

Iowa Tobacco Cessation Program Quitline Iowa Evaluation: FY2020

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Executive Summary

Purpose and Methodology

This report presents findings for the fiscal year 2020 (FY20) of the Iowa Tobacco Quitline Evaluation conducted by the Center for Social and Behavioral Research (CSBR) at the University of Northern Iowa (UNI). The study was funded by the Iowa Department of Public Health (IDPH) Division of Tobacco Use Prevention and Control (TUPC). The purpose of this project is to evaluate Quitline Iowa, a service for state residents that provides telephone-based tobacco cessation counseling. Any Iowa residents with commercial insurance, Medicare, Medicaid Fee for Service, or without insurance who call Quitline Iowa are eligible to receive free tobacco cessation counseling. The primary goals of the Quitline evaluation are: 1) to assess tobacco quit rates among Quitline Iowa clients; 2) to assess client satisfaction; and 3) to assess program consistency.

Sampling

The study participant samples were created monthly from the intake data, provided by National Jewish Health (Denver, CO) from July 2018 to November 2019. For most callers, counseling lasts about 2 months. Therefore, following up with callers 7 or 13 months after their first call helps ensure an approximate 6-month or 12-month period from intake to follow-up.

CSBR draws a random sample from the complete list of all Quitline callers who registered each month, to be called 7 months after intake. In order to be eligible for follow-up, callers must have been 18 years or older, have provided a telephone number, and have consented to participate in the follow-up study. At 7-month follow-up, respondents can consent to a second follow-up interview 13 months after intake (6 months after the 7-month follow-up call). These respondents become a part of the 13-month group. Those respondents are referred to as the “panel” or “panel respondents.”

CSBR aims to conduct between 75 and 100 interviews per month, with 75% of its cases at 7-month follow-up and 25% of its cases at 13-month follow-up. Due to the 7- or 13-month lags between intake and follow-up data collection, the intake data and corresponding follow-up data were collected during different time periods. The intake data that correspond to the follow-up data used in this report were collected from callers who first contacted Quitline Iowa between June 1, 2018 and November 30, 2019. The follow-up data used in this report were collected from July 1, 2019 through June 30, 2020. In order to achieve the target number of interviews, all intake cases were sampled for follow-up calls.

Where possible, missing information was replaced with the most recent demographic information that had been archived for those individuals during the last 18 months. There were 2,257 eligible respondents in FY20 and interviews were completed with 939 of those. All interviews were completed in English. The alpha level for statistical significance for the hypothesis testing in the analyses was set at .05 meaning that there is a 95% probability that any

differences found are a result of chance. The data were not weighted for any analyses. Among the completed follow-up interviews, 639 were completed 7 months after intake and 300 were completed 13 months after intake.

Summary of Findings

- At intake, 78% of Quitline Iowa callers had smoked one pack or less per day. Twenty-two percent of callers smoked more than a pack of cigarettes per day.
- Among respondents who said they had not quit smoking cigarettes, there were statistically significant decreases in the number of cigarettes smoked per day in the 7-month and 13-month follow-up cohort. Respondents in the 7-month cohort on average reduced their daily cigarette consumption by 6.5 cigarettes (from 18.8 at intake to 12.3 at follow-up). Respondents in the 13-month cohort on average reduced their daily cigarette consumption by 6.2 cigarettes (from 19.2 at intake to 13 at follow-up).
- Among all respondents, 26% said they had not smoked cigarettes or used other tobacco in the past 30 days (25% 7-month; 27% 13-month). More than three-fourths of respondents who said they had used tobacco in the past 30 days said they had smoked every day in the last 30 days.
- Among all respondents who had smoked cigarettes in the past 30 days, four-in-five smoked their first cigarette within 30 minutes of waking.
- Ten percent of respondents said they had used e-cigarettes in the past 30 days. Of those, 24% said they currently use e-cigarettes every day, 47% said some days, and 28% said not at all.
- More than a third of respondents (37% 7-month; 37% 13-month) said they intended to quit using tobacco within the next thirty days. Two-thirds of respondents who smoked in the last 30 days said they intended to quit using tobacco within the next 6 months.
- Overall, 68% of respondents (69% 7-month, 67% 13-month) said they were either *very satisfied* or *mostly satisfied* with the services they received. Satisfaction was significantly higher among respondents who had quit smoking (84%) than among those who had not (63%).
- The vast majority of respondents said they *would recommend*, or *have already recommended* Quitline Iowa to a friend in need of similar services (88% of the 7-month group, 89% of the 13-month group).
- The overwhelming majority of those still smoking said they were going to keep trying to quit smoking (93%), that the people at Quitline listened carefully to what they said (92%), and that the people at Quitline were helpful (87%).
- Across all respondents, 22% said they had visited the Quitline Iowa website.
- An analysis of panel respondents indicates that even for those respondents who have not quit up to a year after intake, there is a significant reduction in cigarettes smoked per day between intake and 7-month follow-up that continues to the 13-month follow-up.
- Similar quit rates were present among panel respondents and non-panel respondents.

Conclusions

This ongoing evaluation of Quitline Iowa shows that the services provide effective tobacco cessation support to eligible Iowans. Approximately 26% of all respondents reached follow-up interviews were able to quit using tobacco, even up to one year after treatment. Respondents were also able to reduce the average number of cigarettes per day from intake to follow-up regardless of their smoking status. Respondents report a willingness to continue to try to quit using tobacco. Approximately two-thirds of tobacco users who smoked in the last 30 days reported that they intended to quit using tobacco within the next 6 months. Satisfaction with Quitline services are high and most would recommend or have already recommended the services to a friend in need.

Section 1: Demographics and Tobacco Use at Intake

Completed Interviews

Follow-up interviews continued with Quitline clients throughout FY20. Data collection continued with both the 7-month and the 13-month follow-up cohorts. See Table 1 for a data collection breakdown by month. During FY20, 939 interviews were completed. Of these, 639 were in the 7-month cohort, and 300 in the 13-month cohort.

Table 1: Number of completed interviews, by cohort and month

Quarter	Month	7-month interviews	13-month interviews
1	July 2019	42	36
1	August	61	20
1	September	36	22
2	October	46	28
2	November	85	34
2	December	67	24
3	January 2020	41	13
3	February	53	22
3	March	50	13
4	April	53	18
4	May	70	45
4	June	35	25
	Total	639	300

Demographic Characteristics

Not all sampled Quitline participants responded to our follow-up interviews. CSBR compared the respondents to our follow-up questionnaire to non-respondents to the follow-up questionnaire in order to determine whether we were reaching similar profiles of Quitline callers. Demographic characteristics of respondents and non-respondents are displayed in Table 2. More than one-half of all respondents (59%) were female. Most were White (92%) and non-Hispanic (99%). Some differences between respondents and non-respondents were observed, however the effect size for all differences was very small. Chi-square tests indicated that respondents were more likely to be white ($\chi^2(1, n = 2,201) = 7.02, p = .008, \phi = -0.06$), less likely to be Hispanic ($\chi^2(1, n = 2,194) = 12.36, p < .001, \phi = -0.08$), more likely to have some college or university or a college or university degree ($\chi^2(1, n = 2,220) = 24.71, p < .001, \phi = 0.1$), and more likely to have Medicare ($\chi^2(1, n = 2,227) = 10.34, p = .001, \phi = -0.07$) than non-respondents. Respondents were significantly older ($M = 53.6, SD = 14.5$) than non-respondents ($M = 51.6, SD = 14.3; t(2225) = -3.1, p = .002$, two-tailed, $\eta^2 = .004$).

Table 2: Demographic characteristics of the sample at intake

		Total respondents to follow-up	Non-respondents to follow-up
Age	Average*	53.6	51.6
Gender	Female	64%	59%
	Male	36%	41%
Race	White*	92%	88%
	Black	6%	8%
	Asian	< 1%	< 1%
	American Indian/Alaska Native	4%	4%
	Native Hawaiian/Pacific Islander	0%	<1%
	Other	<1%	1%
Hispanic/Latino	% Yes*	<1%	3%
Education*			
	Less than high school	12%	16%
	High school or GED	32%	39%
	Some college	33%	28%
	College or university degree	22%	16%
Health insurance	Insured?	89%	87%
	Medicaid	23%	20%
	Medicare*	37%	44%
Employment	Employed?	33%	37%

Note: *indicates a significant difference across groups

Additional demographic characteristics were collected at follow-up for all respondents. These characteristics are summarized in Table 3. More than half of all respondents had an income of less than \$20,000, and approximately half had more than a high school education.

Table 3: Additional demographic characteristics of the sample at follow-up

		Total respondents to follow-up
Marital Status	Married	29%
	Divorced	30%
	Widowed	11%
	Separated	5%
	Never married	19%
	Member of an unmarried couple	6%
	Missing/refused	<1%
Income	Less than \$10,000	22%
	\$10,000 to less than \$15,000	19%
	\$15,000 to less than \$20,000	12%
	\$20,000 to less than \$25,000	11%
	\$25,000 to less than \$35,000	11%
	\$35,000 to less than \$50,000	19%
	\$50,000 to less than \$75,000	10%
	\$75,000 to less than \$100,000	4%
	\$100,000 or more	3%
	Missing/refused	9%
Education	Less than high school	11%
	High school or GED	34%
	Some college	23%
	Associates or other 2-year degree	18%
	College degree	12%
	Graduate degree	2%
		Missing/refused

Note: Reflects data collection at follow-up
 Not all percentages sum to 100% due to rounding errors.

Tobacco Use at Intake

At intake, approximately one-in-five respondents smoked more than a pack of cigarettes per day, and slightly less than half of respondents (47%) smoked between a half-pack and a full pack of cigarettes per day (Table 4). Forty-one percent of respondents had their first cigarette within 5 minutes of waking and 40% had their first cigarette between 6 and 30 minutes after waking (Table 4). Respondents were less likely to have their first cigarette within five minutes of waking and more likely to have their first cigarette within a half hour of waking ($\chi^2 (1, n = 2,024) = 9.65, p = .02, \phi = 0.07$).

Table 4: Tobacco use at intake

		Total respondents to follow-up	Non- respondents to follow-up
Cigarettes per day	<1	7%	7%
	1-10	27%	23%
	11-20	47%	47%
	21-30	12%	13%
	31-40	5%	8%
	41 or more	2%	2%
Missing/refused/not asked		7%	2%
Time to first cigarette			
5 minutes or less*		41%	49%
6-30 minutes*		40%	35%
31-60 minutes		10%	9%
Longer than 60 minutes		9%	8%
Missing/refused/not asked		8%	9%

Note: One pack of cigarettes contains 20 individual cigarettes.

Section 2: Tobacco Use at Follow-Up

Tobacco Use in the Past 30 Days

Among all respondents, 26% said they had not smoked cigarettes or used other tobacco in the past 30 days (25% after 7 months and 27% after 13 months; Figure 1). Among all respondents who said they had used tobacco in the past 30 days, 4% said they had not used any tobacco in the past week. Three percent of respondents who had used tobacco in the past 30 days at 7-month follow-up and six percent at 13-month follow-up reported not using tobacco in the past week – this difference was not significant.

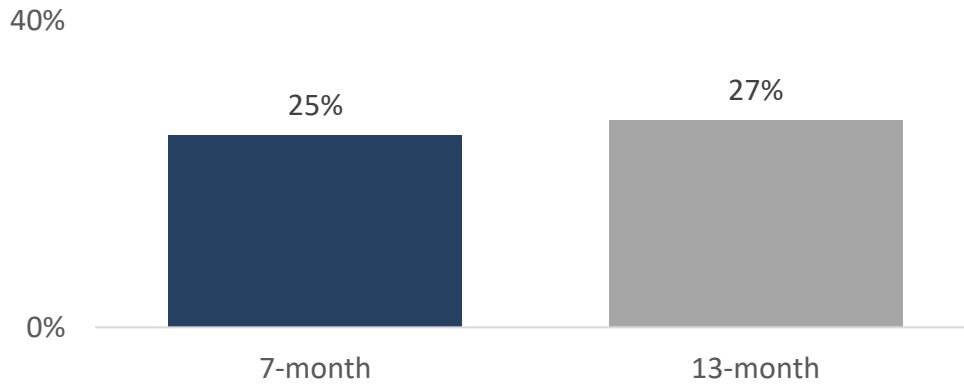


Figure 1: Thirty-day cessation rate

Quit rates were analyzed by three variables of interest to IDPH: LGBT status, veteran’s status, and pregnancy status. There were no statistically significant differences between veterans and non-veterans or LGBT and heterosexual respondents. There were insufficient cases to analyze by pregnancy status.

Among respondents who said they had used tobacco in the past 30 days, the types of tobacco used are displayed in Table 5. Cigarettes and electronic smoking devices were the most commonly used tobacco products in both follow-up groups.

Table 5: Type of tobacco products used in past 30 days (among those who had not quit)

	7-month	13-month
Cigarettes	92%	91%
Electronic Smoking Device	10%	9%
Cigars	8%	7%
Smokeless	5%	4%
Pipes	1%	< 1%
Other tobacco	2%	< 1%

Note: Because some people used more than one type of tobacco, percentages sum to more than 100%.

Current Cigarette Use at Follow-Up

Approximately four-in-five respondents in both the 7-month and 13-month groups who said they had used tobacco in the past 30 days said they had smoked every day in the last 30 days (Figure 2). Respondents in both follow-up groups who said they had used tobacco in the past 30 days said they had smoked an average of 27 days in the past 30 days.

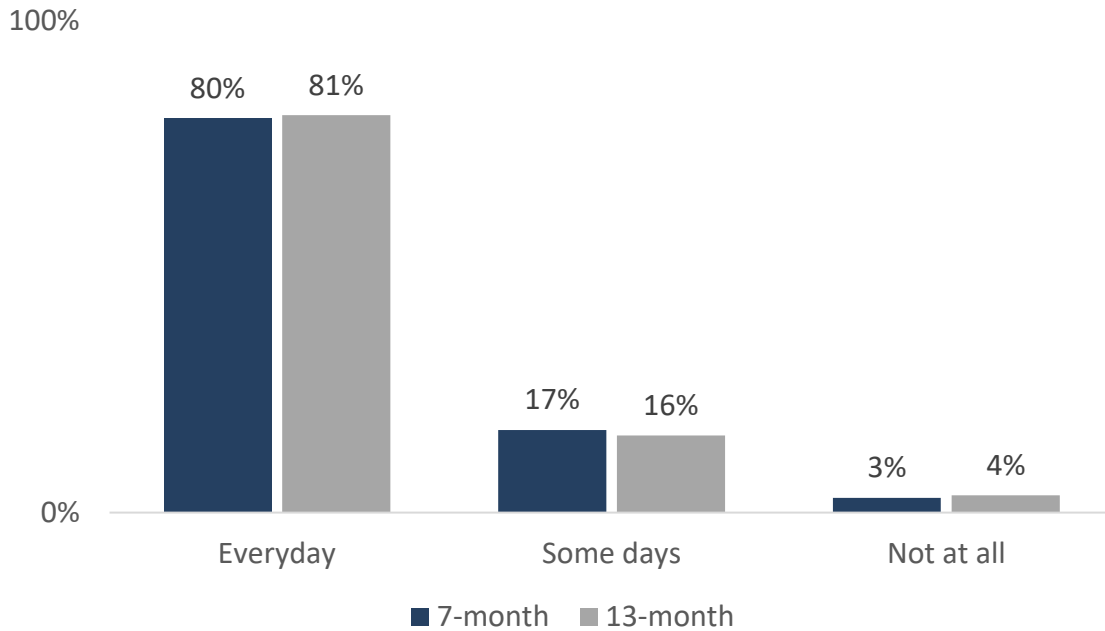


Figure 2: Current smoking behavior (among those who had not quit)

Among respondents who said that they had not quit smoking cigarettes, there was a statistically significant decrease in the number of cigarettes smoked per day at follow-up compared to the number at intake for both the 7-month and 13-month follow-up groups (Figure 3). In the 7-month group, the average number of cigarettes smoked per day decreased by more than six cigarettes - from almost a pack at intake ($M = 18.8$, $SD = 10.3$) to just over 12 at follow-up ($M = 12.3$, $SD = 8.4$; $t(435) = 13.9$, $p < .001$, eta squared = 0.18). In the 13-month group, the average number of cigarettes smoked per day decreased by more than six cigarettes - from a pack at intake ($M = 19.18$, $SD = 11.4$) to 13 at follow-up ($M = 13$, $SD = 9.5$; $t(178) = 8.4$, $p < .001$, eta squared = 0.17). The effect sizes for these differences were medium to large.

