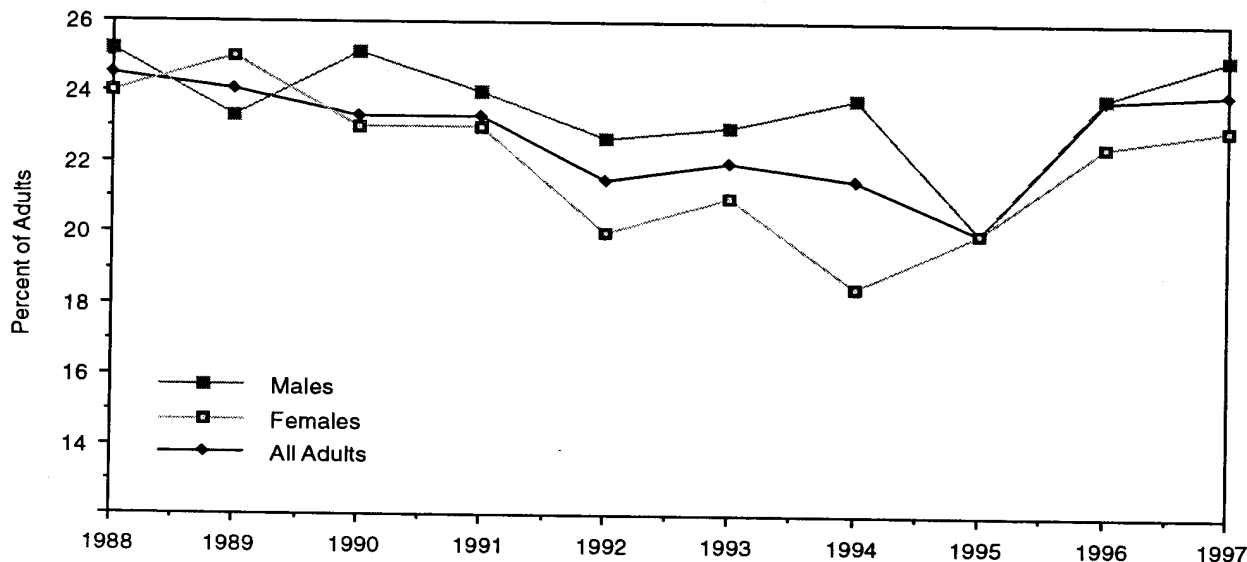


### Prevalence of Smoking Among Washington Adults 1988-1997



Source: DOH, Center for Health Statistics, Behavioral Risk Factor Survey, 1988-1997

### Program Evaluation & Research

Research and evaluation needs to be adequately funded. Research and development on cessation programs for youth and adults in Washington state should be coordinated with national organizations such as the National Cancer Institute, the Centers for Disease Control and Prevention and the Robert Wood Johnson Foundation as well as other states. New techniques that have not been subject to scientific scrutiny should be formally evaluated before being eligible for reimbursement.

### Recommendations

To develop and implement an effective cessation program, the Task Force recommends:

- The private and public sectors need to work together to undertake a comprehensive, integrated approach toward tobacco cessation. A statewide program should encourage and support health care organizations, cessation service providers, employers and schools to ensure that all tobacco users — adult and youth — have barrier-free access to effective tobacco cessation resources. These programs, in turn, should address the special needs of youth, blue-collar workers and cultural minority populations, including language specific programs as appropriate.
- Health care providers should be trained to advise and counsel adults and youth to quit smoking. Incentives and tools should be provided to health care systems to identify the smoking status of all patients, give brief advice, and provide referrals for more intensive follow-up. Insurance reimbursement should cover such counseling. Individual grants should be available on a competitive basis to health plans, hospitals, practice associations, cessation providers, employers, community organizations, schools, and state and local governments to implement cessation programs. The grants could be awarded for training personnel to implement cessation programs including clinic based activities, staff support for planning and implementation of cessation