

Native American Tobacco Users - 2022

21,810

estimated number of
Native American tobacco users in SD*

1.29%

268

Native American adult tobacco users enrolled
into SD QuitLine services.

Reasons for Relapse



33.8% reported "Stress"
14.7% reported "Life Event"
10.3% reported "Habit"

PHONE SERVICE



140
Enrollees

Up to 12 phone coaching
sessions, up to 12 weeks of
Nicotine Replacement
Therapy (NRT), Zyban or
Chantix, and a Quit Guide

KICKSTART KIT



128
Enrollees

A two or four-week
supply of NRT with a
Quit Guide

The **SD QuitLine** offers a
variety of options for
quitting.

Phone coaching was the most
popular option among
Native American adults in 2022.

If you are smoking a pack a day...
Quitting will save you

Cost Savings



\$292.50
in just **ONE**
month!



That's



Fuel



Food



Meds



Fun

you could pay for just by **QUITTING!**

Smoking is Expensive!

What could YOU do with some extra cash?

To enroll, visit www.SDQuitLine.com/enroll or call 1-866-SDQuits!

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KEY ACTIONS FOR HEALTH PROFESSIONALS

In South Dakota, nearly half (49.5%) of Native Americans in South Dakota report using tobacco.

When asked the type of tobacco they use, 20.5% of Native American adult enrollees reported e-cigarette use, 93.3% of enrollees reported cigarette use, and 17.1% reported using other types of tobacco. Native Americans are at higher risk of disease caused by commercial tobacco use, with heart disease and cancer the leading causes of death. During a follow-up survey, SD Quitline participants enrolled in services are asked if they have made a serious quit attempt since the start of services (e.g., intentionally quit for at least 24 hours). Among those responding, 34.2% of Native American adult participants had made at least one serious quit attempt. Those who reported use of tobacco were asked why they were not able to quit or stay quit, 33.8% of Native American tobacco users reported daily stress being their reason for relapse. Reasons for relapse were similar between those who received medication and coaching services, and those who received medication only. Among Native Americans who use tobacco in South Dakota, 71.4% of participants reported having a behavioral health condition.

The SD QuitLine offers a variety of options for **QUITTING!**

The **Phone Coaching Program** includes up to twelve telephone coaching sessions along with cessation medication and a Quit Guide.

The **Kickstart Kit** includes cessation medication only, as well as a Quit Guide.

The **2QuitSD** program offers texting with a health coach and up to 8 weeks cessation medication and a Quit Guide.

The **Quit Guide** only, a self-directed cessation workbook, available for download or order on the SD QuitLine website.

Most Native American enrollees using the SD QuitLine enrolled themselves by phone. Only 3.4% were referred by healthcare professionals in 2022.

When comparing quit rates, Native American adults stay quit at a rate of 34.2% compared to enrollees of other races at 44.5%.

SD QuitLine Quit Rate Comparisons 2021-2022



TAKE ACTION TODAY!

- **Take time to make Direct Referrals**

Share patient/client information with the SD QuitLine to facilitate enrollment in cessation services. A referral can be made via fax, Electronic Health Record (EHR), or a warm transfers. Visit <https://quittobaccosd.com/quit-tobacco/healthcare-providers/referral-options>

- **Encourage enrollment in phone coaching services, either by phone OR SMS text message**

Enroll patients in phone coaching services with the SD Quitline to deliver another support system to help them quit and stay quit. Phone coaching can help participants develop alternative coping skills as well as deliver another support system to reach out to when daily stressors occur.