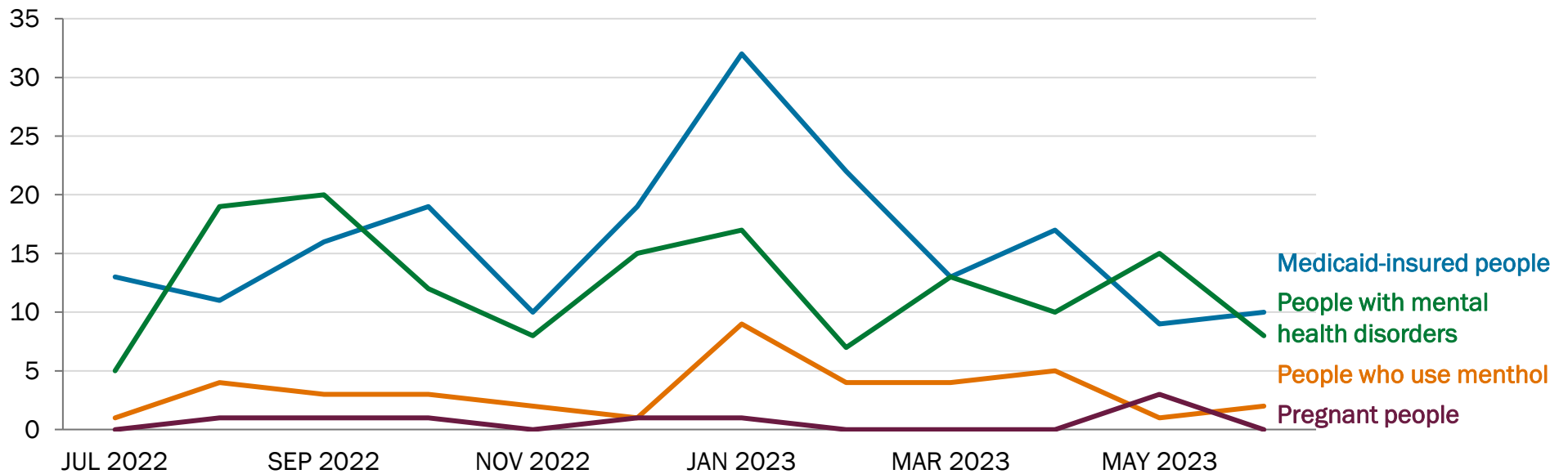
Number of 802Quits enrollees who received an incentive



