

Helping Smokers Quit: Tobacco Cessation Coverage 2011 Factsheet



Key Findings

- Helping smokers quit saves lives and curbs health costs
- Every smoker should have easy access to the help they need to quit smoking, and states and the federal government have a responsibility to enact public policies that reach this goal
- NOW is the time for policymakers to ensure all smokers have help quitting
- The federal government has taken several positive steps this year to help more smokers quit, including:
 - Implementing a comprehensive tobacco cessation benefit for federal employees
 - Including 1-800-QUIT-NOW and cessation messaging on new graphic cigarette warning labels¹
 - Proposing a new tobacco cessation benefit for the military and their family members
- The Department of Health and Human Services must include a specific, comprehensive tobacco cessation benefit in its soon-to-be-released Essential Health Benefits package
- Some states took positive steps this year to help smokers quit, including adding coverage of treatments in Medicaid and state employee health plans. More states need to follow these examples.
- In a time when more and more smokers are interested in quitting, the vast majority of states are not funding their quitlines at nearly high enough levels. This puts quitlines in danger of not being able to help everyone who calls them, representing a huge lost opportunity.

About the Report

- This is the fourth annual report. The report contains original data on coverage of tobacco cessation treatments in Medicaid and state employee health plans, as well as laws requiring this coverage in private insurance plans. The data are current as of November 11, 2011, and are provided in summary and state-by-state.
- The report also summarizes past and future federal government actions in tobacco cessation policy, including provisions in the Affordable Care Act and Tobacco Control Act.
- New to the report this year:
 - List of the Five Most Quit-Friendly States in 2011
 - List of the Five Least Quit-Friendly States in 2011
 - 2011 trends and changes to coverage policies

¹ On November 7, 2011 Federal Judge Richard Leon issued a preliminary injunction blocking these warning labels. Read the American Lung Association's statement here: <http://www.lungusa.org/press-room/press-releases/american-lung-association-14.html>

Cessation Benefits Should Include

ALL of These:

- ✓ NRT Gum
- ✓ NRT Patch
- ✓ NRT Lozenge
- ✓ NRT Inhaler
- ✓ NRT Nasal Spray
- ✓ Bupropion
- ✓ Varenicline
- ✓ Individual counseling
- ✓ Group counseling
- ✓ Phone counseling

Five Most Quit-Friendly States

1. Maine
2. North Dakota
3. Delaware
4. Wyoming
4. Oklahoma

Five Least Quit-Friendly States

1. Georgia
2. Louisiana
3. Alabama
3. Maryland
5. New Jersey

6 States Offer Comprehensive Cessation Benefits to all Medicaid Enrollees:

- Indiana
- Massachusetts
- Minnesota
- Nevada
- North Carolina
- Pennsylvania

5 States Provide Comprehensive Cessation Treatment Coverage for State Employees:

- Illinois
- Indiana
- Maine
- New Mexico
- North Dakota

9 State have Legislative or Regulatory Standards for Cessation Treatment Coverage:

- Colorado
- Illinois
- Maryland
- New Jersey
- New Mexico
- North Dakota
- Oregon
- Rhode Island
- Vermont

2 States Provide NO Cessation Coverage for all Medicaid Enrollees:

- Alabama
- Georgia

5 States Provide NO Cessation Treatment Coverage for State Employees:

- Maryland
- Louisiana

4 States Invest in Quitlines At or Above Recommended Level:

- Maine
- North Dakota
- South Dakota
- Wyoming