

# Pennsylvania Free Quitline

## Six Month Quit Rates July 2023 – June 2024

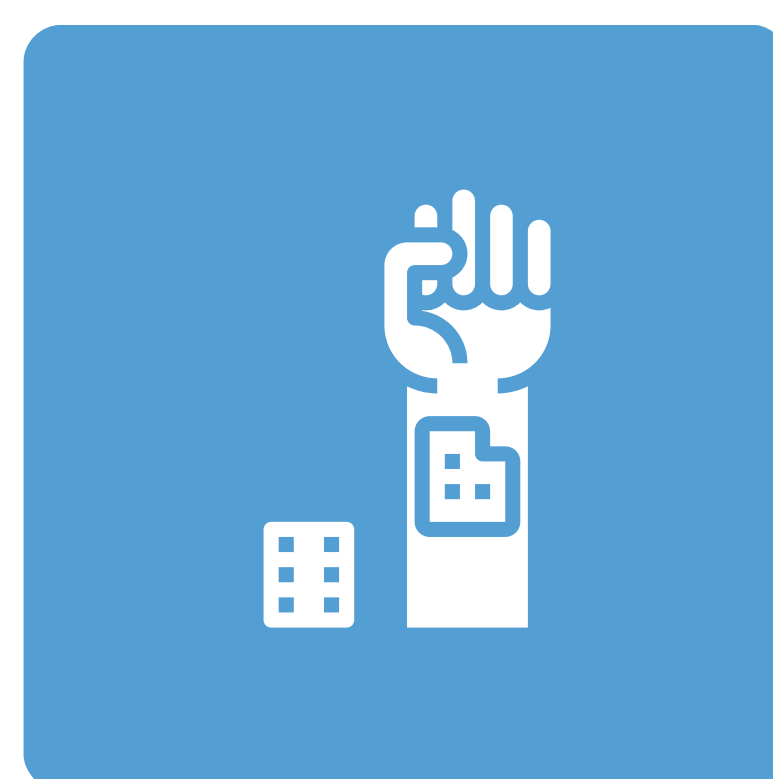
Among individuals who completed July 2023 to June 2024 intakes, there were 1,059 PA Free Quitline participants who completed a 6-month follow up. Out of 590 respondents who answered the question, 82 percent stopped smoking for 24 hours or more to attempt quitting<sup>1,2</sup>. Completing three or more counseling calls significantly improves quit success.

**38.1%**

**Overall Conventional Tobacco Quit Rate<sup>3</sup> (n=403) 35.5% in SFY2023**

**Conventional Tobacco plus ENDS<sup>4</sup> Quit Rate: 34.2% (n=362)**

With Nicotine Replacement Therapy (n=784)



**38.8%**

(n=304)  
Compared to 31.8% with No NRT  
36.0% NRT quit rate in SFY2023

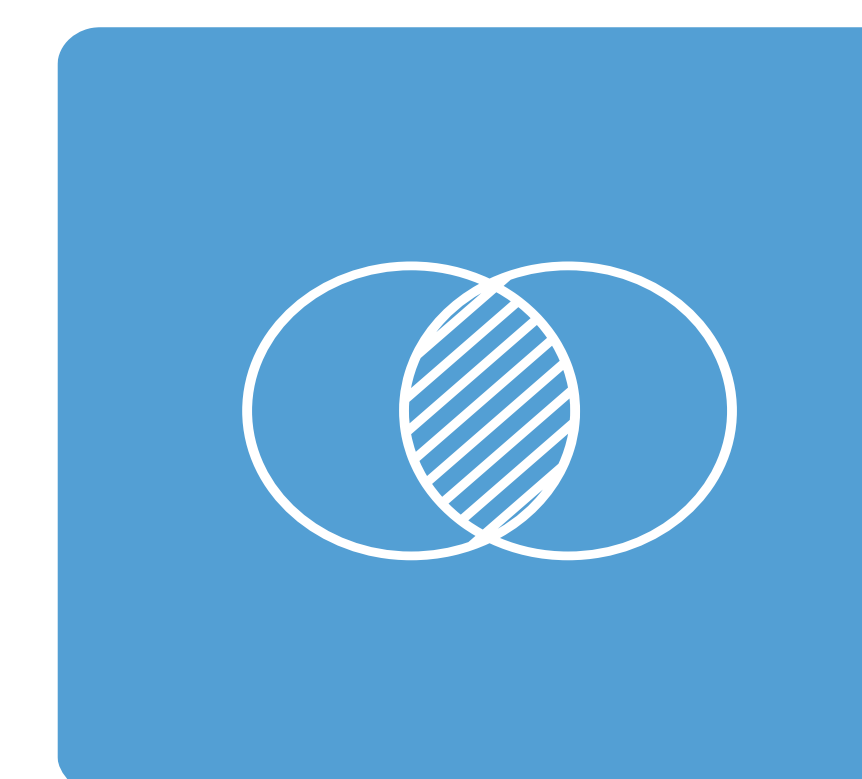
With 3 or more counseling calls (n=591)



