



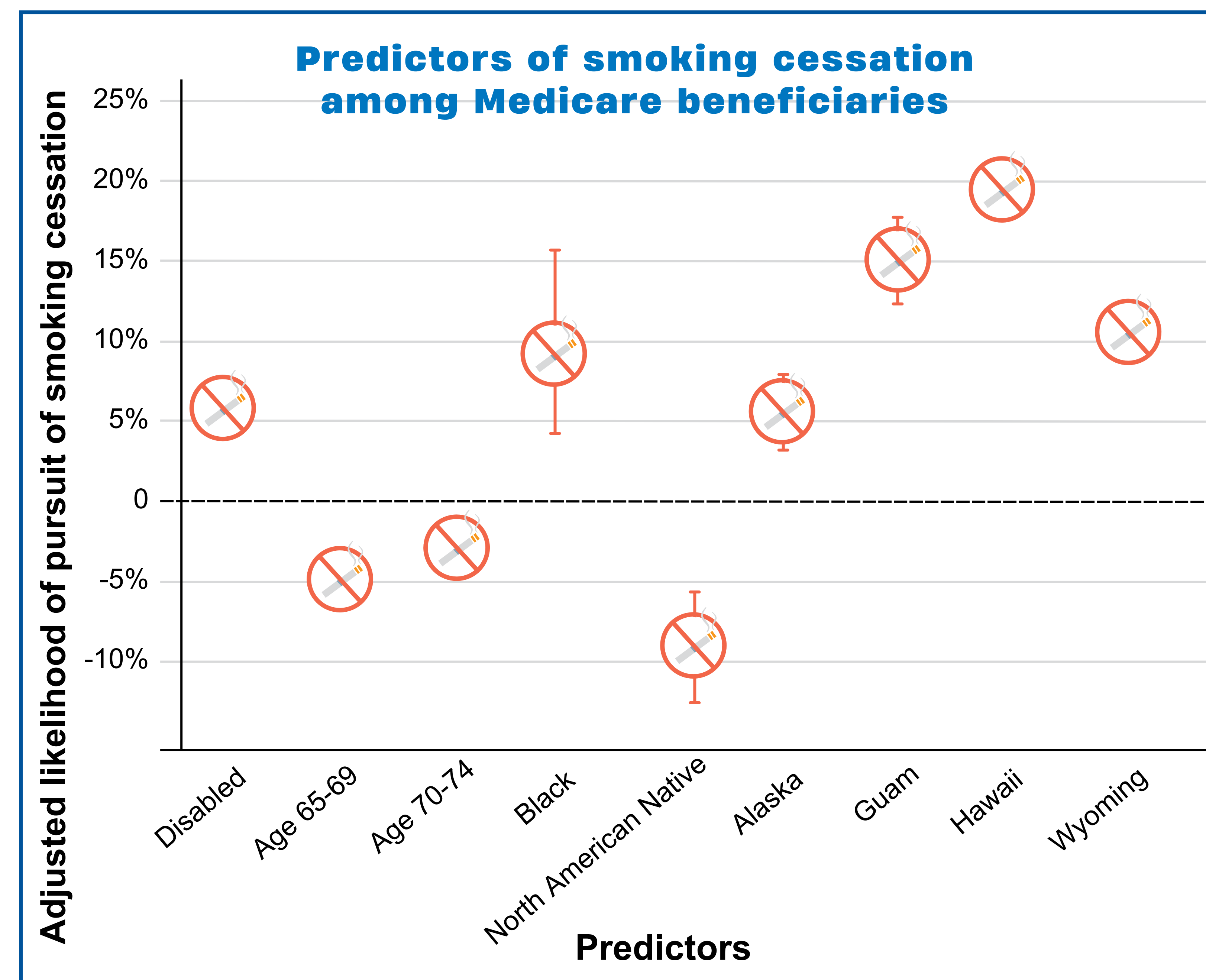
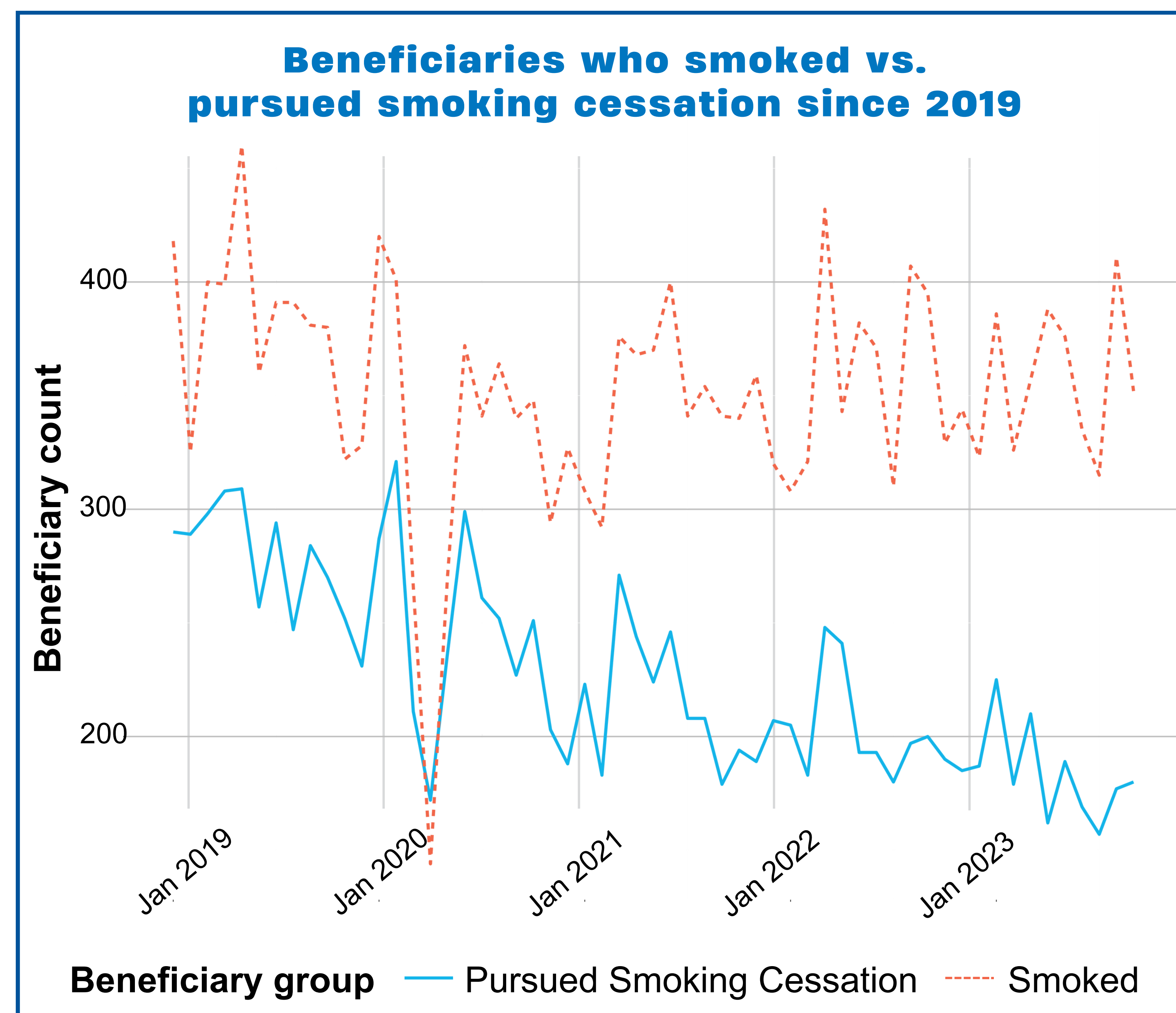
DATA-DRIVEN PREDICTORS FOR SMOKING CESSATION

