

# Community Health Centers Far Exceed the National Standard for Smoking Cessation Care

## Reducing Tobacco Use and Improving Health

### Community Health Centers Far Exceed Healthy People 2020 Goal

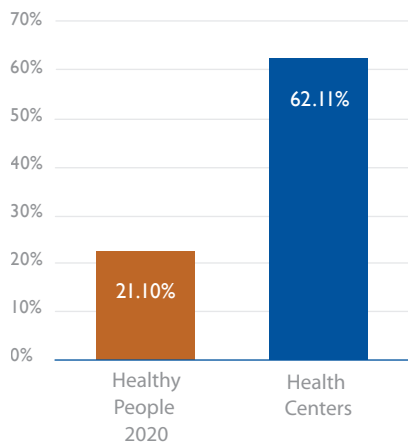
Community health centers exceed the national standard three-fold in providing smoking cessation. Since smoking has such an impact on overall health and healthcare costs, it is important for physicians to provide critical advice and medication for their patients who smoke. The federal framework, Healthy People 2020, has a goal of primary care providers delivering these services to 21% of patients who smoke.<sup>i</sup> Community health centers have already exceeded that goal and in 2011 they provided tobacco cessation intervention to 62% of their patients who smoke.<sup>ii</sup>



By increasing tobacco interventions, community health centers save California millions of dollars every year.

From 2000 – 2004, cigarette smoking was estimated to cost the U.S. \$193 billion in annual health-related economic losses.

### Smokers with Tobacco Cessation Intervention (Adults)



### Cost-Effectiveness of Community Health Centers

By increasing tobacco interventions, community health centers save California millions of dollars every year. During 2000 – 2004, cigarette smoking was estimated to be responsible for \$193 billion in annual health-related economic losses in the United States (nearly \$96 billion in direct medical costs and an additional \$97 billion in lost productivity). In the United States, smoking is responsible for about one in five deaths annually (i.e., about 443,000 deaths per year, and 11% of these from secondhand smoke exposure). For every person who dies from a smoking-related disease, 20 more people suffer with at least one serious illness from smoking.<sup>iii</sup>

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## Health Consequences

Smoking harms nearly every organ of the body. Smoking causes many diseases and reduces the health of smokers in general.<sup>1</sup> The adverse health effects from cigarette smoking account for nearly one of every five deaths each year in the United States.<sup>2</sup> Smoking causes a multitude of problems including:

- lung cancer
- coronary heart disease
- stroke
- emphysema
- chronic airway obstruction
- cancer of the mouth and throat
- infertility
- preterm delivery

## Quality Healthcare at Community Health Centers

Tobacco use can lead to nicotine dependence and serious health problems. Cessation can significantly reduce the risk of suffering from smoking-related diseases. However tobacco dependence is a chronic condition that often requires intensive interventions over an extended period of time. The combination of medication and counseling is more effective for smoking cessation than either medication or counseling alone.<sup>3</sup>

Community health centers are effective in their smoking cessation interventions because of the integrated services they provide including the following:

- Brief clinical interventions by physician or medical provider
- Counseling (e.g. individual, group, or telephone counseling)
- Behavioral cessation therapies (e.g. training in problem solving)
- Health education groups
- Peer support groups
- Over-the-counter or prescription nicotine replacement products
- Cessation medications
- Patient-Centered Health Home

<sup>1</sup> <http://healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=41>

<sup>2</sup> Bureau of Primary Health Care, Uniform Data System data for California Federally Qualified Health Centers, 2011 (Table 7, section G2) [bphc.hrsa.gov/uds/doc/2011/UDS\\_2011\\_Rollups\\_CA\\_Universal.pdf](http://bphc.hrsa.gov/uds/doc/2011/UDS_2011_Rollups_CA_Universal.pdf)

<sup>3</sup> Centers for Disease Control and Prevention, Cigarette Smoking-Attributable Morbidity – United States, 2000. Morbidity and Mortality Weekly Report 2003;52(35):842 – 4.

<sup>4</sup> U.S. Department of Health and Human Services. The Health Consequences of Smoking: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004.

<sup>5</sup> Centers for Disease Control and Prevention, Annual Smoking-Attributable Mortality, years of Potential Life Lost, and Productivity Losses – United States, 2000-2004. Morbidity and Mortality Weekly Report 2008;57(45):1226–8.

<sup>6</sup> Fiore MC, Jaén CR, Baker TB, Bailey WC, Benowitz NL, Curry SJ, Dorfman SF, Froelicher ES, Goldstein MG, Froelicher ES, Heaton CG, et al. Treating Tobacco Use and Dependence: 2008 Update – Clinical Practice Guidelines. Rockville (MD): U.S. Department of Health and Human Services, Public Health Service, Agency for Healthcare Research and Quality, 2008.