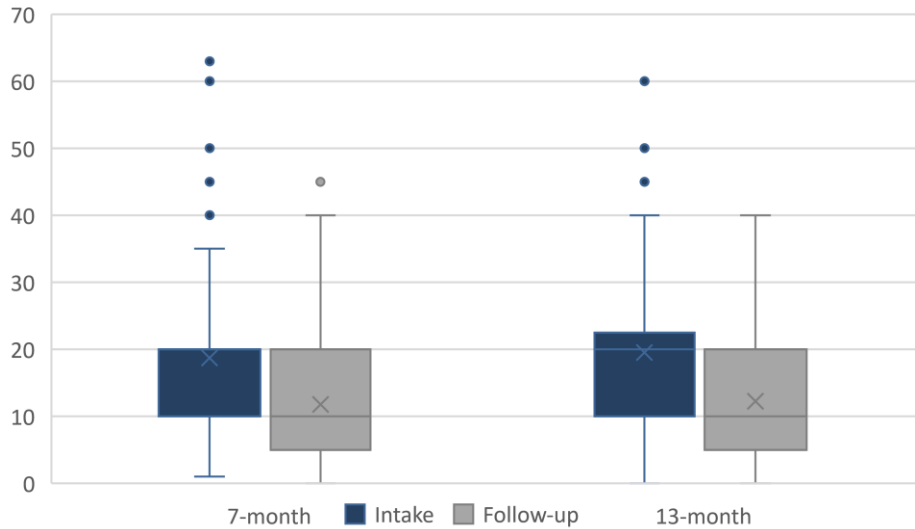


Figure 3: Cigarettes per day at intake and follow-up, by cohort

More than a quarter of all respondents who reported smoking up to a half-pack of cigarettes per day had reduced their consumption to none at follow-up (27% at 7-month, 37% at 13-month). Almost two-thirds of respondents who said they had smoked between half a pack and one pack per day at intake (62% at 7-month, 62% at 13-month) reported smoking less than half a pack at follow-up. More than three quarters of respondents who said they had smoked between one and two packs per day at intake reduced their consumption to less than a pack at follow-up (83% at 7-month, 80% at 13-month) (Figure 4).

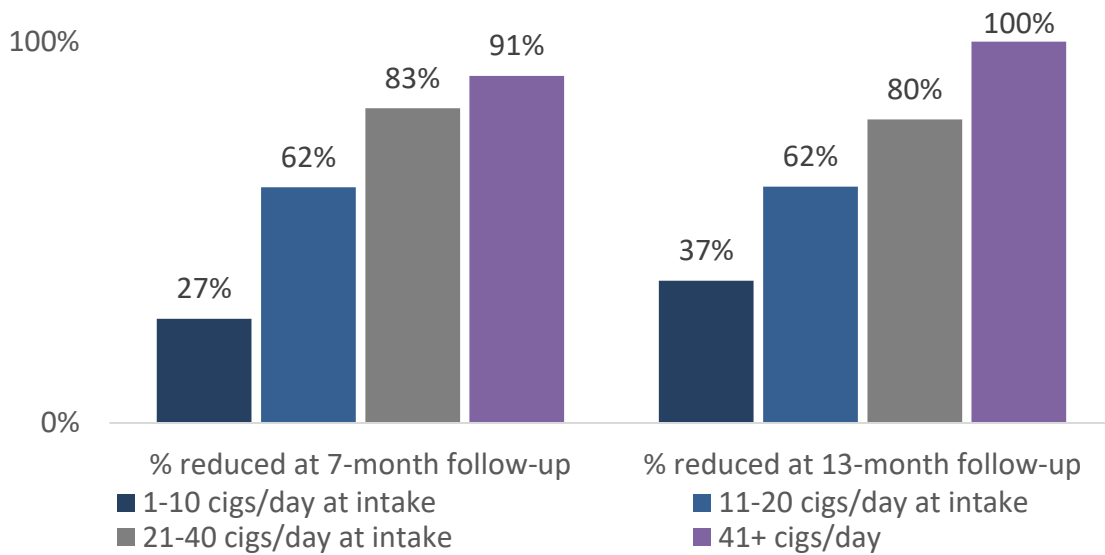


Figure 4: Percent of smokers who reduced cigarette consumption at follow-up

Among respondents in the 7-month and 13-month groups who had smoked cigarettes in the past 30 days, 81% report smoking their first cigarette within 30 minutes of waking at intake (Figure 5). At follow-up slightly more than two thirds had smoked their first cigarette within 30 minutes of waking (62% at 7-month, 72% at 13-month).

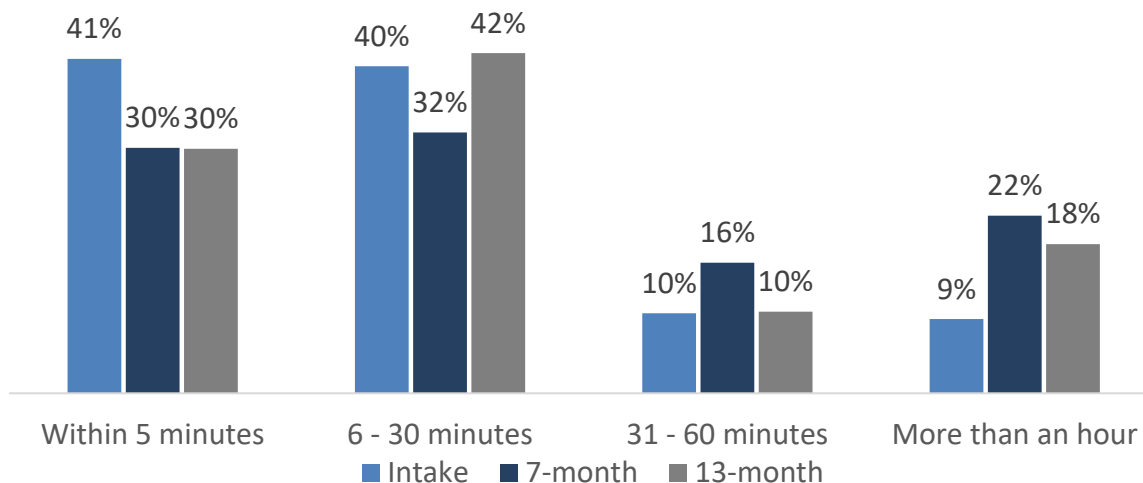


Figure 5: Time to first cigarette after waking at follow-up

From intake to follow-up (among respondents for whom the data were available), large and significant differences were reported in the length of time respondents in the 7-month follow-up group waited to have their first cigarette of the day ($\chi^2 (9, n = 401) = 135.0, p < .001, Spearman Correlation = 0.49$). Among respondents in the 7-month cohort who waited less than five minutes after waking at intake to have their first cigarette, 46% waited longer at follow-up. Among respondents who waited 6 to 30 minutes after waking at intake, 43% waited longer to smoke at follow-up. Among respondents who waited 31 to 60 minutes at intake, 34% waited longer at follow-up. Of note is the finding that, among respondents who waited more than 60 minutes at intake, 37% decreased the length of time they waited during the follow-up period as did 31% of respondents who waited between 31 and 60 minutes at intake (Figure 6).

From intake to follow-up (among respondents for whom the data were available), large and significant differences were also reported in the length of time respondents in the 13-month follow-up group waited to have their first cigarette of the day ($\chi^2 (9, n = 174) = 36.4, p < .001, Spearman Correlation = 0.38$). Among respondents in the 13-month cohort who waited less than five minutes to have their first cigarette, 54% waited longer at follow-up than at intake. Among respondents who waited 6 to 30 minutes at intake, 29% waited longer to smoke at follow-up. Among respondents who waited 31 to 60 minutes at intake, 33% waited longer at follow-up. Of note is the finding that, among respondents who waited more than 60 minutes at intake, 42% decreased the length of time they waited during the follow-up period, and 50% of respondents

who waited between 31 and 60 minutes at intake decreased the length of time they waited for their first cigarette (Figure 6).

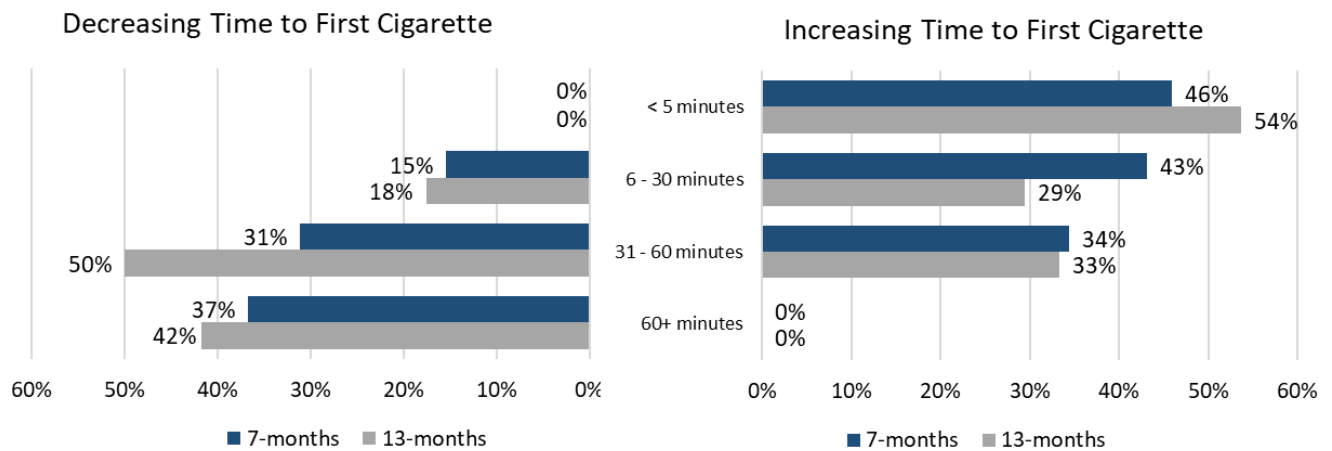


Figure 6: Change in time to first cigarette of the day between intake and follow-up by cohort

Subgroup Differences in Tobacco Use

Respondents who said they had used tobacco in the past 30 days were compared to those who said they had not used tobacco in the past 30 days to determine whether or not there were significant associations with demographic variables. There were no significant differences in quit rates by age, gender, race, Hispanic ethnicity, educational attainment, employment, income, or type of insurance. Respondents who had not used tobacco in the past 30 days were more likely to be married and less likely to be divorced than those who used tobacco in the past 30 days ($\chi^2(5, n = 924) = 15.3, p = .009$).

These same groups were compared on the number of cigarettes smoked per day on the days that they smoked. White respondents ($M = 13.4, SD = 8.5$) smoked more cigarettes per day than non-White respondents ($M = 8.8, SD = 6.9; t(59.9) = -4.4 p < .001, \eta^2 = 0.03$), Black respondents ($M = 9.2, SD = 6.8$) smoked fewer cigarettes per day than non-Black respondents ($M = 13.3, SD = 8.5; t(43.5) = 3.4 p = .001, \eta^2 = 0.02$), and respondents on Medicaid ($M = 11.3, SD = 7.8$) smoked fewer cigarettes per day than non-Medicaid respondents ($M = 13.5, SD = 8.6; t(620) = 2.8 p = .006, \eta^2 = 0.01$). A one-way repeated ANOVA was conducted to compare education levels and marital status on the number of cigarettes smoked per day, however no differences were observed.

Section 3: E-Cigarette Use

Among all respondents who reported any tobacco use, 10% said they had used e-cigarettes in the past 30 days. E-cigarette users were younger ($M = 48.3, SD = 15.5$) than non-e-cigarette users ($M = 54.8, SD = 14.0; t(937) = -4.2, p < .001, \eta^2 = 0.02$) but the effect size was small. No significant difference in e-cigarette use was observed for gender, race, Hispanic ethnicity, insurance status, education, employment status, or income. E-cigarette users were less likely to be widowed and more likely to have never been married than non-e-cigarette users ($\chi^2(5, n = 927) = 15.5, p = .008, \phi = .1$) although the effect size was small.

Among those who reported ever using e-cigarettes, 24% said they currently use e-cigarettes every day, 47% said some days, and 28% said not at all. Among respondents who had ever used e-cigarettes, when asked why they use e-cigarettes, the most common reasons provided among respondents were that *e-cigarettes might be less harmful to people around me than cigarettes*, *using e-cigarettes helps me to quit smoking cigarettes*, and that *I can use e-cigarettes at times or in places where cigarettes aren't allowed* (Figure 7).

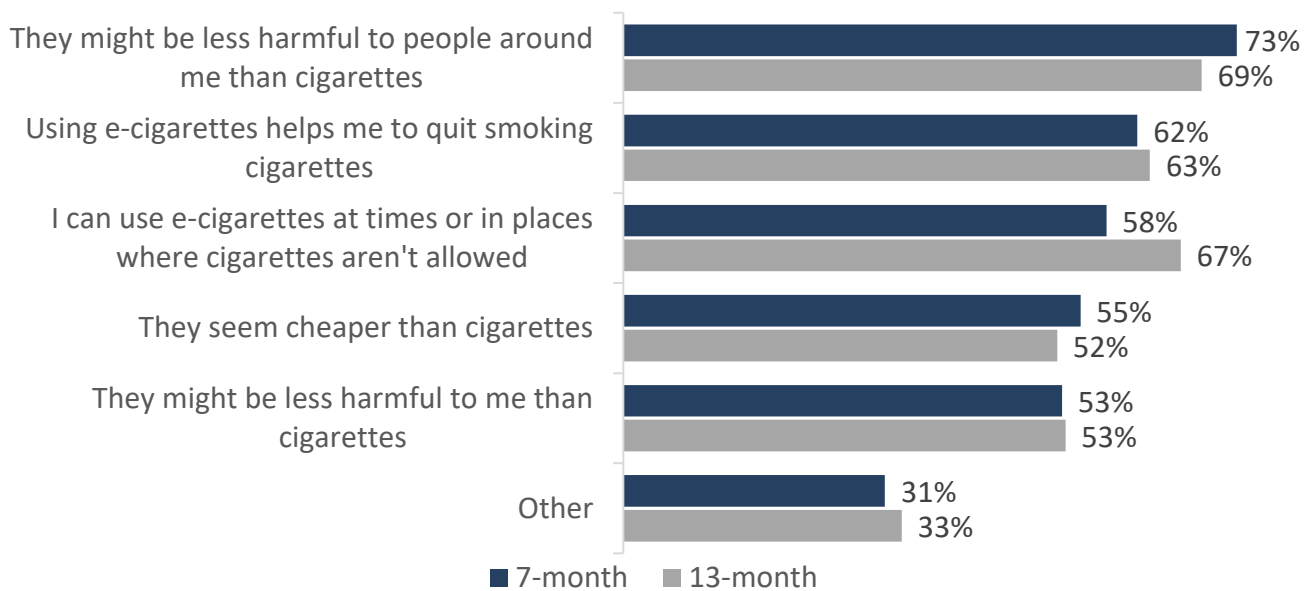


Figure 7: Reasons for using e-cigarettes

Among respondents in both follow-up cohorts who had used e-cigarettes and who had indicated that they had smoked cigarettes, pipes, cigars, or cigarillos, 59% reported that they had used e-cigarettes when they were unable to smoke. Fifty percent of respondents reported using e-cigarettes when they were unable to use chewing tobacco, snuff, or dip.

