

PRESS RELEASE: A free quit smoking program for American Indians

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A Free Quit Smoking Program for American Indians

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The University of Kansas Medical Center's Center for American Indian Community Health is offering a FREE quit smoking program for American Indians 18 years or older and interested in quitting smoking. Eligible participants will be group randomized to either culturally-tailored, All Nations of Breath of Life (ANBL) or Non-tailored, Current Best Practices (CBP). The purpose of this study is to examine the value of a culturally-tailored quit smoking program compared to a standard Non-tailored program for American Indians.

The quit smoking program provides group sessions or individual support sessions, health information, and stop smoking medications, such as Chantix, Zyban, or Nicotine Replacement Therapy including, patches, gum, or lozenges at no cost to American Indians. In addition, participants will receive incentives, such as water bottle, canvas bag, pedometer, Rez-robics for weight management, Native flute music for relaxation, and gift cards over the course of the program.

All Nations Breath of Life (ANBL) smoking program is a group-based program created by using community – based participatory research. The program curriculum recognizes the unique American Indian culture and the importance of sacred traditional use of tobacco, but still discourages recreational use of commercial tobacco. The program includes 8 in-person group sessions and weekly phone calls to motivate smokers to find personal reasons to quit smoking. "This program provides the tools and support for Natives who have a strong desire to quit smoking," said Christine Legband, the ANBL facilitator who is currently facilitating groups in Lincoln, Nebraska.

"Many of the Natives in this program are very grateful for the medications they are receiving, but the group support and connection they receive proves very effective in their journey to quit smoking. In addition, the facilitator offers emotional support in the form of motivation and

encouragement that some people need to help them through the tough process of quitting,” says Rhiannon Clausen, the facilitator of All Nations Breath of Life quit smoking program from Omaha, Nebraska.

The Current Best Practices smoking program is an individual – based program incorporating current quit smoking guidelines. All educational materials are developed from credible sources, such as American Cancer Society, National Cancer Institute, and American Lung Association. The program includes brief individual weekly phone sessions to help participants identify a plan to reach their goal toward smoke-free life.

“There’s more than one way to quit smoking...the key is visualizing yourself smoke - free, loving yourself enough and taking a step toward it. At the end, you would ask yourself, “Why did I ever smoke?” says Dr. Rosa Huguet, the facilitator for Current Best Practices program from Omaha, Nebraska.

The quit smoking program is currently offered to American Indian communities in Omaha and Lincoln, shortly to be followed by Sioux City, Norfolk, and Niobrara.

For more information, contact Baljit Kaur at toll free 1-855-552-2424 Ext. 2286 or bkaur@kumc.edu.