Percent of 802Quits enrollees who received an incentive

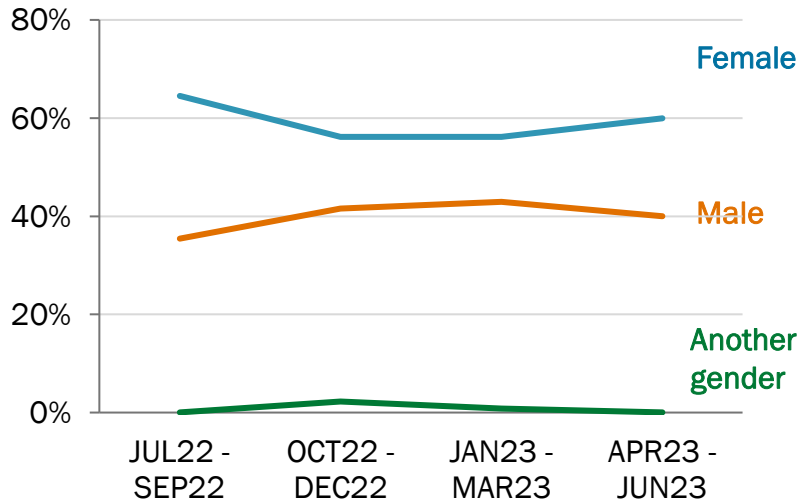


Number of 802Quits enrollees who received an incentive by type

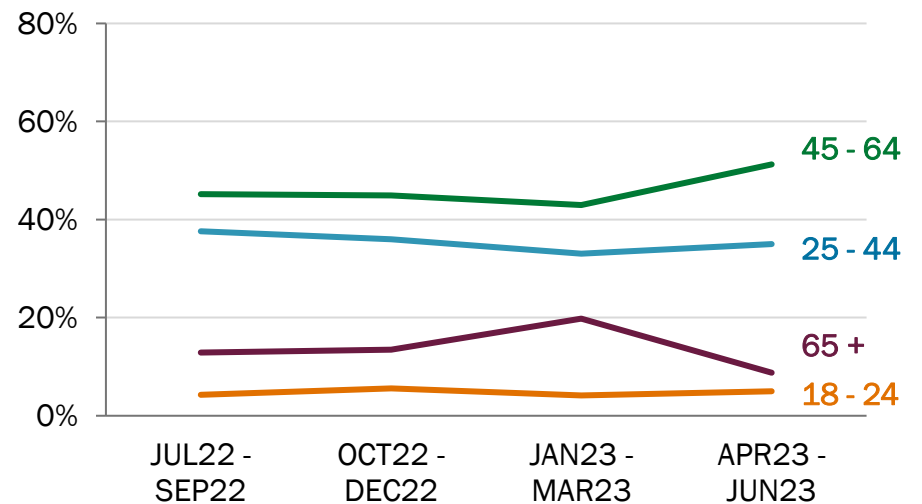


Demographics of Enrollees who Received an Incentive

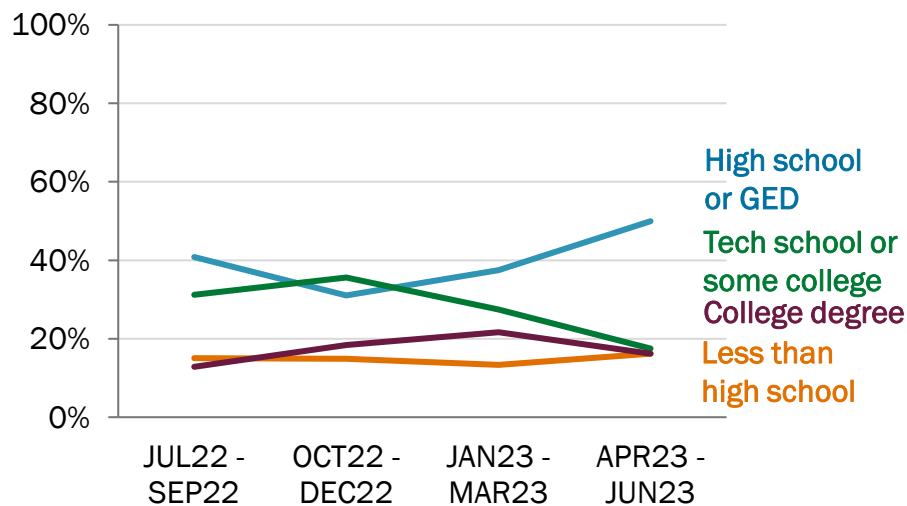
Gender distribution of 802Quits enrollees who received an incentive



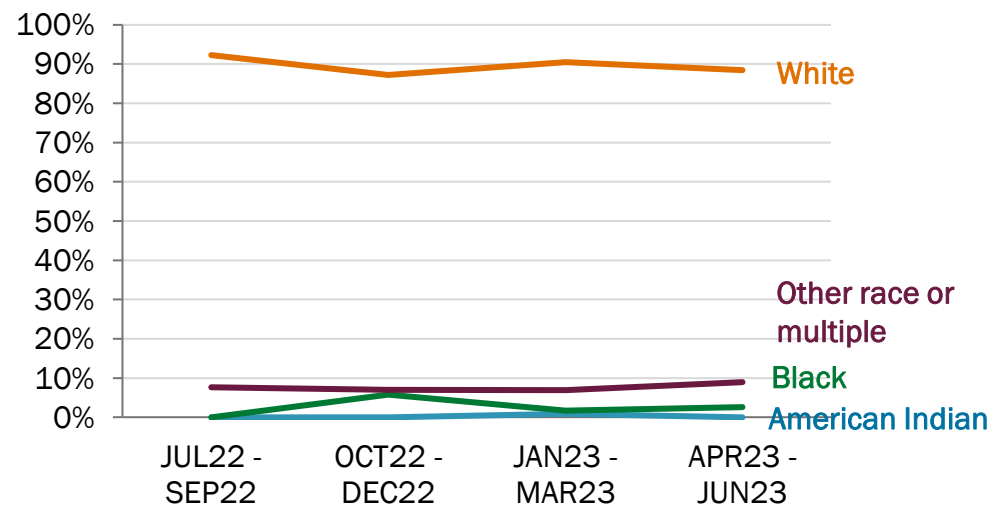
Age distribution of 802Quits enrollees who received an incentive