1 in 10 Medicare beneficiaries uses tobacco.

Smoking provides an impactful opportunity for health intervention. However, the abundance of over-the-counter smoking cessation products makes it difficult to use Medicare claims data to pursue targeted interventions.

Mountain Pacific routinely monitors smoking cessation among the thousands of beneficiaries who smoke in our region. While counts of claims that include smoking International Classification of Diseases, 10th Revision (ICD-10) codes or smoking cessation Healthcare Common Procedure Coding System (HCPCS) codes may not be representative of true smoking cessation trends, they can be used to identify populations particularly successful at pursuing smoking cessation or, more importantly, less likely to pursue smoking cessation.

Mountain Pacific uses this information to inform data-driven quality improvement efforts.



Conclusions

- North American Native beneficiaries in our region are about 9.0% less likely to pursue smoking cessation compared to non-North American Native beneficiaries.
- Black beneficiaries are about 8.5% more likely than non-black beneficiaries to pursue smoking cessation.
- Identification of significant predictors of pursuit of smoking cessation allows for targeted interventions toward particularly resistant populations.

Using Smoking Cessation Data to Help Give Alaskans a Fresh Start

The Alaska Department of Health launched Fresh Start in 2022. Fresh Start is a set of free programs to help Alaskans lose weight, lower blood sugar or blood pressure or stop smoking or vaping. These programs aim to make it easier for adults to choose healthier lifestyle habits, including preventing and managing chronic diseases like diabetes and heart disease. Mountain Pacific promotes Fresh Start programming through community outreach and events.

4,000+
Alaskans enrolled
in the first year.



About **2,180 Alaskans** enrolled in online programs.

- Participants' systolic blood pressure decreased by an average of 11 points.
- Those with an A1C of 7+ lowered it by an average of 2 points.

1,850+ Alaskans enrolled in the state's Tobacco Quit Line to stop smoking.