Section 4: Tobacco Cessation

Intention to Quit

The majority of respondents who reported using tobacco in the last 30 days said they intended to quit using tobacco within the next 6 months (Figure 8). Interestingly, in direct contrast to some respondents' previous responses, 7% of respondents in the 7-month follow-up group and 6% of respondents in the 13-month follow-up group reported that they had quit using tobacco.

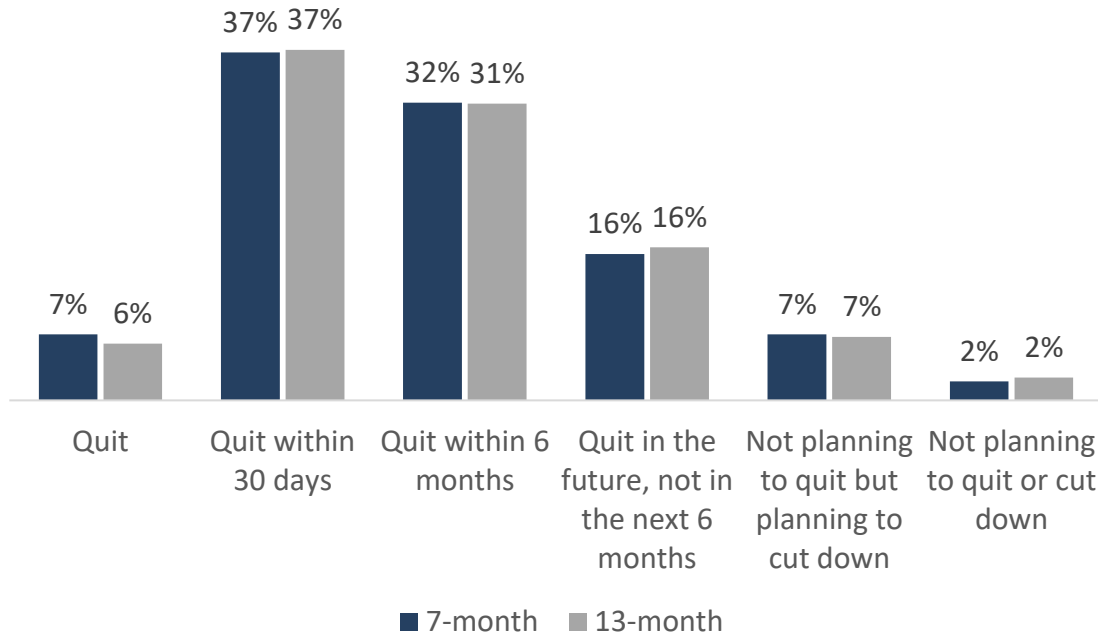


Figure 8: Intention to quit using tobacco

Cessation Attempts

The percentage of respondents still using tobacco who said they had stopped using tobacco for 24 hours or longer was 77% overall (74% in the 7-month group and 83% in the 13-month group). Among those who attempted to quit (i.e. stopped for 24 hours or longer), more than one third of both follow-up groups made just one quit attempt during the follow-up period (Figure 9).

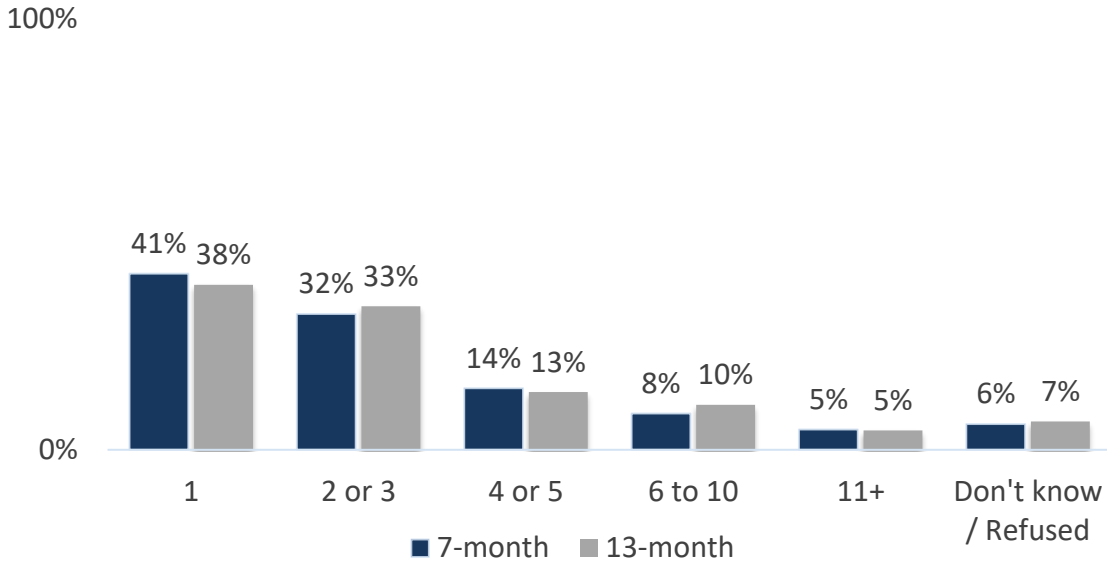


Figure 9: Number of quit attempts at follow-up among those who attempted

There was no difference in the number of attempts made by respondents who quit and respondents who did not quit smoking.

Medication

Among all respondents, 79% said they used any products or medications during the follow-up period to help them quit using tobacco. No difference was observed across follow-up time periods however respondents who had quit smoking were more likely to report using medication (86%) compared to those who had not quit smoking (77%) ($\chi^2 (1, n = 936) = 8.0, p = .005, \phi = 0.09$), although the effect size for this difference was small. Approximately 30% of respondents reported using two or more medications. Respondents who reported smoking at follow-up were significantly less likely to report using only one medication than respondents who had quit at follow-up (46% vs 57%), but more likely to report using no medications (23%) than those who had reported quitting at follow-up (14%) ($\chi^2 (2, n = 936) = 11.4, p = .003, \phi = 0.11$).

The most commonly reported medications were nicotine patches and Chantix; no differences were observed between follow-up cohorts regarding the types of products or medications used (Figure 10).

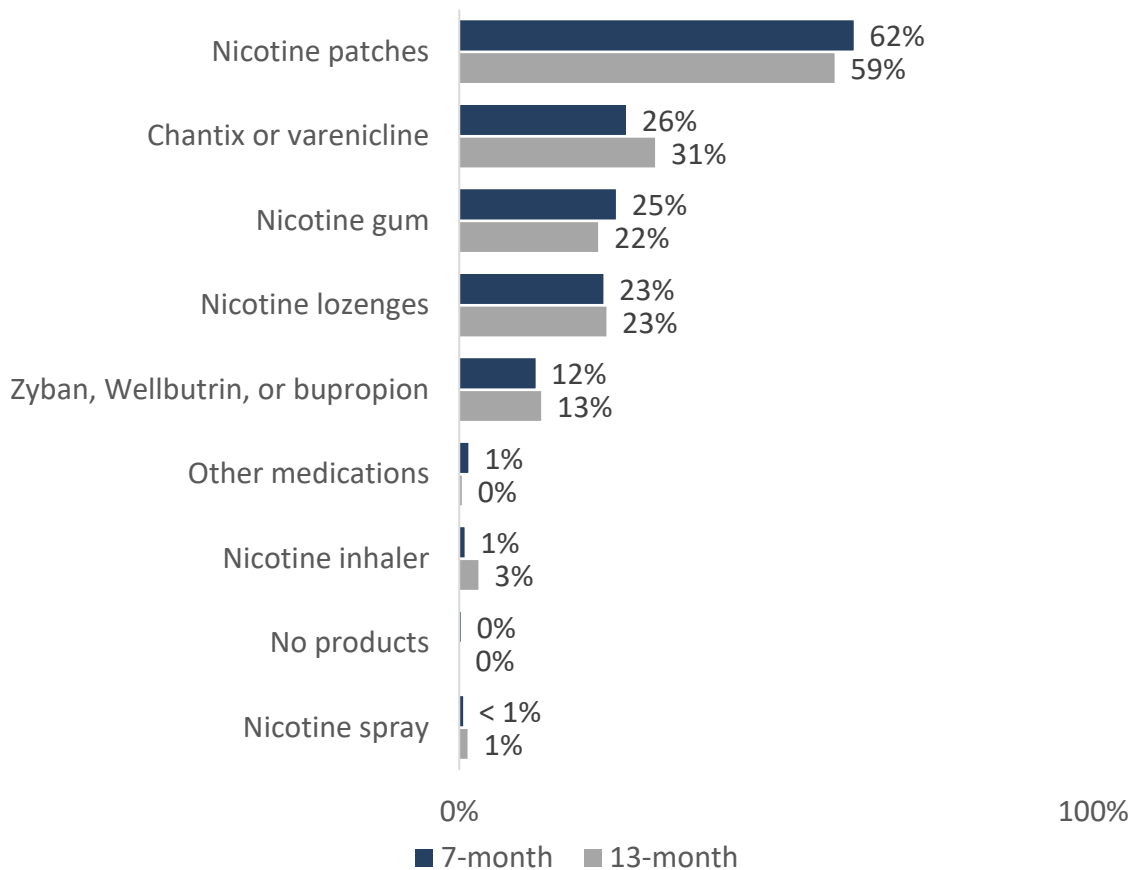


Figure 10: Types of products or medications used

Barriers and Enablers to Quitting

All respondents were asked to name the three hardest things about quitting tobacco for them (Figure 11). Ninety-six percent of respondents reported one or more barriers to quitting and 57% reported two or more barriers. The top three responses across the follow-up cohorts were *nicotine addiction*, the *association of tobacco products with other activities*, and *stress*. Respondents who had quit at follow-up reported approximately the same number of barriers as those who had not quit at follow-up.

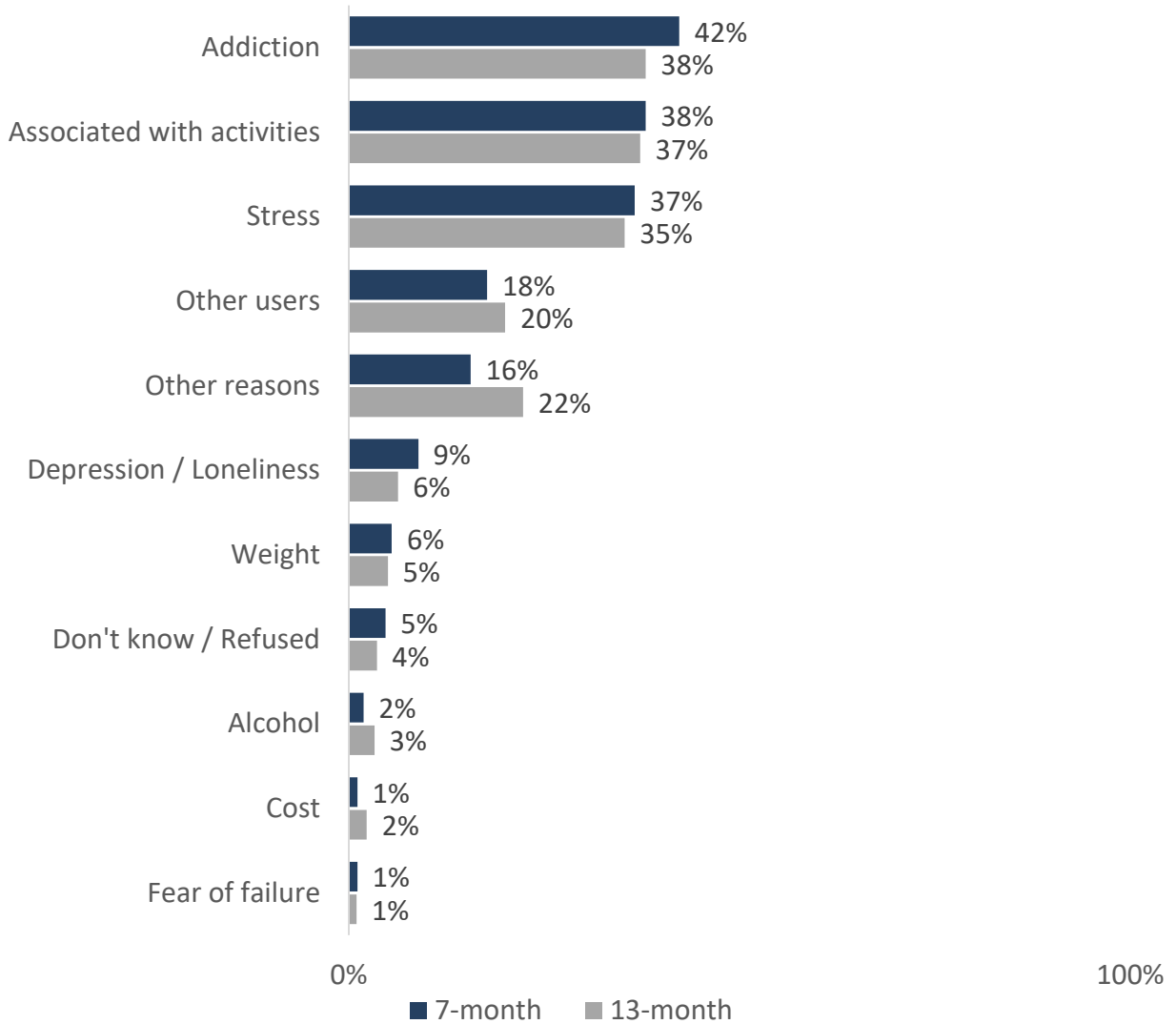


Figure 11: Barriers to quitting tobacco

Respondents who had attempted to quit tobacco were asked to name the three most helpful things for them while they were quitting tobacco (Figure 12). The five most common responses

were using *nicotine replacements* such as the patch, *other things* (the most common responses were related to a mindset change, other health conditions motivating quitting, the health benefits of quitting, and e-cigarettes / vaping), *family / friend support*, *replacement behaviors*, and *staying busy*. Respondents who had quit at follow-up ($M = 1.8, SD = 0.9$) reported a significantly higher number of enablers than respondents who had not quit at follow-up ($M = 1.3, SD = 1.1; t(521.4) = -8.9, p < .001, \eta^2 = 0.08$).