Educational attainment distribution of 802Quits enrollees who received an incentive

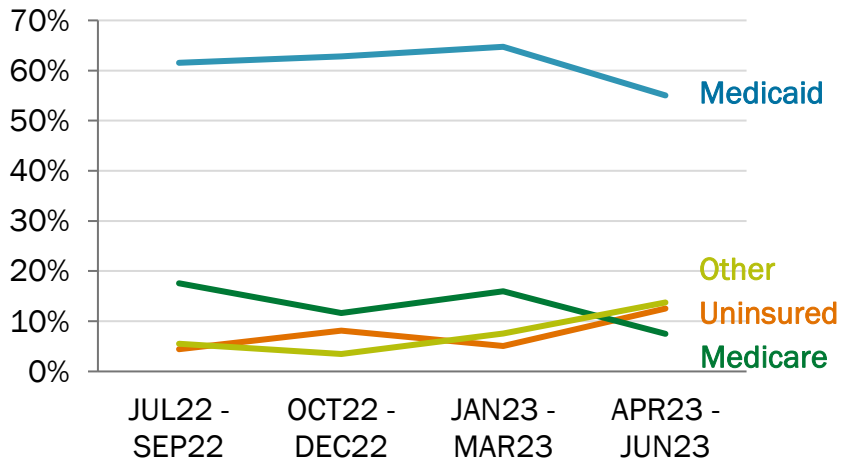


Racial distribution of 802Quits enrollees who received an incentive

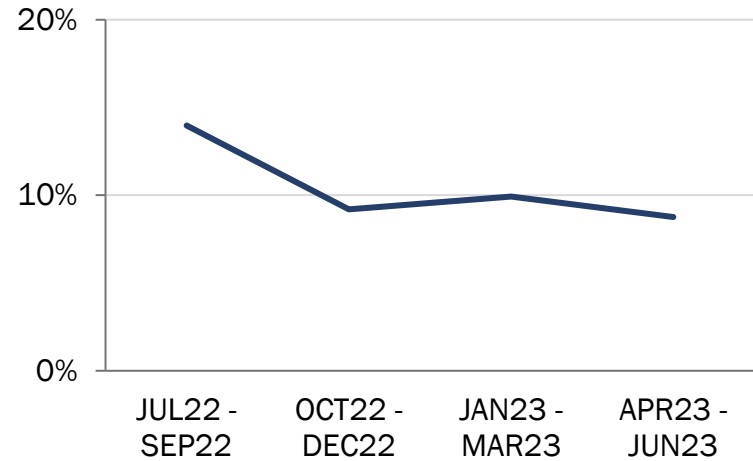


Demographics of Enrollees who Received an Incentive

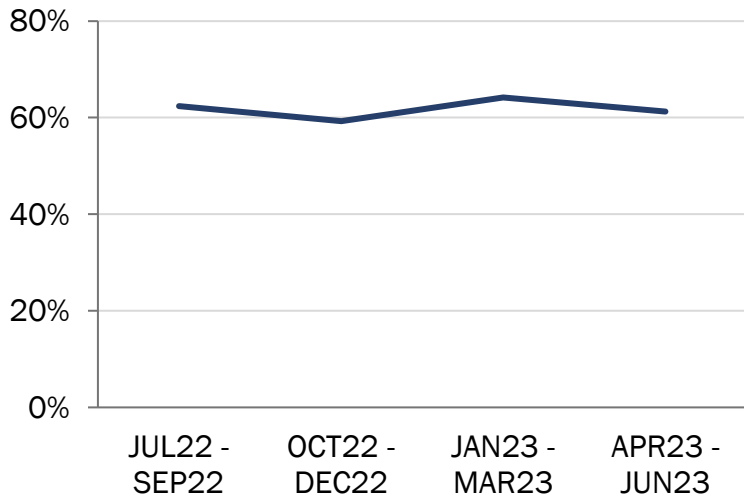
Insurance type distribution of 802Quits enrollees who received an incentive



