



Sedgwick County Tobacco Program Update

The Chronic Disease Risk Reduction (CDRR) grant from the Kansas Department of Health and Environment (KDHE) continues to provide much needed resources to improve the health of Sedgwick County residents. The primary focus of our CDRR program is to reduce tobacco use, prevent youth from starting to use tobacco, and reduce secondhand smoke exposure in Sedgwick County. To implement the public health interventions detailed in our CDRR workplan, KAFP works closely with the Tobacco Free Wichita Coalition (TFW) and its partners, who are committed to addressing local health needs.



Reducing tobacco use and exposure will lower the incidence and severity of many chronic diseases including heart disease, cancer, lung disease, stroke, asthma and diabetes. The CDRR grant also provides funding for evidence-based efforts to increase physical activity and improve nutrition to further help reduce the burden of disease on our community. KAFP is excited to provide leadership and physician-assistance to increase the local and state health outcomes this grant year. We invite you to keep reading to see a few highlights from our CDRR program.

Sincerely,

A handwritten signature in black ink that reads "Carolyn Gaughan".

Carolyn Gaughan, CAE
Executive Director, Kansas Academy of Family Physicians



Healthcare & Behavioral Health Interventions for Providers

KAFP is pleased to partner with local healthcare providers, clinics and organizations to provide the latest training and resources to ensure staff can better assist people who are interested in quitting tobacco. The majority of those who use tobacco are interested in quitting and more than 70% state that a doctor's advice to quit is a significant motivator! Staff provide customized training, assistance, continuing education credits and resources.

Training topics include:

- Latest research on addressing tobacco addiction in multiple populations
- 5 A's treatment protocol
- Motivational interview techniques
- Insurance reimbursement coding
- Information on improving office systems to ensure quality care for all patients
- Resources to help patients quit tobacco

The Kansas Tobacco Quitline is a service provided at no cost to Kansas residents. Enrollment is available 24 hours a day, seven days a week (except major holidays) either online KSquit.org or by phone 1-800-QUIT-NOW (784-8669). A counselor works with participants during emails, live chats or phone calls to prepare for a quit date and create a plan to fight cravings and face other challenges.

The Kansas Tobacco Quitline is managed by the Kansas Tobacco Use Prevention Program at the Kansas Department of Health & Environment.

For more information and resources, please visit the KAFP [website](#).



Chronic Disease Self-Management Education (CDSME)

KAFP is excited to offer workshops in Sedgwick County to empower people living with chronic diseases and diabetes to better manage their conditions and live fuller, more enjoyable lives. These interactive workshops follow a curriculum developed and proven effective by Stanford University. Over the course of six weekly sessions, certified trainers teach participants how to:

- Cope with stress and pain
- Be their own health advocate
- Improve food choices
- Exercise for strength and flexibility

In 2016, KAFP will also pilot a physician referral program in Sedgwick County, which will allow physicians to refer their patients to local workshops with a simple, coordinated process. Worksites and organizations can establish their own CDSME program on-site for their employees. Supplies and stipends are available to help cover setup expenses. Contact us for details and availability of funding.

For more information on CDSME, visit the KDHE [website](#).

An all-Spanish version of the program is also available "Tomando Control de su Salud"





Business Case for Breastfeeding

The Business Case for Breastfeeding Program in Sedgwick County provides assistance to worksites interested in providing support for nursing employees. Recent reports indicate that lactation policies not only help contain health care costs for employers but also reduce the incidence and severity of acute and chronic diseases for both mother and child. Everybody wins when employers support nursing moms!

CDRR staff provide equipment (a hospital-grade pump, chair, mini-fridge, pump kits, and resources) to furnish a lactation room and policy assistance to interested worksites. In addition, staff have joined the Wichita Area Breastfeeding Coalition and are providing marketing and coalition building assistance. Check out the new website at WichitaBreastfeeding.org or find them on Facebook for resources and assistance!

About the Kansas Academy of Family Physicians:

KAFP is the largest medical specialty society in the state, with a total of 1,630 members. The mission of the Kansas Academy of Family Physicians is to promote access to, and excellence in, health care for all Kansans through education and advocacy for family physicians and their patients. The KAFP is affiliated with the American Academy of Family Physicians, the national association for family physicians. For more information about the KAFP visit our website at www.kafponline.org.



About Tobacco Free Wichita Coalition:

TFW is the oldest coalition of its kind in Kansas. For over 40 years, residents of Wichita and the surrounding communities have worked together to reduce the harms associated with tobacco use at both the local and state levels. TFW is actively involved with several ongoing programs including the [Smoke-Free Housing Initiative](#). TFW is also working closely with the City of Wichita on several projects including updates to the local Youth Access Ordinance, officially adopting the [Kansas Indoor Clean Air Act](#) and a possible tobacco-free parks ordinance for Wichita. TFW meets quarterly on the third Friday of every third month from 11:00 a.m. to 12:00 p.m. at the Kansas Food Bank (1919 East Douglas, Wichita). For more information about TFW, visit the [TFW website](#) or follow TFW on [Facebook](#) and [Twitter](#).