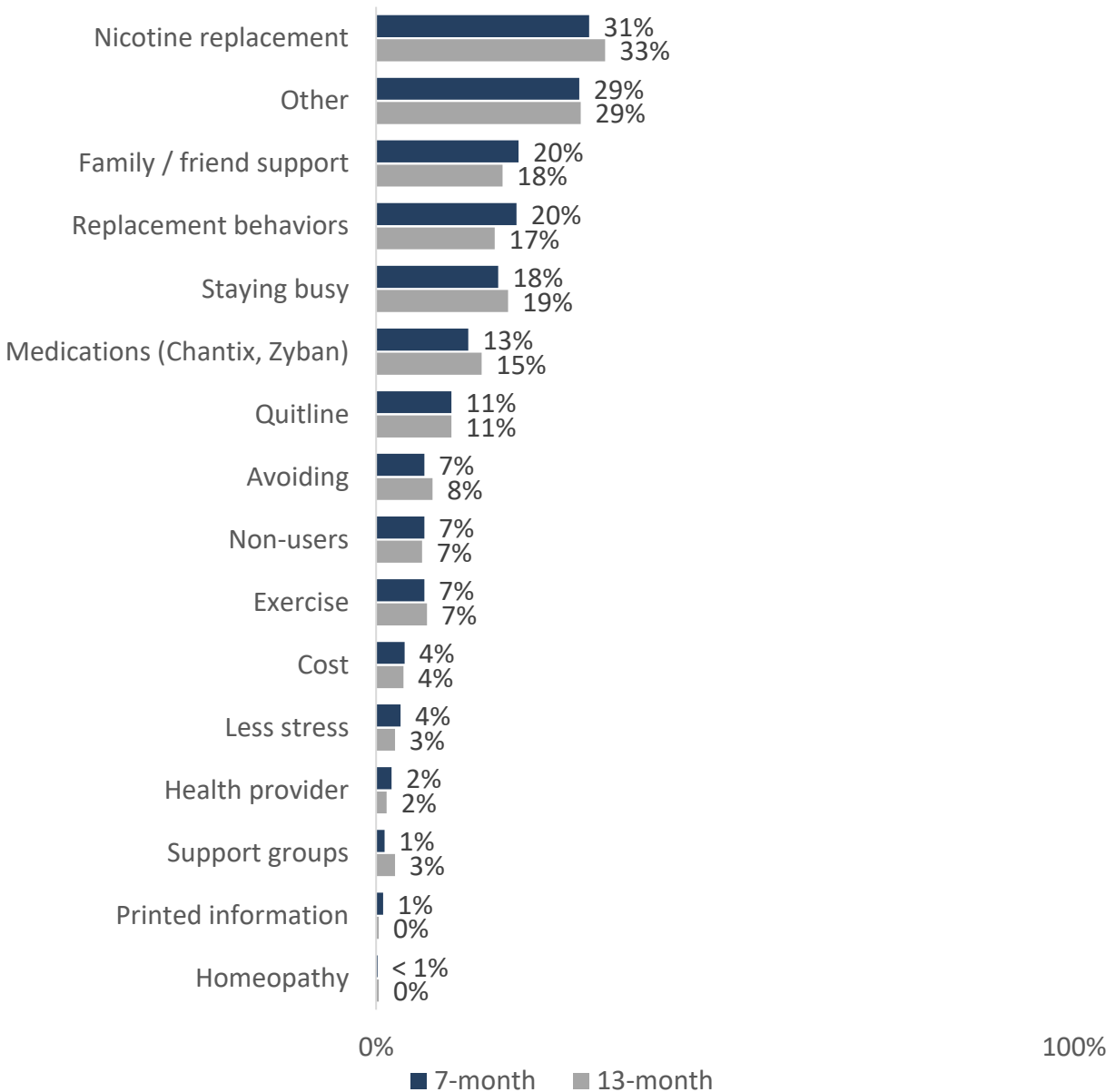


Figure 12: Enablers to quitting tobacco (among respondents who had made a quit attempt after Quitline intake, n = 768)

Respondents who had not yet made at least one quit attempt were asked to name what they think would be the three most helpful things for them when they attempt to quit using tobacco (Figure 13). *Nicotine replacements*, such as the patch, gum, or inhalers, *staying busy*, *replacement behaviors*, and *other* (the most common responses were related to e-cigarettes / vaping, improving the respondents health and life outlook, and a change in mindset related to quitting) were the most common responses. Thirteen percent of respondents at 7-month and seventeen percent at 13-month reported that they *don't know* what they think would be helpful for their future quit attempts.

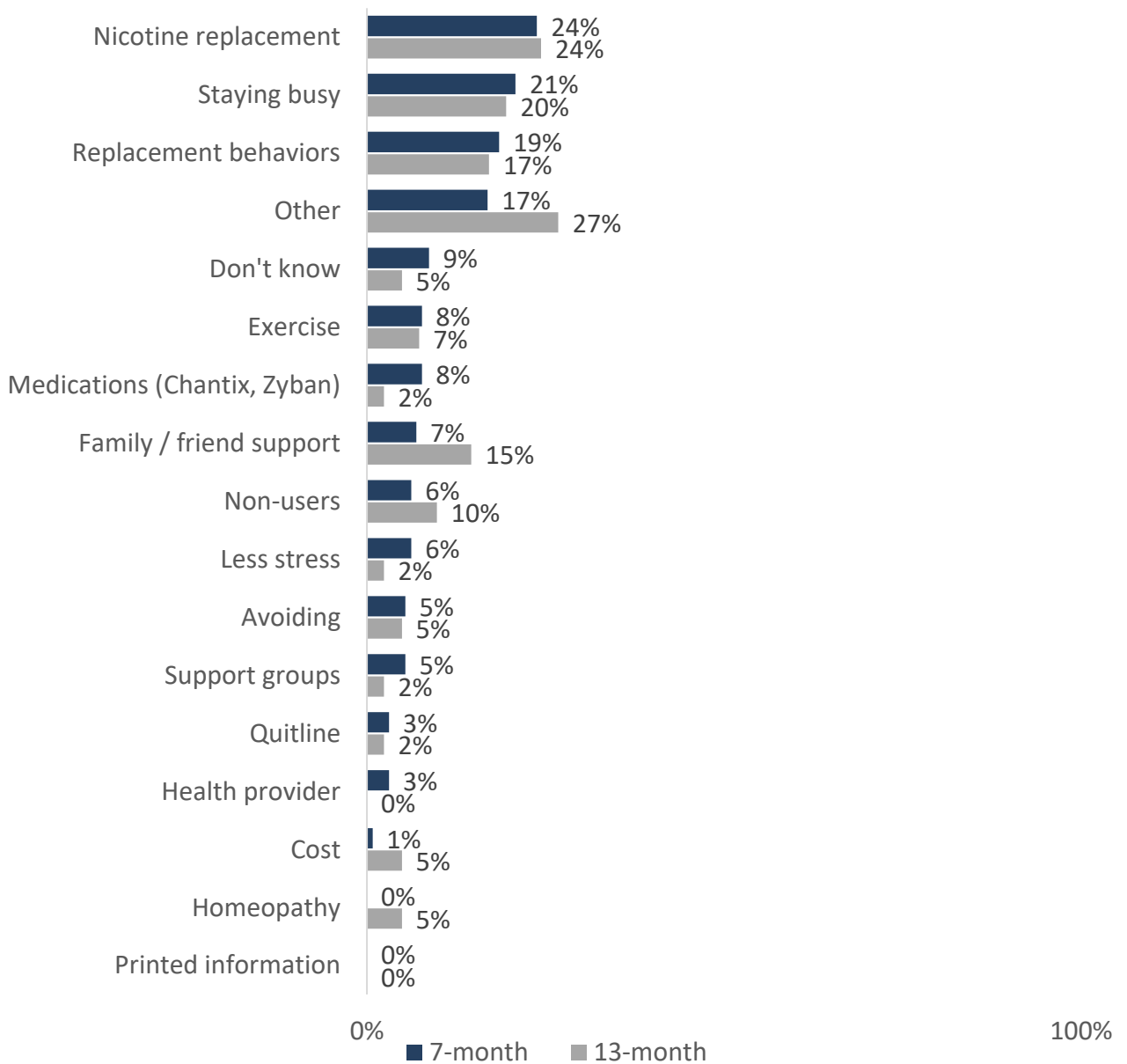


Figure 13: Potential enablers to quitting tobacco (among respondents who had not made a quit attempt after Quitline intake, n = 171)

Section 5: Additional Findings

Satisfaction

A majority of respondents (68%) said that they were either *very satisfied* or *mostly satisfied* with the services they received (69% in the 7-month and 67% in the 13-month cohort groups; Figure 14). No significant differences in reported satisfaction were observed across cohort groups.

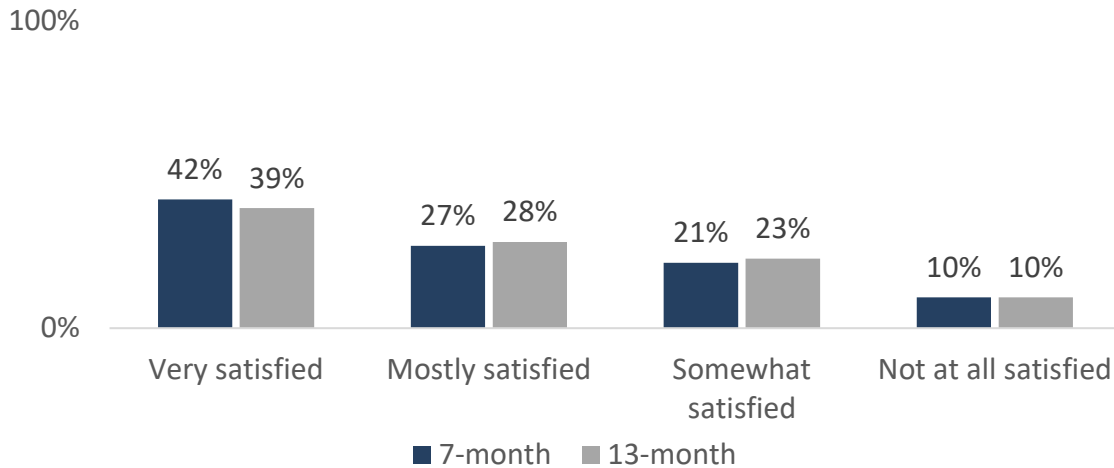


Figure 14: Satisfaction with Quitline Iowa services (7-month vs. 13-month)

Follow-up respondents who had quit tobacco in the past 30 days and those who had not quit differed significantly in their levels of satisfaction with Quitline services ($\chi^2(3, n = 926) = 52.2, p < .001, \phi = .2$) (Figure 15). The effect size for this difference was medium to large. Among respondents who said they had not used tobacco in the past 30 days, 84% said they were either *very satisfied* or *mostly satisfied*. Among respondents who said they had used tobacco in the past 30 days (i.e. had not quit), 63% were *very satisfied* or *mostly satisfied*. Respondents who had not used tobacco in the past 30 days were significantly more likely to report that they were *very satisfied* and less likely to report any other rating than respondents who had not quit.

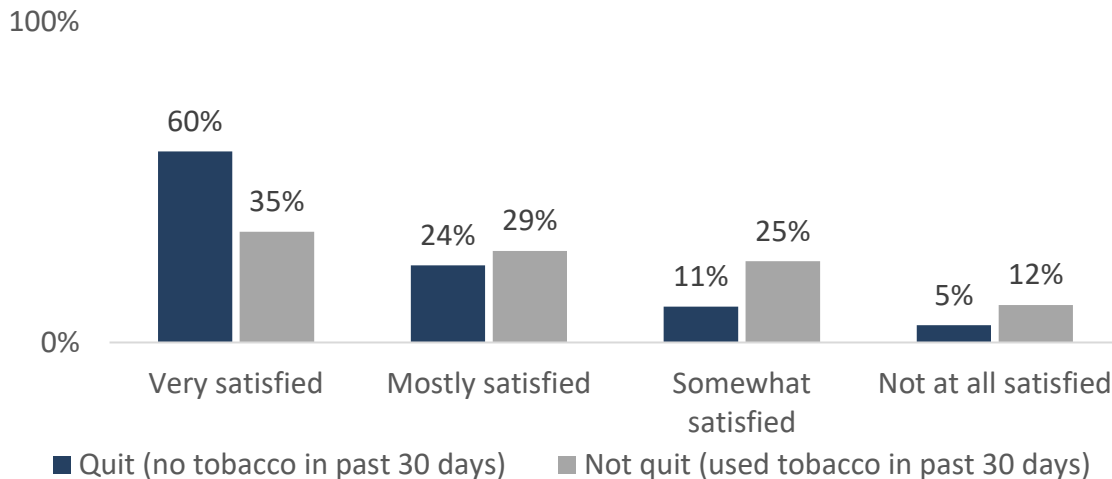


Figure 15: Satisfaction with Quitline Iowa services (quit vs. not quit)

While the majority of respondents reported being pleased with the Quitline services, respondents who were not entirely satisfied with their services were asked an open-ended follow-up question to identify the aspect(s) of the Quitline Iowa program that they viewed as unsatisfactory. The issues outlined below are consistent with previous year’s findings. Some respondents were unable to identify a specific issue with the program or reported that their own behaviors were to blame. Others cited areas of concern that were related to accessing program services, coordination of insurance, receipt of medications, and coach quality and automation.

Some respondents reported difficulty when contacting and scheduling calls with Quitline Iowa and that the follow-up calls were at poor or inconvenient times, or not according to the schedule. Some respondents indicated a complete lack of follow-up calls, very few calls (only one or two), or were unable to talk to a coach when they tried to call. On the other hand, some respondents reported that they received too many calls, texts, or emails. Issues with the text messaging system where respondents were unable to opt-out and continued to receive messages or only received text messages but no phone calls. Concerns about the utility of the text system were also identified.

Coach quality was also identified as an unsatisfactory aspect of Quitline Iowa. Some respondents felt that the coaches did not provide helpful tips, had poor telephone manners or rude behavior, that the coaching was too scripted and not personal enough, or that the coach did not have the demeanor or enthusiasm to inspire motivation to change in the respondent. A few respondents wished that they were able to talk to one coach consistently throughout the process, rather than talking to different coaches each time. Others did not like the use of automated calls and would rather have talked to a coach. There was also comments about the repetitive nature and personal nature of the intake questions. A few respondents were put off by coaches who were non-smokers and felt that they could not relate to the coach.

Respondents also indicated trouble in getting nicotine replacement therapies (NRT), most notably the difficulty experienced while trying to coordinate Quitline and their insurance for coverage. Some respondents expressed confusion and frustration with the process and were often not sure whether insurance or Quitline was supposed to cover a medication or for what duration. Some respondents indicated that they did not receive NRT at all, that the delivery of NRT was delayed, or that they received the wrong dose. Unrelated to Quitline Iowa, some respondents reported that the NRT did not work for them or they had a negative physical reaction to the medication.

Recommendation

These issues aside, 89% of respondents said they *definitely would*, *probably would*, or *already have recommended* Quitline Iowa to a friend in need of similar services (88% in the 7-month and 89% in the 13-month cohort groups; see Figure 16). The differences of satisfaction and the likelihood to recommend Quitline services between 7- and 13-month cohorts were not statistically significant. In both cohorts, almost all respondents who reported that they have already recommended Quitline said they would do so again if given the opportunity.

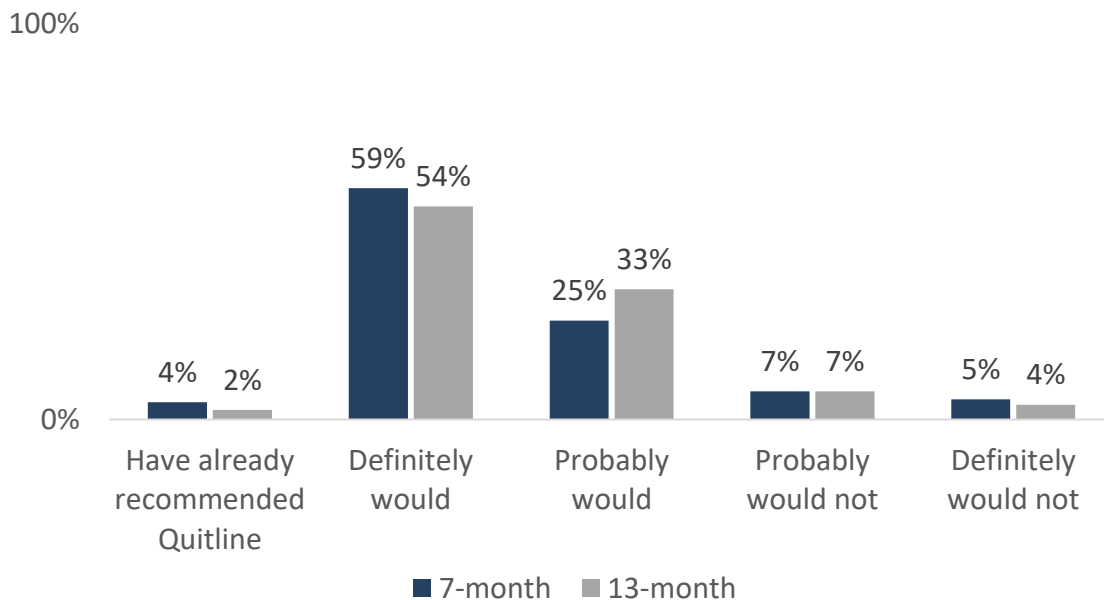


Figure 16: Recommendation of Quitline Iowa services (7-month vs. 13-month)

Follow-up respondents who had not quit tobacco in the past 30 days were more likely to report that they *probably would recommend* Quitline Iowa and less likely to have *already recommended* Quitline to a friend and *definitely would recommend* Quitline Iowa than those who

had quit (Figure 17). A Chi-square test for independence indicated a significant association between smoking status and recommendation of Quitline Iowa ($\chi^2(4, n = 925) = 30.9, p < .001, \phi = .18$).