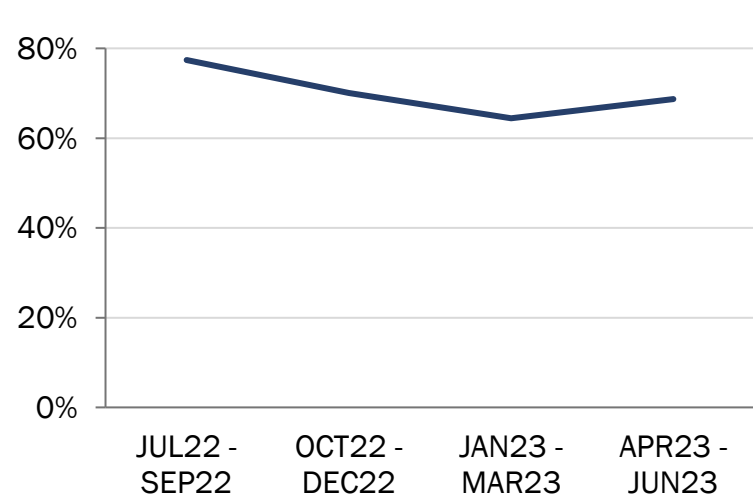
Percent of 802Quits enrollees who received an incentive who are LGBTQ+



Percent of 802Quits enrollees who received an incentive with a chronic condition



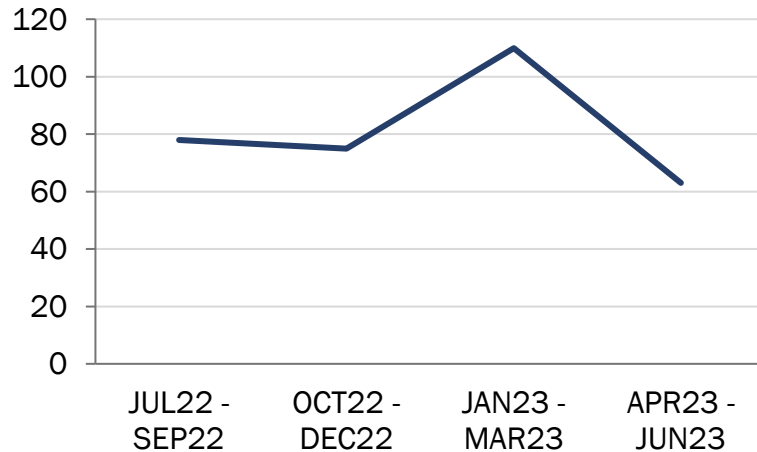
Percent of 802Quits enrollees who received an incentive with a mental health condition



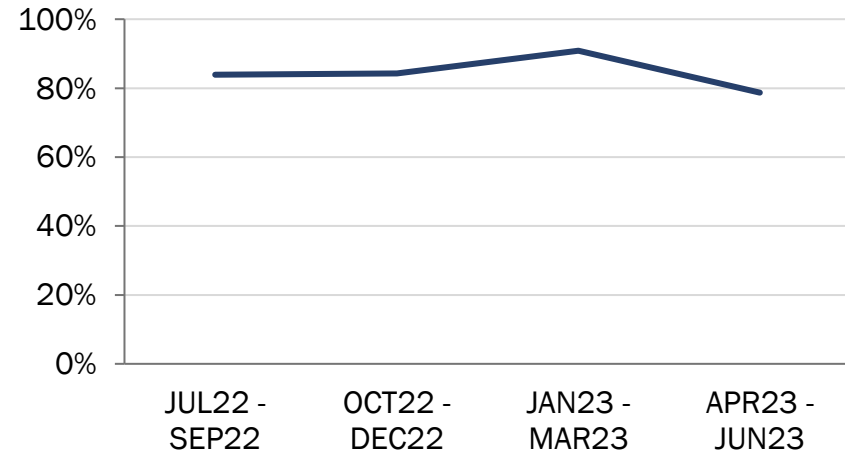
802Quits Utilization by Enrollees who Received an Incentive

Nicotine Replacement Therapy (NRT)

Number of 802Quits enrollees who received an incentive who received NRT



Percent of 802Quits enrollees who received an incentive who received NRT



Counseling Calls

Average counseling calls by 802Quits enrollees who received an incentive

