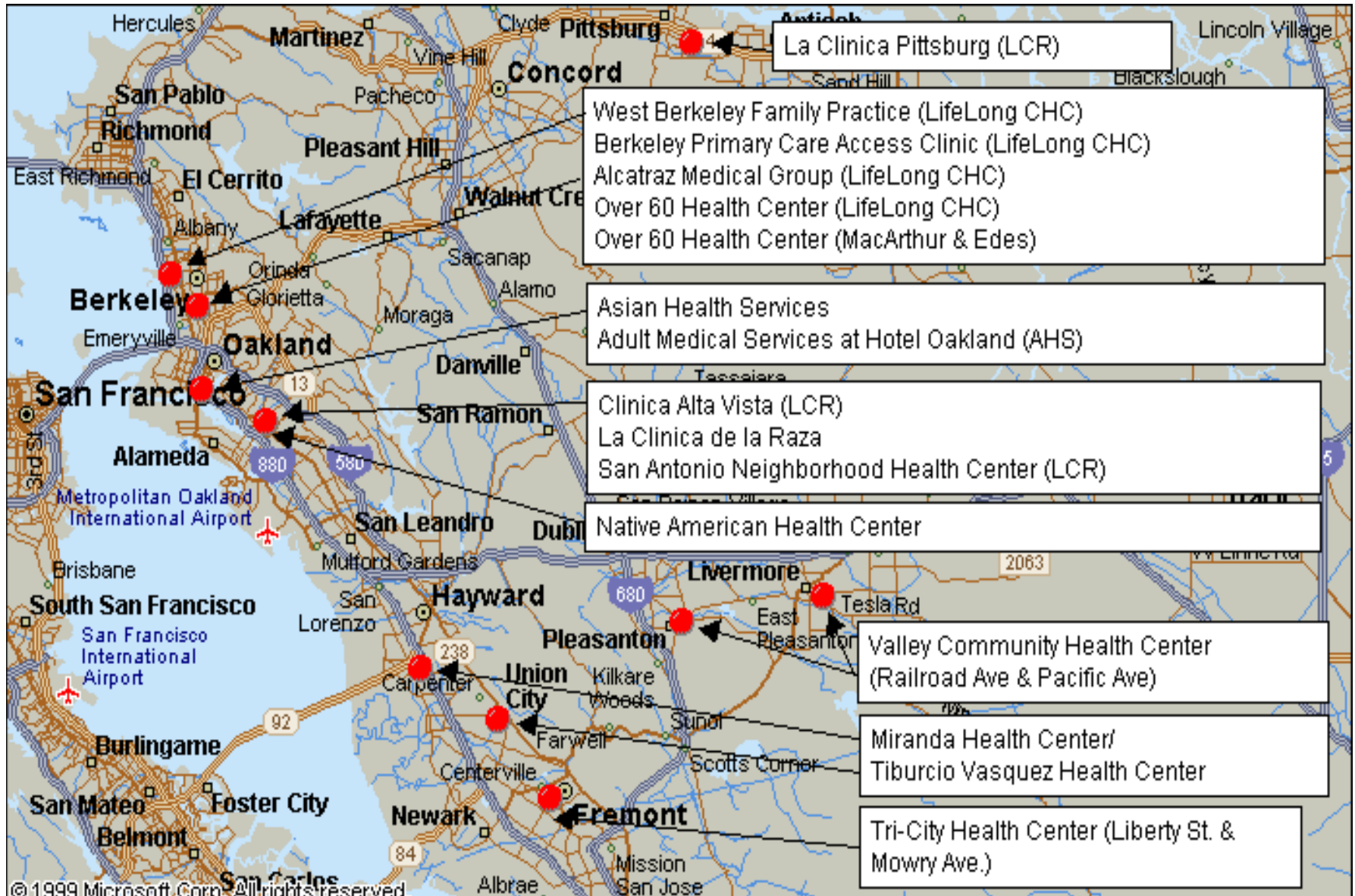




**Community Clinic Based  
One-on-one Cessation Counseling  
Jodie Ruland, MDiv  
Project Manager**

**Alameda Health Consortium  
Tobacco-Use Intervention Project  
1320 Harbor Bay Parkway, Suite 250  
Alameda, CA 94502  
Email: [jodieruland@sbcglobal.net](mailto:jodieruland@sbcglobal.net)**

**Presented at  
National Conference on Tobacco or Health  
Chicago IL – May 5, 2005**



La Clinica Pittsburg (LCR)

West Berkeley Family Practice (LifeLong CHC)  
 Berkeley Primary Care Access Clinic (LifeLong CHC)  
 Alcatraz Medical Group (LifeLong CHC)  
 Over 60 Health Center (LifeLong CHC)  
 Over 60 Health Center (MacArthur & Edes)

Asian Health Services  
 Adult Medical Services at Hotel Oakland (AHS)

Clinica Alta Vista (LCR)  
 La Clinica de la Raza  
 San Antonio Neighborhood Health Center (LCR)

Native American Health Center

Valley Community Health Center  
 (Railroad Ave & Pacific Ave)

Miranda Health Center/  
 Tiburcio Vasquez Health Center

Tri-City Health Center (Liberty St. &  
 Mowry Ave.)

# Alameda Health Consortium

- An association of 8 community health centers with more than 36 primary care, pediatric, school based and dental clinic sites
- Mission is to promote access to comprehensive health care for the underserved communities of Alameda County

# Smoking as a Vital Sign (SVS)

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36 family practice, teen, pediatric and dental clinic sites have implemented SVS

- **ASK**-patients are asked at every visit if they use a tobacco product
- **ADVISE**-Patients who use a tobacco product are advised by their provider to quit
- **REFER**-If they are interested in quitting they are referred to additional services

# Why did we choose one-one-one?

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- Fewer barriers
  - Logistical
  - Language
  - Cultural
- One-one-one cessation counseling offered
  - Convenience
    - 20 to 45 minutes at their clinic site
  - Privacy
- Goal
  - Support patients to develop a quit plan

# Asian Health Services

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Over a 17 month period

- 98 referrals from providers
- 58 patients met with a health educator
- 8 patients had a at least one follow up visit
- 55 patients developed a quit plan
- 52 patients used an NRT

# Outcomes

- As of January of 2005 Seven of our associated Community Health Centers now have some cessation counseling services available
- One-on-one is not the only way
  - Native American Health Center will soon be offering cessation groups
  - Several CHCs have integrated a section on smoking cessation into chronic care management classes
- Seems to positively impact advice rates

# Good News

## **VI. What Next**

Our clinic intends to continue the work started by the funding provided by the Alameda Health Consortium. This includes continuing Smoking as a Vital Sign (SVS) and cessation counseling. We also intend on continuing to provide Nicotine Replacement Therapies.

# Contact Information

Jodie Ruland, MDiv

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# Patient Profile

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# of Patients  
111,702

Visits  
461,884

Sex	<u>%</u>
Male	40
Female	60

Age	<u>%</u>
0-19	38
20-64	53
65+	9

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## Race/Ethnicity

	<u>%</u>
Asian	18
African-American	20
Latino	39
Native American	6
White	12
Other	5

Primary Language	52
Other than English	
Uninsured	50
Under 200% FPL	87

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# Tobacco Use by Ethnicity/Race- Gender Groups, 2003

Prevalence

(%)