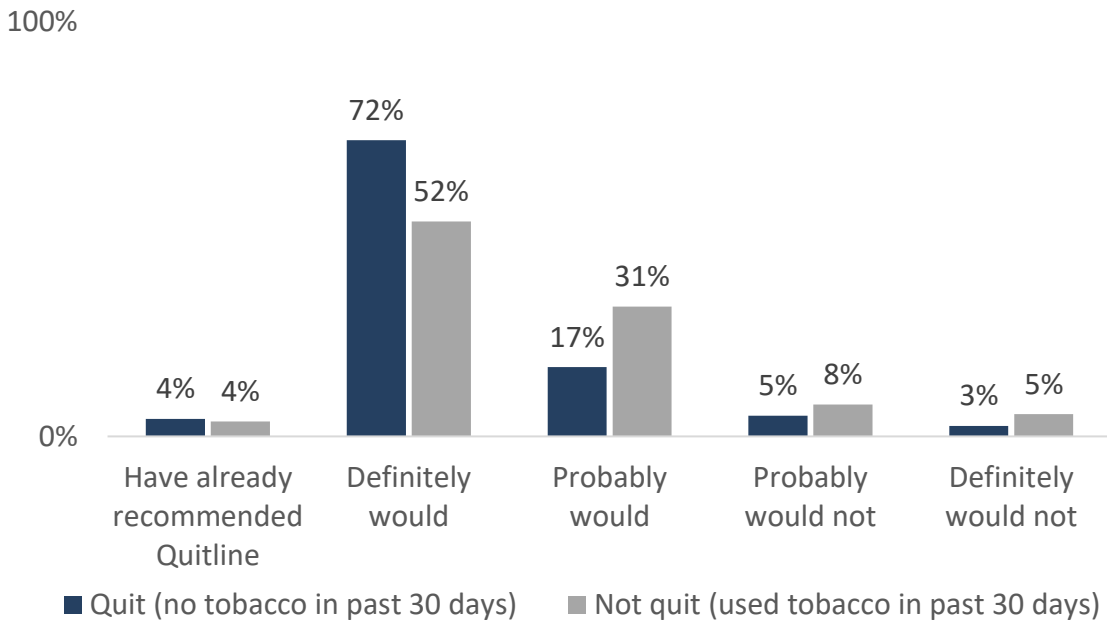


Figure 17: Recommendation of Quitline Iowa services (quit vs. not quit)

Behavior, Cessation, and Quitline Services

Respondents who had not quit smoking were asked how strongly they agreed with a series of statements about their smoking behavior, cessation, and the services they received through Quitline Iowa. The four response options were *strongly agree*, *agree*, *disagree*, and *strongly disagree*. The *strongly agree* and *agree* response options were combined to show the proportion of respondents who agreed with each statement (Figure 18).

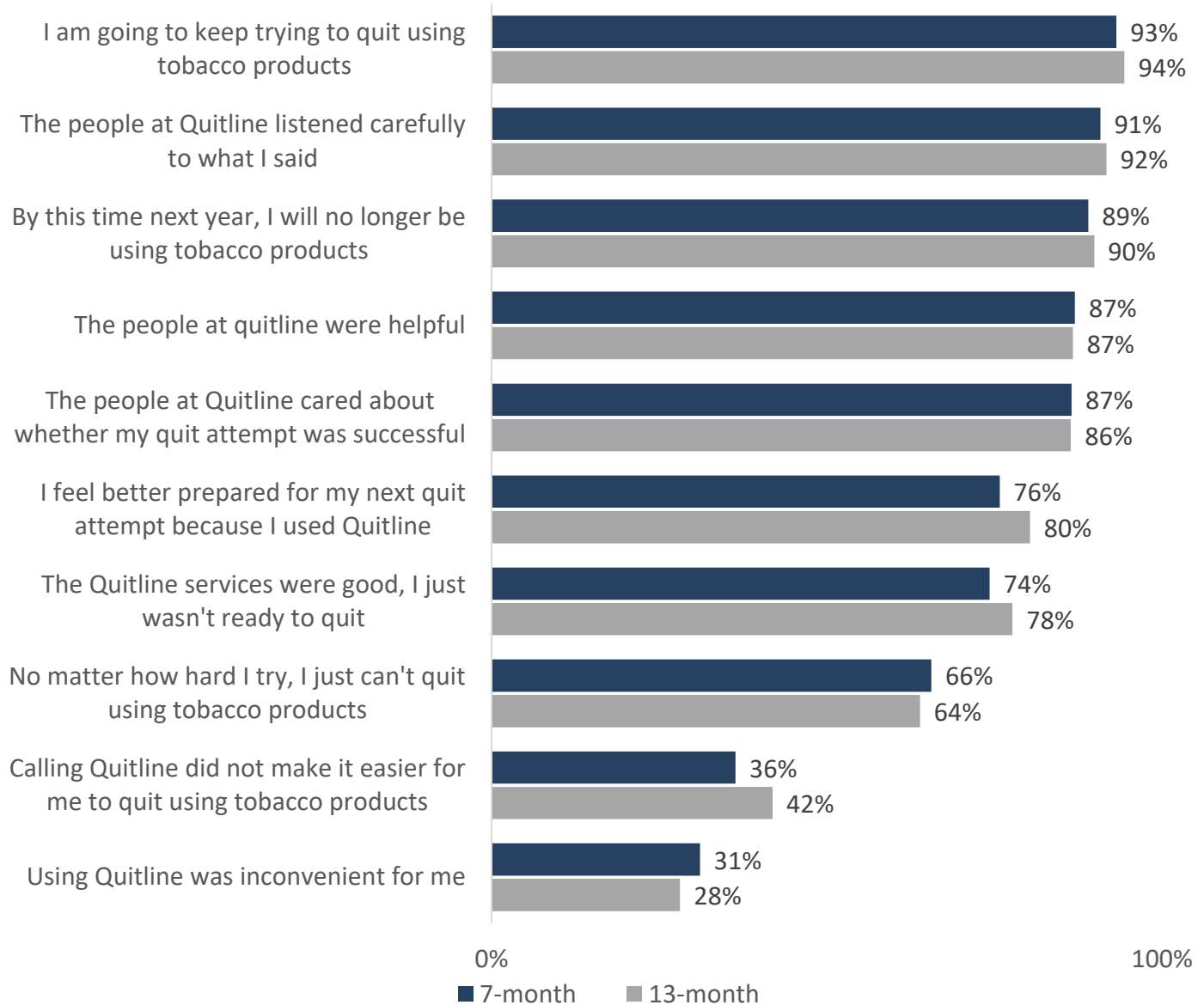


Figure 18: Perceptions about smoking, cessation, and Quitline services (among those who did not quit smoking), % *Strongly Agree* or *Agree*

Website Use

Among all respondents, 22% said they had visited the Quitline Iowa website. A Chi-square test for independence indicated no significant association between having smoked in the past 30 days and ever visiting the Quitline website. No significant differences in having reported visiting the Quitline website were found when comparing follow-up groups, use of medication, insurance, and gender. Respondents who reported visiting the Quitline Iowa website were significantly more likely to have a college degree or higher than respondents who did not report visiting the Quitline Iowa website ($\chi^2 (5, n = 918) = 16.4, p = .006, \phi = .13$). Respondents who used the Quitline Iowa website were significantly younger ($M = 49.7, SD = 14.4$) than those who did not visit the website ($M = 55.5, SD = 13.9; t(921) = -5.2, p < .001, \eta^2 = 0.03$), however the effect size for this difference was small.

The mean helpfulness rating of the website was 3.8 on a scale of 1 to 5 where 1 was *not at all helpful* and 5 was *extremely helpful*. A majority of respondents who visited the website (78%) rated the website as a 4 or 5 on that scale (Figure 19). No differences in helpfulness ratings were found when comparing follow-up groups, insurance, medication use, education, quit group, or age. Female respondents rated the website higher ($M = 4.0, SD = 1.1$) than male respondents ($M = 3.6, SD = 1.4; t(130) = -2.1, p = .04, \eta^2 = 0.02$)

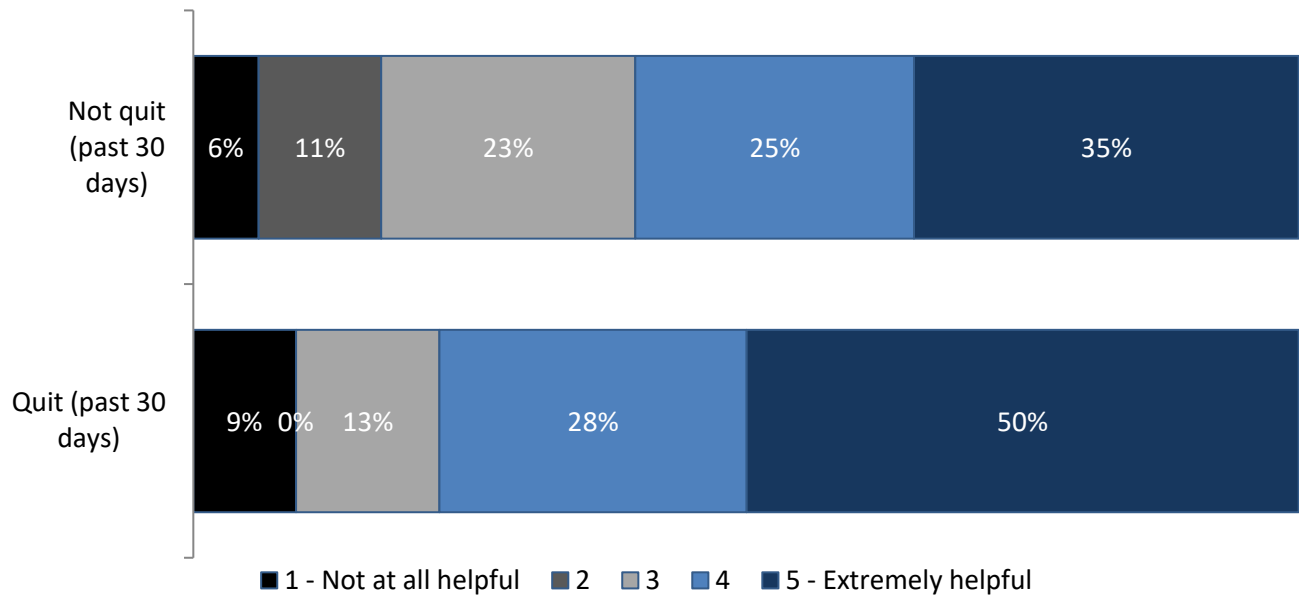


Figure 19: Helpfulness of Quitline website (quit vs. not quit)

Health Insurance

More than two-thirds of respondents reached at follow-up reported having healthcare coverage through Medicaid or Medicare while 3% of respondents reported no healthcare coverage (Table 6). Of those respondents who reported having healthcare coverage, 38% reported that their insurance covers nicotine replacement therapy while one third (32%) of respondents did not know whether nicotine replacement therapy was covered by their insurance. Despite the lack of knowledge, approximately half of respondents (52%) were *very satisfied* or *mostly satisfied* with their insurance’s coverage of nicotine replacement therapy.

All respondents, regardless of insurance status, were asked if they knew how to receive nicotine replacement therapy. Half reported that they knew how to receive nicotine replacement therapy.

Table 6: Health insurance

	7-month follow-up group	13-month follow-up group
What is your primary source of your healthcare coverage?		
None	4%	2%
Employer / Union	18%	20%
Purchased on your own	5%	6%
Medicare	41%	43%
Medicaid	30%	26%
TRICARE, VA, or Military	< 1%	< 1%
Other Source	< 1%	< 1%
Don’t know	1%	3%
Missing/refused	1%	0%
Does your insurance cover NRT?		
Yes	40%	35%
No	28%	33%
Don’t Know	32%	32%
Do you know how to receive NRT?		
Yes	50%	52%
No	57%	45%
Don’t Know	4%	3%
Satisfaction with NRT coverage?		
Very satisfied	20%	19%
Mostly satisfied	12%	7%
Somewhat satisfied	9%	10%
Not at all satisfied	18%	21%
Don’t know	3%	6%

Respondents on Medicare had higher rates of medication use (82%) compared to respondents who weren't on Medicare (76%) ($\chi^2(1, n = 916) = 4.5, p = .03, \phi = .07$), but this effect was small. Insured and uninsured respondents as well as Medicaid and non-Medicaid respondents reported similar rates of medication use (Table 7).

Table 7: Use of medications by type of insurance

	% Using Medication
Medicaid insurance	
Medicaid	80%
Non-Medicaid	78%
Medicare insurance*	
Medicare	82%
Non-Medicare	76%
Insured (at follow-up)	
Insured	83%
Uninsured	79%

Note: An asterisk indicates a significant difference between groups.

Significant differences in the types of medications used were observed among respondents with Medicaid, Medicare, and other forms of insurance. Respondents on Medicare reported higher rates of nicotine patch use ($\chi^2(3, n = 916) = 36.3, p < .001, \phi = .2$), nicotine lozenges ($\chi^2(3, n = 916) = 22.9, p < .001, \phi = .16$), and lower rates of Chantix use ($\chi^2(3, n = 916) = 17.6, p = .001, \phi = -.14$) as compared to respondents without Medicare. Respondents on Medicaid reported lower rates of nicotine lozenge use ($\chi^2(3, n = 916) = 22.9, p < .001, \phi = .16$) and higher rates of Chantix use than respondents without Medicare ($\chi^2(3, n = 916) = 17.6, p = .001, \phi = -.14$). Respondents with “other” forms of insurance (i.e. private or employer purchased insurance) reported significantly lower rates of nicotine patch use ($\chi^2(3, n = 916) = 36.3, p < .001, \phi = .2$) than respondents without those forms of insurance.

COVID-19 Related Questions

In April 2020, two questions related to COVID-19 were added to the questionnaire. The first asked if COVID-19-related issues were a barrier to quitting smoking. Nine percent of respondents reported that they were barriers. There was no difference across cohort groups. The most common responses about COVID-19-related barriers were stress and boredom from isolation and worry about themselves or others who are employed in healthcare or a hospital setting.

The second question asked how COVID-19 affected respondent’s employment. Results are shown in Figure 20 below. Most respondents reported no change in their employment due to COVID-19. A significantly larger proportion of respondents in the 13-month follow-up group reported having reduced hours/workload (11% vs 4%) ($\chi^2 (1, n = 246) = 5.3, p = .02, \phi = .16$) and having lost their job (8% vs 3%) ($\chi^2 (1, n = 246) = 3.9, p = .05, \phi = .13$) than respondents in the 7-month group. No other differences were statistically significant. This will continue to be monitored in FY21.