**44.5%\*\*\***

(n=263)  
Compared to 30.0% for 1 or 2 calls  
42.4% 3+ calls quit rate in SFY2023

With 3 or more counseling Calls and NRT (n=480)



**45.2%\*\*\***

(n=217)  
Compared to 28.7% with NRT and just 1 or 2 calls  
42.0% 3+ calls and NRT in SFY2023



## Additional Quit Rates

Variable	Group	Quit Rate
Gender	Male (n=396)	41.2% (n=163)
	Female (n=643)	35.8% (n=230)
Public Housing**	Lives in public housing (n=173)	28.3% (n=49)
	Does not live in public housing (n=872)	39.8% (n=347)
Chronic Disease**	Any chronic disease (n=805)	35.5% (n=286)
	No chronic diseases (n=254)	46.1% (n=117)
Referral Type	Self-Referral (n=988)	37.8% (n=373)
	Fax or E-Referral (n=35)	34.3% (n=12)

Significance levels: \*p<.05, \*\*p<.01, \*\*\*p<.001

Notes:

- The 6-month follow up response rate for SFY 2023 is 24.6%, which is lower than NAQC recommendations. Quit rates should be reviewed with caution.
- Responder Rate calculation is based on North American Quitline Consortium (NAQC) recommendations: [https://cdn.ymaws.com/www.naquitline.org/resource/resmgr/Issue\\_Papers/WhitePaper2015QRUpdate.pdf](https://cdn.ymaws.com/www.naquitline.org/resource/resmgr/Issue_Papers/WhitePaper2015QRUpdate.pdf)
- Calculated using the North American Quitline Consortium (NAQC)-recommended standard measure: number of individuals who reported not using tobacco in the past 30 days divided by the number of individuals who register for services and completed the survey.
- Electronic Nicotine Delivery Systems (ENDS)

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## Additional Quit Rates

Variable	Group	Quit Rate
Sexual Orientation	Heterosexual (n=1,006)	37.9% (n=381)
	Lesbian/Gay/Bisexual/Transgender (n=47)	40.4% (n=19)
Regular Cigarette Use***	Does not use regular cigarettes (n=86)	59.3% (n=51)
	Uses regular cigarettes (n=973)	36.2% (n=352)
Menthol Cigarette Use	Does not use menthol cigarettes (n=459)	38.6% (n=177)
	Uses menthol cigarettes (n=509)	34.0% (n=173)
Race	Black (n=251)	33.5% (n=84)
	White (n=706)	39.8% (n=281)
	Other (n=63)	31.7% (n=20)
Hispanic Ethnicity**	Hispanic (n=35)	51.4% (n=18)
	Non-Hispanic (n=1,018)	37.5% (n=382)
Education Level	Less than high school (n=116)	31.0% (n=36)
	High school (n=416)	40.1% (n=167)
	Some college/technical (n=269)	35.7% (n=96)
	College degree or more (n=256)	40.6% (n=104)

Significance levels: \*p<.05, \*\*p<.01, \*\*\*p<.001

Anybody can quit. Having three or more calls and/or using NRT can help. Some groups see additional advertising and sales based on targeting by the tobacco industry.



# Additional Quit Rates

Variable	Group	Quit Rate
Mental Health Condition*	Mental Health Condition (n=579)	34.9% (n=202)
	No Mental Health Condition (n=480)	41.9% (n=201)
Substance Use	Substance Use (n=92)	30.4% (n=28)
	No Substance Use (n=488)	36.1% (n=176)
PTSD	PTSD (n=154)	33.1% (n=51)
	No PTSD (n=424)	35.6% (n=151)
First Time Caller	Yes (n=939)	38.3% (n=360)
	No (n=117)	35.0% (n=41)
NRT Therapy Type*	Combination Therapy (n=463)	35.9% (n=116)
	Individual Therapy (n=321)	43.0% (n=138)
Text Program	Yes (n=747)	38.2% (n=285)
	No (n=306)	37.6% (n=115)
Web or Phone Services	Telephone Only (n=847)	38.3% (n=324)
	Web & Telephone (n=212)	37.3% (n=79)

Significance levels: \*p<.05, \*\*p<.01, \*\*\*p<.001

For more information about the PA Free Quitline:

Call 1-800-QUIT-NOW or 1-855-DÉJELO-YA

You can also visit: [pa.quitlogix.org](http://pa.quitlogix.org)

