Northeast Delta Human Services Authority

Mental Health|Addiction|Developmental Disabilities

www.nedeltahsa.org

Commit to Quit:

NE Delta HSA Offers Tobacco Cessation Program to Clients

March 31, 2015 - Monroe, LA -- Northeast Delta Human Services Authority (NE Delta HSA) announced today a new tobacco cessation program for its clients in northeast Louisiana. Smoking cessation services will initially be offered at the NE Delta HSA Monroe behavioral health clinic.

According to the Louisiana Public Health Institute, almost one quarter of adults in Louisiana smoke, ranking the state 43rd in the nation in smoking prevalence. Tobacco use kills more people each year than alcohol, AIDS, car crashes, illegal drug use, murders and suicides combined. Yet it is the single most preventable cause of death in Louisiana and the United States.* Children purchase or smoke 11.8 million packs of cigarettes in Louisiana each year, according to Quit With Us, Louisiana. Almost 300,000 kids are exposed to secondhand smoke in the home.**

"We know that people with mental illnesses or substance abuse disorders are nicotine dependent at rates 2-3 times higher than the general population," said Dr. Monteic A. Sizer, NE Delta HSA Executive Director. "However, quit rates are substantial for these individuals. NE Delta HSA will provide clear and personalized smoking cessation strategies to our clients. We will proactively deliver effective, proven education and intervention. Effective smoking cessation efforts might reduce the risk of addiction to

cocaine and other illicit drugs."

Tobacco Cessation is a program within NE Delta HSA's integrated healthcare model, which helps provide citizens with access to the behavioral and primary healthcare services they need. "Through collaboration with providers throughout our region, we can all address the complex healthcare needs that our citizens face," said Dr. Sizer. "With this model, we can address serious quality of life barriers that prohibit positive health outcomes and realize cost savings statewide."

The Louisiana Public Health Institute says the best way to avoid the consequences of smoking is never to start smoking. However, reduction in disease rates among current smokers is best achieved through cessation. Smoking cessation is known to reduce the risk of lung cancer, other cancers, cardiovascular disease and chronic lung disease.

The Affordable Care Act includes Medicaid coverage of several tobacco cessation medications and nicotine replacement products. Coverage also includes tobacco cessation group and phone counseling. Coverage through private insurance companies varies depending on the carrier.

Click here for more information about this program on the NE Delta HSA website.

***Source: Louisiana Public Health Insitute_Tobacco Use**

****Source: Quit With Us Louisiana!**

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