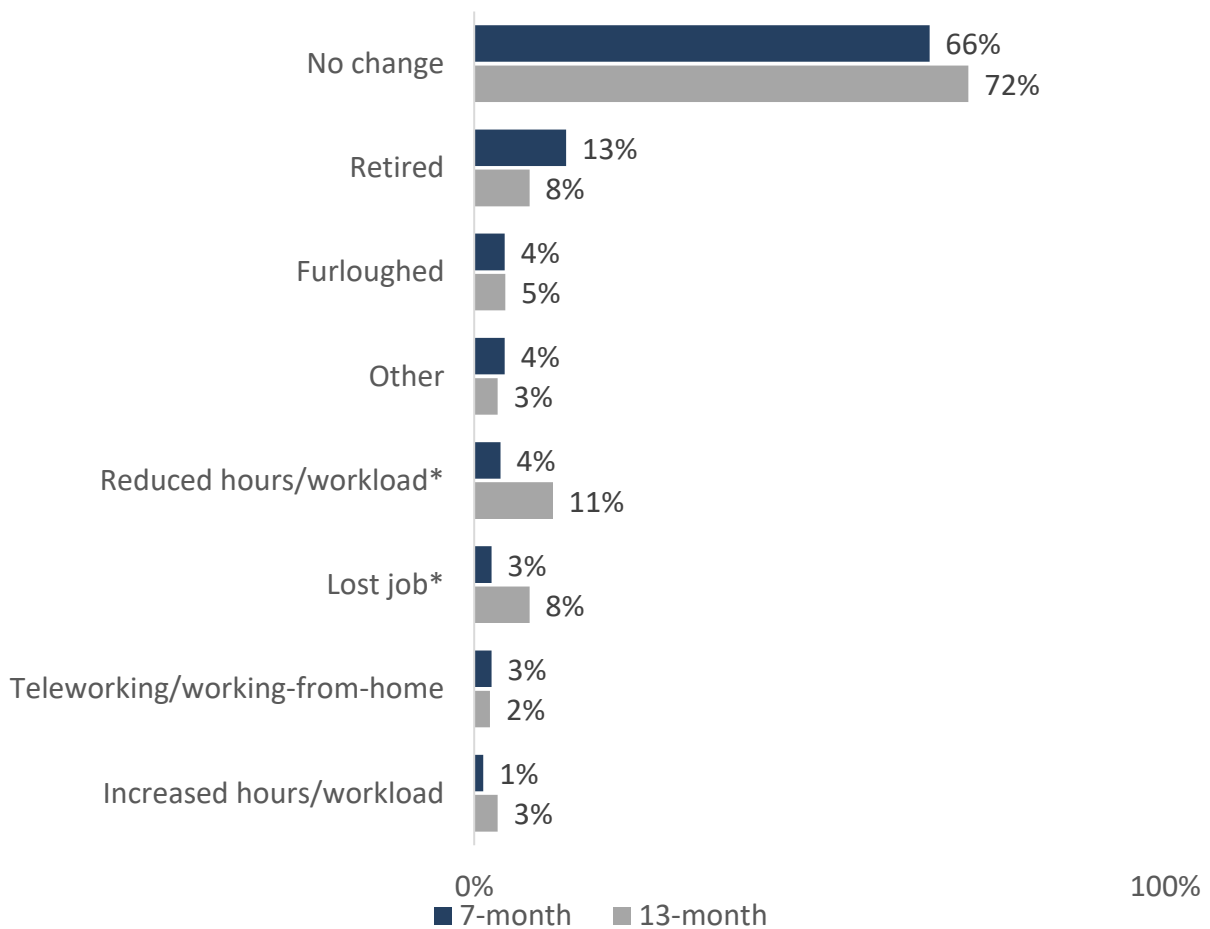


Figure 20: How COVID-19 has affected employment by cohort

Section 6: Panel respondents

This section contains follow-up data from FY19 and FY20 in order to match intake, 7-month, and 13-month files. This also means that not all panel respondents from the second half of FY20 are included because insufficient time has elapsed to collect 13-month follow-up data. These respondents will be reported in FY21.

A total of 883 respondents at their 7-month follow-up consented to be in the panel and 300 of those respondents completed interviews at the 13-month follow-up – a 34% response rate. Panel respondents were compared to non-panel respondents on age, race, gender, Hispanic ethnicity, education, insurance status, employment status, income, and marital status. Panel respondents were significantly older ($M = 55.3$, $SD = 13.6$) than non-panel respondents ($M = 52.7$, $SD = 14.5$; $t(590.7) = -2.7$, $p = .007$, two-tailed, eta squared = .006), but no other differences were observed. Demographic characteristics of the panel are displayed in Table 8. More than half (59%) of panel respondents were female. Most were White (93%), had insurance (92%), and had at least some college education (56%). The average age of panel respondents was 55.3 years (range 18 to 86 years).

Table 8: Demographic characteristics of panel respondents at intake

		%
Gender	Female	59%
	Male	41%
Race	White	93%
	Black	6%
	Asian	< 1%
	American Indian/Alaska Native	6%
	Native Hawaiian/Pacific Islander	--
	Other	< 1%
Hispanic/Latino % Yes		< 1%
Education		
	Less than high school	13%
	High school or GED	31%
	Some college	29%
	College of university degree	27%
Health insurance	Insured	92%
	Medicaid	26%
	Medicare	45%
Employment	Employed?	32%

The quit rate for panel respondents' 7-month and 13-month follow-up remained approximately the same, between 25% and 27% (Figure 21).

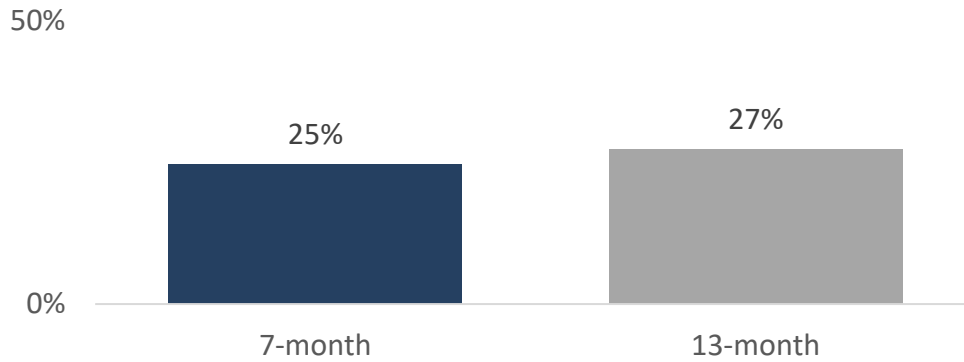


Figure 21: Thirty-day cessation rate (panel respondents)

Although the majority (84%) of the panel respondents did not change their smoking behavior between 7-month and 13-month follow-ups, approximately 7% of the panel respondents who reported having quit using tobacco products at 7-month indicated using tobacco products at 13-month, and 9% of the panel respondents who reported using tobacco products at 7-month indicated having quit using tobacco products at 13-month (Figure 22). Approximately 18% of respondents stayed tobacco free from 7-month to 13-month follow-up. There were no significant differences across these groups on any demographic variables.

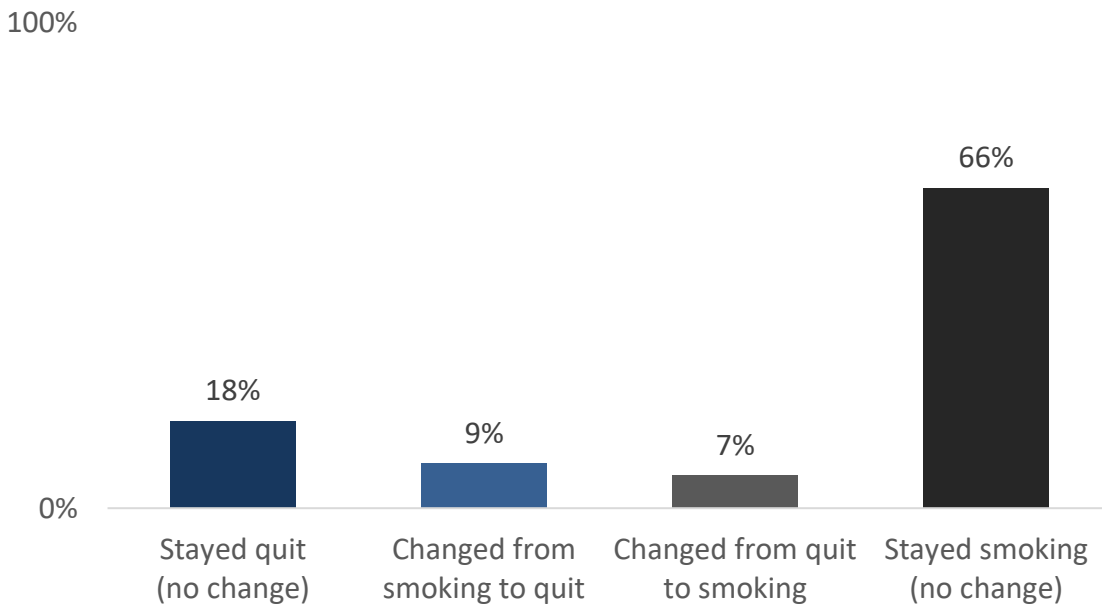


Figure 22: Change in tobacco use from 7-month to 13-month follow-up (panel respondents)

A one-way repeated measures ANOVA was conducted to compare the number of cigarettes smoked per day at intake, 7-month follow-up, and 13-month follow-up among all respondents (Figure 23). There was a significant difference between intake (19.4) and both the 7-month follow-up (9.4, a reduction of 10 cigarettes per day) and 13-month follow-up (9.5, a reduction of

9.9 cigarettes per day) (Wilks' Lambda = 0.5, $F(2, 244) = 103.1$, $p < .001$, multivariate partial eta squared = .46). The effect size of this difference was very large. The difference in cigarettes per day between 7-month and 13-month was not statistically significant. This indicates that on average the reduction of approximately half a pack a day from intake to follow-up was maintained for up to a year after intake among all respondents.

Even if a respondent did not quit smoking, a reduction in cigarette consumption is a positive outcome of treatment. A one-way repeated measures ANOVA was conducted to compare the number of cigarettes smoked per day at intake, 7-month follow-up, and 13-month follow-up among smokers (Figure 23). There was a significant difference between intake (20.0 cigarettes per day) and both the 7-month follow-up (13.4, a reduction of 6.6 cigarettes per day) and 13-month follow-up (14.0, a reduction of 6 cigarettes per day) (Wilks' Lambda = 0.7, $F(2, 152) = 55.7$, $p < .001$, multivariate partial eta squared = .34). The effect size of this difference was very large. The difference in cigarettes per day between 7-month and 13-month was not statistically significant. This indicates that on average the reduction from intake to follow-up of slightly more than a quarter of a pack of cigarettes was maintained for up to a year after intake for smokers.

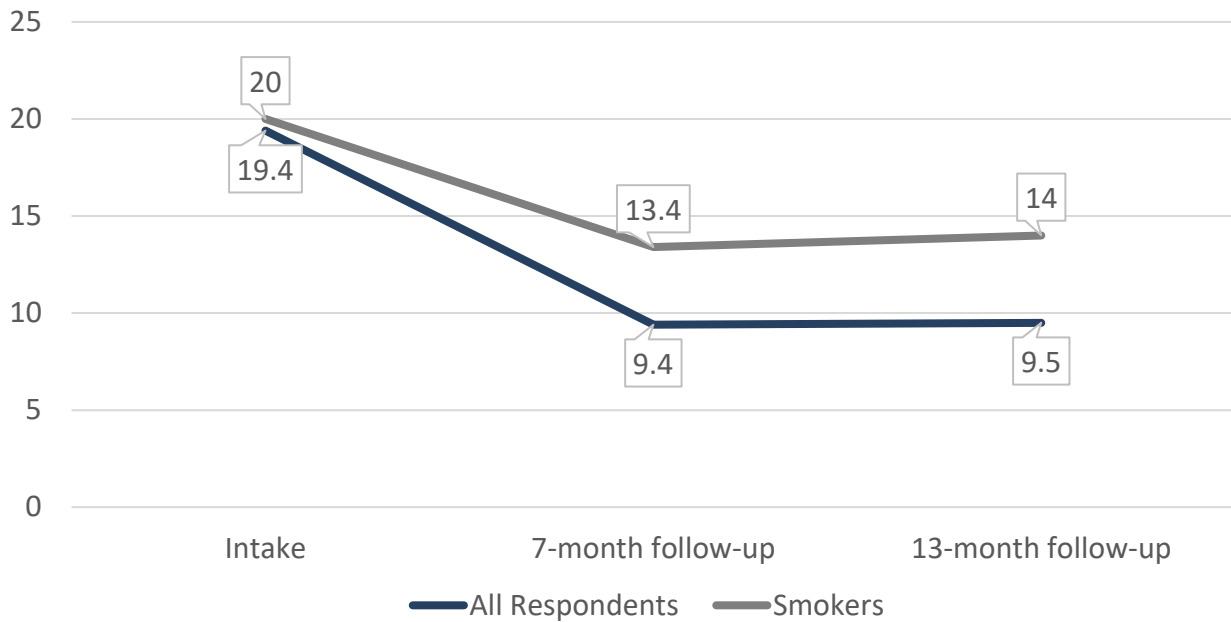


Figure 23: Cigarette consumption among panel respondents (all respondents vs. smokers)

Section 7: Summary and Conclusions

CSBR completed 939 follow-up interviews with Quitline Iowa callers between July 2019 and June 2020. Results of the FY20 evaluation were consistent with results from previous years with FY17 being an outlier. Approximately 26% of Quitline callers were able to quit tobacco and stay tobacco free up to a year after intake (Figure 24). Among those Quitline Iowa callers who reported using tobacco products, there was a reduction in both the number of cigarettes smoked per day and the number of days per month that they smoked compared to intake. Those using tobacco also increased the length of time they waited to have their first cigarette of the day (compared to intake), indicating a possible reduction in addiction intensity over the follow-up period.

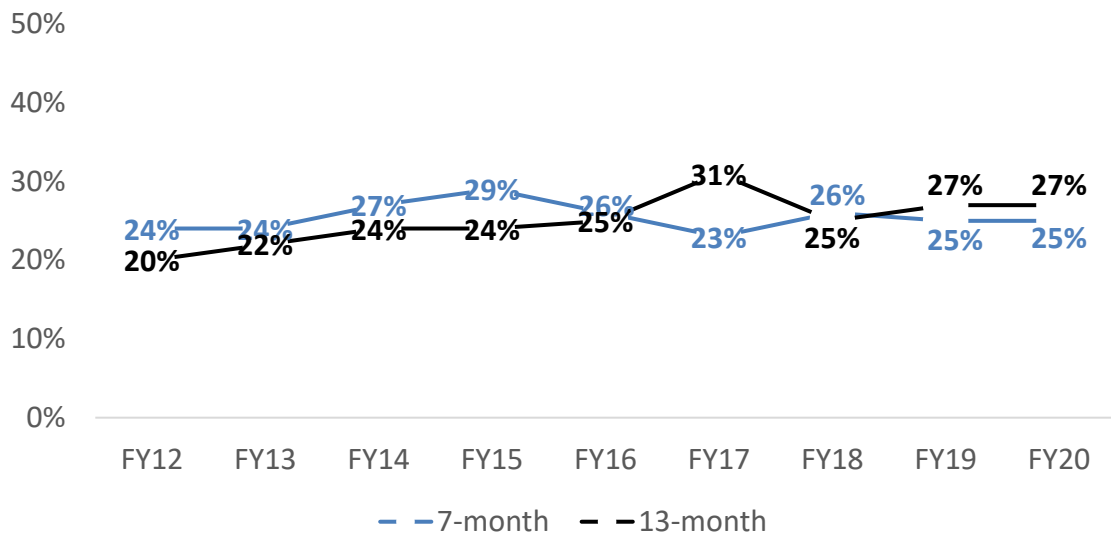


Figure 24: Thirty-day cessation rate by follow-up cohort (FY12 to FY20)

Approximately 10% of respondents reported using e-cigarettes in the past 30 days. Of those who reported using e-cigarettes in the past 30 days, 71% reported using them *every day* or *some days*. Approximately 59% of respondents who reported using e-cigarettes in the past 30 days reported that they had substituted e-cigarettes for cigarettes, pipes, cigars, or cigarillos when they were unable to smoke.

More than two-thirds of respondents (68%) said they were either *very satisfied* or *mostly satisfied* with the services they received - satisfaction was much higher among follow-up respondents who had quit smoking than among those who had not quit. In addition, 89% of respondents said they *definitely would, probably would, or already have recommended* Quitline Iowa to a friend in need of similar services. Most respondents expressed positive feelings toward Quitline Iowa and their future quit attempts.

Appendix A: Quitline Follow-Up Questionnaire

Confidentiality

We are conducting an evaluation of Quitline Iowa. We would like to ask you a few questions about your experience with Quitline. For most people this takes about 5-10 minutes. The information we receive is used to improve the program. Whether or not you decide to answer our questions has no effect on your eligibility to receive Quitline services. There are no foreseeable risks to your participation, nor are there any direct benefits to you. You do not have to answer any question you do not want to, and you can end the interview at any time. Any information you give me will be confidential. If you have any questions about the program or this evaluation, I will provide a name and telephone number to call to get more information.

