**Tobacco Cessation for the Uninsured**

In 2019, approximately 29.8 million non-elderly individuals were uninsured in the United States. This represents about 11% of the population. This uninsured population smokes at a rate of 21.2%, twice as high as those with private insurance. However, because they lack health insurance, this population has few options to get the help they need to quit tobacco.

**Who are the uninsured?**

The uninsured are more likely to be low-income. In 2017, eight out of 10 individuals in the uninsured population were in families with incomes below 400% of the federal poverty level. This group is composed of mainly adults (approximately 85%) and mostly U.S. citizens (approximately 78%). While there is an uninsured population in each state, generally speaking, it is higher in the south.

Approximately 75% of the uninsured population have at least one full time worker in their family, however. They are much more likely to not have a usual source of care, have fewer services when in the emergency department and have higher mortality.

---

**Cessation Resources For the Uninsured**

There are limited resources for the uninsured to access treatments to quit smoking, however there are a few that exist.

- **State Quitline:** Every state has a quitline that offers phone counseling to anyone that wants to quit smoking. Some state Quitlines offer limited supplies of Nicotine Replacement Therapy (NRT).
  
  To access the Quitline, call 1-800-QUITNOW.

- **Over-the-Counter NRT:** NRT gum, NRT patches and the NRT lozenge are all sold over the counter, but can be costly.

- **Various pharmaceutical companies have coupon and discount programs.** Discounts can vary by product and income. More information can be found at:
  
  - www.quit.com
  - www.pfizerxpathways.com

---

**Comprehensive Cessation Benefit:**

**Seven Medications:**

- NRT Gum (OTC)*
- NRT Patch (OTC)
- NRT Lozenge (OTC)
- NRT Inhaler
- NRT Nasal Spray
- Bupropion / Zyban
- Varenicline (Chantix)

**Three Forms of Counseling:**

- Individual
- Group
- Phone

---

1. https://www.kff.org/uninsured/fact-sheet/key-facts-about-the-uninsured-population/
3. https://www.kff.org/uninsured/fact-sheet/key-facts-about-the-uninsured-population/

* OTC = Over-the-counter