May I proceed with the interview?

OVERALL QUITLINE SATISFACTION

Q1. Overall, how satisfied were you with the services you received from the Quitline? Were you...

1. Not at all satisfied,
2. Somewhat satisfied,
3. Mostly satisfied, or
4. Very satisfied?

7. Don't know
9. Refused

IF Q1 = 4 SKIP TO Q2.

Q1a. What aspects of the services you received from Quitline were unsatisfactory?

[OE response]

Q2. If a friend were in need of similar help, how likely would you be to recommend the Quitline to him/her? Would you say you...

1. Definitely would not recommend,
2. Probably would not recommend,
3. Probably would recommend, or
4. Definitely would recommend?

8. Have already recommended Quitline to a friend
7. Don't know
9. Refused

IF Q2 <8> SKIP TO Q3

Q2a. Would you recommend Quitline again?

1. Yes
2. No

7. Don't know
9. Refused

CURRENT TOBACCO USE

Q3. Have you smoked any cigarettes or used other tobacco, even a puff, pinch, or vape, in the last 7 days?

1. Yes **SKIP TO Q4**
2. No

7. Don't know **SKIP TO Q4**
9. Refused **SKIP TO Q4**

Q3a. Have you smoked any cigarettes or used other tobacco, even a puff, pinch, or vape, in the last 30 days?

1. Yes **SKIP TO Q4**
2. No

7. Don't know **SKIP TO Q4**
9. Refused **SKIP TO Q4**

Q3b. Have you smoked any cigarettes or used other tobacco, even a puff, pinch, or vape, in the last 6 months?

1. Yes **SKIP TO Q4**
2. No

7. Don't know **SKIP TO Q4**
9. Refused **SKIP TO Q4**

IF COHORT = 7 SKIP TO Q4

Q3c. Have you smoked any cigarettes or used other tobacco, even a puff, pinch, or vape, in the last 12 months?

1. Yes
2. No

7. Don't know
9. Refused

QUIT ATTEMPTS

Q4. Since you first called the Quitline on [INTAKE DATE], [**seven or thirteen**] months ago, did you stop using tobacco for 24 hours or longer because you were trying to quit?

1. Yes
2. No **SKIP TO Q6**

7. Don't know **SKIP TO Q6**
9. Refused **SKIP TO Q6**

Q5. How many times did you stop using tobacco for 24 hours or longer? For example, if you stopped for 2 days and started smoking again, and then stopped for a week and started smoking again, that counts as 2 quits.

[Interviewer: only intentional quit periods should be counted.]

[] = number of quits {1 – 76}

76. 76 or more
77. Don't know
99. Refused

Q6. Which of these statements best describes your intentions regarding your tobacco use at this time? Would you say you are:

1. Planning to quit in the next 30 days
2. Planning to quit in the next 6 months
3. Planning to quit sometime in the future but not in the next 6 months
4. Not planning to quit or cut down
5. Not planning to quit but planning to cut down, or
6. You have quit

7. Don't know
9. Refused

BARRIERS AND ENABLERS TO QUITTING

Q7. People experience different barriers to quitting tobacco. What are the three hardest things about quitting for you?

11. Other Users- Being around other people who use tobacco (smell or visual cues)
 12. Cost-Paying the high price of the patch, nicotine gum, or other nicotine replacements and medications
 13. Fear of failure- worrying about past failures in quitting or worrying that I would start using tobacco again
 14. Stress- having stress in your life
 15. Alcohol- Being in a situation where I would want to drink an alcoholic beverage and use tobacco
 16. Addiction- physical or psychological addiction-including tobacco use being a habit, feeling a lack of will power, using for a long time, having cravings, and having withdrawal symptoms such as moodiness/irritability, and jitters
 17. Weight- gaining weight/overeating (or fear of)
 18. Associated with activities- tobacco use being associated with everyday activities-such as eating, drinking coffee, taking work breaks, driving
 19. Depression/Loneliness- dealing with depression or loneliness (tobacco keeps me "up")
 20. Other (Specify) _____
 21. Coronavirus/COVID-19-related barriers (Specify) _____
77. Don't Know
99. Refused

[IF Q4 >= 2 SKP Q8b]

Q8a. People have different things that help them quit tobacco and keep from starting again. What three things do you think were the most helpful to you in quitting?

11. Nicotine Replacement- Using the nicotine patch, gum, or an inhaler
 12. Medications- Using Wellbutrin/Zyban or Chantix/Varenicline
 13. Replacement behaviors- Replacing tobacco use with other behaviors, like chewing gum or holding a pencil in your hand
 14. Support groups- attending a support group or classes for users trying to quit
 15. Family/friend support- getting support from family or friends in your quit attempt, or people around you quit
 16. Exercise- Doing physical exercise
 17. Staying Busy
 18. Printed Info- Getting printed information about what helps when quitting
 19. Quit Line- Getting telephone counseling through Quit Line
 20. Avoiding- Staying away from situations that make you want to use tobacco
 21. Health Provider- Getting quitting advice from your health provider
 22. Non-users- being with people who do not use tobacco
 23. Homeopathy- taking herbs, acupuncture, hypnosis
 24. Less Stress
 25. Cost- high price of tobacco
 26. Other (Specify)
-
88. None
 77. Don't Know
 99. Refused

[IF Q4 = 1 SKP Q9]

Q8b. People have different things that help them quit tobacco and keep from starting again. What three things do you think would be most helpful in your future quit attempts?

11. Nicotine Replacement- Using the nicotine patch, gum, or an inhaler
 12. Medications- Using Wellbutrin/Zyban or Chantix/Varenicline
 13. Replacement behaviors- Replacing tobacco use with other behaviors, like chewing gum or holding a pencil in your hand
 14. Support groups- attending a support group or classes for users trying to quit
 15. Family/friend support- getting support from family or friends in your quit attempt, or people around you quit
 16. Exercise- Doing physical exercise
 17. Staying Busy
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 21. Health Provider- Getting quitting advice from your health provider
 22. Non-users- being with people who do not use tobacco
 23. Homeopathy- taking herbs, acupuncture, hypnosis
 24. Less Stress
 25. Cost- high price of tobacco
 26. Other (Specify)
-
88. None
 77. Don't Know
 99. Refused

Q9. Not including yourself, is there anyone in your home who smokes?

1. Yes
 2. No
-
7. Don't Know
 9. Refused

USE AND FREQUENCY OF TOBACCO PRODUCTS

ASK THIS SECTION IF Q3=1 OR Q3a=1.

Q10. What types of tobacco have you used in the past 30 days? Have you used...

- a. Cigarettes?
 - b. Cigars, cigarillos, or little cigars?
 - c. Pipe? [Interviewer: This is a traditional pipe, not a water pipe or hookah]
 - d. Chewing tobacco, snuff, or dip? [Interviewer: Skoal, Copenhagen, Grizzley, Red Man, or Day's Work]
 - f. Other
-
1. Yes
 2. No
-
7. Don't know
 9. Refused

IF Q10f <1> SKIP TO Q12

Q11. What other types of tobacco products do you use? [Select all that apply]

1. Bidis
 2. Kreteks
 3. Tobacco pouches or "Snus"
 4. Water pipes or hookahs
 5. Other [Specify]
-
7. Don't know
 9. Refused

IF Q10a <1> SKIP TO Q15

Q12. Do you currently smoke cigarettes everyday, some days, or not at all?

[Note: "currently" refers to past 30 days.]

1. Everyday **SKIP TO Q14**
 2. Some days
 3. Not at all
-
7. Don't know
 9. Refused

IF Q12 = 3

Q12v. You had mentioned that you've used cigarettes in the past 30 days but also that you smoke cigarettes "not at all". Which best describes your current cigarette use?

1. Have not smoked cigarettes in the past 30 days **SKIP Q15**
2. Have smoked cigarette in the past 30 days

9. Refused

Q13. How many days did you smoke cigarettes in the last 30 days?

[] = number of days {1 – 30}

77. Don't know
99. Refused

Q14. On average, how many cigarettes do you smoke per day on the days that you smoke?

[Interviewer: 20 cigarettes = 1 pack]

[] = number of cigarettes {1 – 140}

777. Don't know
999. Refused

IF Q10b <1> SKIP TO Q18

Q15. Do you currently smoke cigars, cigarillos, or little cigars everyday, some days, or not at all?

[Note: "currently" refers to past 30 days.]

1. Everyday **SKIP TO Q17**
2. Some days
3. Not at all **SKIP TO Q18**

7. Don't know
9. Refused

Q16. How many days did you smoke cigars, cigarillos, or little cigars in the last 30 days?

[] = number of days {1 – 30}

77. Don't know
99. Refused

Q17. On average, how many cigars, cigarillos, or little cigars do you smoke per week during the weeks that you smoke?

[] = number of cigars, cigarillos, or little cigars {1 – 140}

777. Don't know

999. Refused

IF Q10c <1> SKIP TO Q21

Q18. Do you currently smoke a pipe every day, some days, or not at all?

[Note: "currently" refers to past 30 days.]

1. Everyday **SKIP TO Q20**

2. Some days

3. Not at all **SKIP TO Q21**

7. Don't know

9. Refused

Q19. How many days did you smoke a pipe in the last 30 days?

[] = number of days {1 – 30}

77. Don't know

99. Refused

Q20. On average, how many pipes do you smoke per week during the weeks that you smoke?

[] = number of pipes {1 – 140}

777. Don't know

999. Refused

IF Q10d <1> SKIP TO Q30

Q21. Do you currently use chewing tobacco, snuff, or dip everyday, some days, or not at all?

[Note: "currently" refers to past 30 days.]

1. Everyday **SKIP TO Q23**

2. Some days

3. Not at all **SKIP TO Q30**

7. Don't know

9. Refused

Q22. How many days did you chew in the last 30 days?

[] = number of days {1 – 30}

77. Don't know

99. Refused

Q23. On average, how many pouches or tins do you use per week during the weeks that you chew?

[] = number of pouches or tins {1 – 140}

666. Less than 1 per week

777. Don't know

999. Refused

IF Q10f <1> SKIP TO Q10E

Q30. **You said previously that you used other tobacco products.** Do you currently use other tobacco products everyday, some days, or not at all?

[Note: "currently" refers to past 30 days.]

1. Everyday **SKIP TO Q32**

2. Some days

3. Not at all **SKIP TO Q10E**

7. Don't know

9. Refused

Q31. How many days did you use other types of tobacco in the last 30 days?

[] = number of days {1 – 30}

77. Don't know

99. Refused

Q32. On average, how many [OTHER TOBACCO PRODUCT] do you use per week during the weeks that you use tobacco?

[] = number of [UNIT] {1 – 140}

777. Don't know

999. Refused

ASK OF ALL RESPONDENTS

Q10e. Have you used an Electronic Smoking Device, such as e-cigarettes or vape pens, in the past 30 days? [Interviewer: e-hookahs, hookah pens, or e-cigars]?

1. Yes
2. No **SKIP TO Q27**

7. Don't know **SKIP TO Q27**
9. Refused **SKIP TO Q27**

Q24. Do you currently use an Electronic Smoking Device everyday, some days, or not at all?

[Note: "currently" refers to past 30 days.]

1. Everyday **SKIP TO Q26**
2. Some days
3. Not at all **SKIP TO Q27**

7. Don't know
9. Refused

Q25. How many days did you use an Electronic Smoking Device in the last 30 days?

[] = number of days {1 – 30}

77. Don't know
99. Refused

Q26. On average, how many cartridges do you use per week on the weeks that you use an Electronic Smoking Device?

[] = number of cartridges {1 – 99}

777. Don't know
999. Refused

Q27. Please tell me if each of the following is a reason you use e-cigarettes. Please answer yes or no for each one.

- a. Using e-cigarettes helps me to quit smoking cigarettes.
- b. They might be less harmful to me than cigarettes.
- c. They seem cheaper than cigarettes.
- d. I can use e-cigarettes at times or in places where smoking cigarettes isn't allowed.
- e. They might be less harmful to people around me than cigarettes.
- f. Are there any other reasons you use e-cigarettes? [SPECIFY]

- 1 Yes
- 2 No

- 7 Don't know/Not Sure
- 9 Refused

IF Q10a, b & c <1> SKIP TO Q29

Q28. There are times when you, as a tobacco user, may not be able to smoke. Have you used an Electronic Smoking Device when you were unable to smoke cigarettes, pipes, cigars, or cigarillos?

- 1 Yes
- 2 No

- 7. Don't know
- 9. Refused

IF Q10d <1> SKIP TO Q33.

Q29. There are times when you as a tobacco user may not be able to chew. Have you used an Electronic Smoking Device when you were unable to use chewing tobacco, snuff, or dip?

- 1 Yes
- 2 No

LEVEL OF ADDICTION

IF Q3 - Q3c = 2 SKIP TO Q35.

IF Q10a <1> SKIP TO Q34

Q33. How soon after you wake up do you smoke your first cigarette?

1. 5 minutes or less
2. Between 6 minutes and 30 minutes
3. Between 31 minutes and 60 minutes
4. More than 60 minutes

7. Don't know
9. Refused

IF Q10b, c, d, e & f <1> SKIP TO Q35

Q34. How soon after you wake up do you use tobacco other than cigarettes?

1. 5 minutes or less
2. Between 6 minutes and 30 minutes
3. Between 31 minutes and 60 minutes
4. More than 60 minutes

7. Don't know
9. Refused

USE OF MEDICATION

Q35. Since you first called the Quitline [**seven or thirteen**] months ago, have you used any of the following products or medications to help you quit?

[Read and select all that apply.]

11. Nicotine patches,
12. Nicotine gum,
13. Nicotine lozenges,
14. Nicotine spray,
15. Nicotine inhaler,
16. Zyban, also called Wellbutrin or bupropion,
17. Chantix, also called varenicline,
18. Other products or medications to help you quit? [Specify]

66. No products or medication **SKIP TO Q37**
77. Don't know **SKIP TO Q37**
99. Refused **SKIP TO Q37**

Q36. Did you receive these products or medications from ...

01. Quitline Iowa?
02. A pharmacy: with a prescription?
03. A pharmacy or store: over-the-counter?
04. Somewhere else? [SPECIFY]

1. Yes
2. No

7. Don't Know
9. Refused

Q37. Other than the Quitline or medications, what other kinds of assistance did you use to help quit over the past **[seven or thirteen]** months, such as advice from a health professional, or other kinds of quitting assistance?

[Select all that apply]

1. Advice from a health professional
2. Website [Specify]
3. Telephone program [Specify]
4. Counseling program [Specify]
5. Self-help materials [Specify]
6. Something else [Specify]

8. No other assistance
7. Don't know
9. Refused

QUITLINE SERVICES EVALUATION

Q38. I am going to read a list of statements about your experiences with Quitline. For each one, please tell me if you strongly disagree, disagree, agree, or strongly agree.

- a. The people at Quitline listened carefully to what I said.
- b. The people at Quitline cared about whether my quit attempt was successful.
- c. Using Quitline was inconvenient for me.
- d. The people at Quitline were helpful.

Would you say you...

1. Strongly disagree,
2. Disagree,
3. Agree, or
4. Strongly agree?

7. Don't know/Not sure
9. Refused

IFQ3, Q3a <1>, SKIP TO Q40

Q39. I am going to read a list of statements. For each one please tell me if you strongly disagree, disagree, agree, or strongly agree.

- a. I feel better prepared for my next quit attempt because I used Quitline.
- b. Calling Quitline did not make it easier for me to quit using tobacco products.
- c. The Quitline services were good, I just wasn't ready to quit.
- d. No matter how hard I try, I just can't quit using tobacco products.
- e. I am going to keep trying to quit using tobacco products.
- f. By this time next year, I will no longer be using tobacco products.

Would you say you...

1. Strongly disagree,
 2. Disagree,
 3. Agree, or
 4. Strongly agree?
-
7. Don't know/Not sure
 9. Refused

QUITLINE WEBSITE

Q40. Have you visited the Quitline Iowa website at quitnow.net/iowa?

1. Yes
 2. No **SKIP TO Q42**
-
7. Don't know/not sure **SKIP TO Q42**
 9. Refused **SKIP TO Q42**

Q41. On a scale of 1 to 5, 1 being not at all helpful and 5 being extremely helpful, how helpful was the information on the Quitline Iowa website?

[] = rating

7. Don't know/don't recall
9. Refused

DEMOGRAPHICS

Now I have a few background questions and we will be finished.

Q42a. What was your sex at birth?

1. Male
2. Female

9. Refused

IF Q42a = 1 or 3, SKIP TO Q42

Q42b. Are you currently pregnant?

1. Yes
2. No
3. Possibly pregnant

7. Don't Know
9. Refused

Q42c. Were you pregnant at the time of your intake into Quitline 7 / 13 months ago?

1. Yes
2. No

7. Don't Know
9. Refused

Q42. What is the highest level of education you have completed?

1. Less than high school graduate
2. Grade 12 or GED (high school graduate)
3. One or more years of college but no degree
4. Associate's or other 2-year degree
5. College graduate with a 4 year degree such as a BA or BS
6. Graduate degree completed (MA, MS, MFA, MBA, MD, PhD, EdD)

7. Don't know/Not sure
9. Refused

Q43. Is your annual gross household income before taxes from all sources...

11. Less than \$10,000,
12. \$10,000 to less than \$15,000,
13. \$15,000 to less than \$20,000,

14. \$20,000 to less than \$25,000,
15. \$25,000 to less than \$35,000,
16. \$35,000 to less than \$50,000,
17. \$50,000 to less than \$75,000,
18. \$75,000 to less than \$100,000, or
19. \$100,000 or more?

77. DON'T KNOW

99. PREFER NOT TO ANSWER

Q44. Are you...

1. Married,
2. Divorced,
3. Widowed,
4. Separated,
5. Never married, or
6. A member of an unmarried couple?

9. PREFER NOT TO ANSWER

Q44a. Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?

1. Yes
2. No

9. PREFER NOT TO ANSWER

Q44b. Which of the following best represents how you think of yourself? Would you say

1. Straight,
2. Lesbian or Gay,
3. Bisexual,
4. Transgender, or
5. In some other way, please specify if you wish? [SPECIFY]

7. DON'T KNOW

9. PREFER NOT TO ANSWER

Q45. What is the primary source of your health care coverage? Is it...

11. A plan purchased through an employer or union (includes plans purchased through a spouse or parent's employer)

12. A plan that you or another family member buys on your own (includes Healthcare exchanges or Obamacare)
 13. Medicare
 14. Medicaid or other state program
 15. TRICARE (formerly CHAMPUS), VA, or Military
 16. Alaska Native, Indian Health Service, Tribal Health Services
 17. Some other source
 18. None (no coverage)
-
77. Don't know/Not sure
 99. Refused

IF Q45 > 17 SKIP TO Q47

Q46. Does your current insurance plan cover nicotine replacement therapy?

1. Yes
 2. No
-
7. Don't know
 9. Refused

Q47. Do you know how to receive nicotine replacement therapy?

1. Yes
 2. No
-
7. Don't know
 9. Refused

IF Q45 > 17 SKIP TO Q49

Q48. Overall, how satisfied are you with your insurance's coverage of nicotine replacement therapy? Would you say you are...

1. Not at all satisfied,
 2. Somewhat satisfied,
 3. Mostly satisfied, or
 4. Very satisfied?
-
7. Don't know
 9. Refused

Q49. What is your current employment status?

11. Full-time
12. Part-time
13. Homemaker/Stay-at-home parent
14. Disabled (on Disability) or on Medical Leave

15. Unemployed, not seeking work
16. Unemployed/Laid-off, seeking work
17. Student
18. Retired

77. Don't know
99. Refused

Q50. How, if at all, has COVID-19 affected your employment? (select all that apply)

11. Lost job
12. Furloughed
13. Reduced hours/workload
14. Teleworking/Working-from-home
15. Increased hours/workload
16. No change
17. Retired
18. Other (please specify)

77. Don't know
99. Refused

IF COHORT = 7.

Q51. To understand the longer-term impact of Quitline, we are recruiting a panel of people who will be contacted again in 6 months to follow-up on health outcomes and perceptions of their Quitline experience. We would like to include you in this selected group. Could we contact you by phone again in 6 months to ask about your experience with Quitline Iowa?

1. Yes
2. No

CLOSE

Q52. Before we close, is there anything else you would like to say about Quitline Iowa and its services related to tobacco cessation?

[OE Response]

That completes the interview. If you have questions about the evaluation of Quitline Iowa, I can give you contact information now, otherwise thank you for your time and cooperation with this interview.

Appendix B: Item Frequency Tables

Q1. Overall, how satisfied were you with the services you received from the Quitline?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not at all satisfied	63	9.9	10.0	30	10.0	10.0
Somewhat satisfied	134	21.0	21.3	68	22.7	22.7
Mostly satisfied	169	26.4	26.8	84	28.0	28.1
Very satisfied	264	41.3	41.9	117	39.0	39.1
Don't know	4	0.6	0.0	1	0.3	0.0
Refused	5	0.8	0.0	0	0.0	0.0

Q2. If a friend were in need of similar help, how likely would you be to recommend the Quitline to him/her?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Definitely would not recommend	32	5.0	5.1	11	3.7	3.7
Probably would not recommend	45	7.0	7.1	21	7.0	7.1
Probably would recommend	158	24.7	25.0	97	32.3	32.9
Definitely would recommend	370	57.9	58.5	159	53.0	53.9
Don't know	3	0.5	0.0	2	0.7	0.0
Have already recommended Quitline to a friend	28	4.4	4.4	7	2.3	2.4
Refused	3	0.5	0.0	3	1.0	0.0

Q2a. Would you recommend Quitline again?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	26	92.9	96.3	7	100.0	100.0
No	1	3.6	3.7	0	0.0	0.0
Refused	1	3.6	0.0	0	0.0	0.0

Q3. Have you smoked any cigarettes or used other tobacco, even a puff, pinch, or vape, in the last 7 days?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	460	72.0	72.2	206	68.7	68.7
No	177	27.7	27.8	94	31.3	31.3
Don't know	1	0.2	0.0	0	0.0	0.0
Refused	1	0.2	0.0	0	0.0	0.0

Q3a. Have you smoked any cigarettes or used other tobacco, even a puff, pinch, or vape, in the last 30 days?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	16	9.0	9.1	12	12.8	12.8
No	160	90.4	90.9	82	87.2	87.2
Refused	1	0.6	0.0	0	0.0	0.0

Q3b. Have you smoked any cigarettes or used other tobacco, even a puff, pinch, or vape, in the last 6 months?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	74	46.3	46.8	28	34.1	34.1
No	84	52.5	53.2	54	65.9	65.9
Don't know	2	1.3	0.0	0	0.0	0.0

Q3c. Have you smoked any cigarettes or used other tobacco, even a puff, pinch, or vape, in the last 12 months?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	0	0.0	0.0	19	35.2	35.2
No	0	0.0	0.0	35	64.8	64.8

Q4. Since you first called the Quitline on [INTAKE DATE], [seven or thirteen] months ago, did you stop using tobacco for 24 hours or longer because you were trying to quit?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	509	79.7	80.2	259	86.3	86.6
No	126	19.7	19.8	40	13.3	13.4
Don't know	2	0.3	0.0	0	0.0	0.0
Refused	2	0.3	0.0	1	0.3	0.0

Q5. How many times did you stop using tobacco for 24 hours or longer?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
1	192	37.7	40.9	92	35.5	38.3
2	78	15.3	16.6	49	18.9	20.4
3	70	13.8	14.9	31	12.0	12.9
4	43	8.4	9.2	16	6.2	6.7
5	24	4.7	5.1	16	6.2	6.7
6	13	2.6	2.8	13	5.0	5.4
7	5	1.0	1.1	3	1.2	1.3
8	5	1.0	1.1	0	0.0	0.0
9	0	0.0	0.0	1	0.4	0.4
10	16	3.1	3.4	8	3.1	3.3
12	3	0.6	0.6	1	0.4	0.4
13	1	0.2	0.2	0	0.0	0.0
14	1	0.2	0.2	0	0.0	0.0
15	2	0.4	0.4	1	0.4	0.4
17	1	0.2	0.2	0	0.0	0.0
20	7	1.4	1.5	4	1.5	1.7
24	1	0.2	0.2	1	0.4	0.4
25	2	0.4	0.4	0	0.0	0.0
30	3	0.6	0.6	2	0.8	0.8
32	0	0.0	0.0	1	0.4	0.4
49	0	0.0	0.0	1	0.4	0.4
50	2	0.4	0.4	0	0.0	0.0
76 or more	1	0.2	0.0	0	0.0	0.0
Don't know	32	6.3	0.0	17	6.6	0.0
Refused	7	1.4	0.0	2	0.8	0.0

Q6. Which of these statements best describes your intentions regarding your tobacco use at this time?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Planning to quit in the next 30 days	169	26.4	27.3	79	26.3	27.1
Planning to quit in the next 6 months	146	22.8	23.6	68	22.7	23.3
Planning to quit sometime in the future but not in the next 6 months	73	11.4	11.8	34	11.3	11.6
Not planning to quit or cut down	9	1.4	1.5	5	1.7	1.7
Not planning to quit but planning to cut down	33	5.2	5.3	15	5.0	5.1
You have quit	189	29.6	30.5	91	30.3	31.2
Don't know	13	2.0	0.0	3	1.0	0.0
Refused	7	1.1	0.0	5	1.7	0.0

Q7_11. Other Users. What are the three hardest things about quitting for you?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	526	82.3	82.3	240	80.0	80.0
Selected	113	17.7	17.7	60	20.0	20.0

Q7_12. Cost. What are the three hardest things about quitting for you?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	632	98.9	98.9	293	97.7	97.7
Selected	7	1.1	1.1	7	2.3	2.3

Q7_13. Fear of failure. What are the three hardest things about quitting for you?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	632	98.9	98.9	297	99.0	99.0
Selected	7	1.1	1.1	3	1.0	1.0

Q7_14. Stress. What are the three hardest things about quitting for you?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	405	63.4	63.4	194	64.7	64.7
Selected	234	36.6	36.6	106	35.3	35.3

Q7_15. Alcohol. What are the three hardest things about quitting for you?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	627	98.1	98.1	290	96.7	96.7
Selected	12	1.9	1.9	10	3.3	3.3

Q7_16. Addiction. What are the three hardest things about quitting for you?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	369	57.7	57.7	186	62.0	62.0
Selected	270	42.3	42.3	114	38.0	38.0

Q7_17. Weight. What are the three hardest things about quitting for you?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	604	94.5	94.5	285	95.0	95.0
Selected	35	5.5	5.5	15	5.0	5.0

Q7_18. Associated with activities. What are the three hardest things about quitting for you?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	396	62.0	62.0	188	62.7	62.7
Selected	243	38.0	38.0	112	37.3	37.3

Q7_19. Depression/Loneliness. What are the three hardest things about quitting for you?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	582	91.1	91.1	281	93.7	93.7
Selected	57	8.9	8.9	19	6.3	6.3

Q7_20. Other (Specify). What are the three hardest things about quitting for you?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	539	84.4	84.4	233	77.7	77.7
Selected	100	15.6	15.6	67	22.3	22.3

Q7_21. Coronavirus/COVID-19-related barriers (Specify). What are the three hardest things about quitting for you?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	621	97.2	97.2	295	98.3	98.3
Selected	18	2.8	2.8	5	1.7	1.7

Q7_77. Don't Know. What are the three hardest things about quitting for you?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	619	96.9	96.9	293	97.7	97.7
Selected	20	3.1	3.1	7	2.3	2.3

Q7_99. Refused. What are the three hardest things about quitting for you?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	629	98.4	98.4	296	98.7	98.7
Selected	10	1.6	1.6	4	1.3	1.3

Q8a_11. Nicotine Replacement. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	354	69.5	69.5	174	67.2	67.2
Selected	155	30.5	30.5	85	32.8	32.8

Q8a_12. Medications. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	442	86.8	86.8	220	84.9	84.9
Selected	67	13.2	13.2	39	15.1	15.1

Q8a_13. Replacement behaviors. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	403	79.2	79.2	215	83.0	83.0
Selected	106	20.8	20.8	44	17.0	17.0

Q8a_14. Support groups. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	503	98.8	98.8	252	97.3	97.3
Selected	6	1.2	1.2	7	2.7	2.7

Q8a_15. Family/friend support. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	405	79.6	79.6	212	81.9	81.9
Selected	104	20.4	20.4	47	18.1	18.1

Q8a_16. Exercise. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	474	93.1	93.1	240	92.7	92.7
Selected	35	6.9	6.9	19	7.3	7.3

Q8a_17. Staying Busy. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	420	82.5	82.5	210	81.1	81.1
Selected	89	17.5	17.5	49	18.9	18.9

Q8a_18. Printed Info. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	504	99.0	99.0	258	99.6	99.6
Selected	5	1.0	1.0	1	0.4	0.4

Q8a_19. Quit Line. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	454	89.2	89.2	231	89.2	89.2
Selected	55	10.8	10.8	28	10.8	10.8

Q8a_20. Avoiding. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	474	93.1	93.1	238	91.9	91.9
Selected	35	6.9	6.9	21	8.1	8.1

Q8a_21. Health Provider. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	498	97.8	97.8	255	98.5	98.5
Selected	11	2.2	2.2	4	1.5	1.5

Q8a_22. Non-users. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	474	93.1	93.1	242	93.4	93.4
Selected	35	6.9	6.9	17	6.6	6.6

Q8a_23. Homeopathy. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	508	99.8	99.8	258	99.6	99.6
Selected	1	0.2	0.2	1	0.4	0.4

Q8a_24. Less Stress. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	491	96.5	96.5	252	97.3	97.3
Selected	18	3.5	3.5	7	2.7	2.7

Q8a_25. Cost. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	488	95.9	95.9	249	96.1	96.1
Selected	21	4.1	4.1	10	3.9	3.9

Q8a_26. Other (Specify). What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	361	70.9	70.9	183	70.7	70.7
Selected	148	29.1	29.1	76	29.3	29.3

Q8a_77. Don't Know. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	494	97.1	97.1	254	98.1	98.1
Selected	15	2.9	2.9	5	1.9	1.9

Q8a_88. None. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	494	97.1	97.1	253	97.7	97.7
Selected	15	2.9	2.9	6	2.3	2.3

Q8a_99. Refused. What three things do you think were the most helpful to you in quitting?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	504	99.0	99.0	254	98.1	98.1
Selected	5	1.0	1.0	5	1.9	1.9

Q8b_11. Nicotine Replacement. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	99	76.2	76.2	31	75.6	75.6
Selected	31	23.8	23.8	10	24.4	24.4

Q8b_12. Medications. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	120	92.3	92.3	40	97.6	97.6
Selected	10	7.7	7.7	1	2.4	2.4

Q8b_13. Replacement behaviors. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	106	81.5	81.5	34	82.9	82.9
Selected	24	18.5	18.5	7	17.1	17.1

Q8b_14. Support groups. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	123	94.6	94.6	40	97.6	97.6
Selected	7	5.4	5.4	1	2.4	2.4

Q8b_15. Family/friend support. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	121	93.1	93.1	35	85.4	85.4
Selected	9	6.9	6.9	6	14.6	14.6

Q8b_16. Exercise. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	120	92.3	92.3	38	92.7	92.7
Selected	10	7.7	7.7	3	7.3	7.3

Q8b_17. Staying Busy. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	103	79.2	79.2	33	80.5	80.5
Selected	27	20.8	20.8	8	19.5	19.5

Q8b_18. Printed Info. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	130	100.0	100.0	41	100.0	100.0

Q8b_19. Quit Line. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	126	96.9	96.9	40	97.6	97.6
Selected	4	3.1	3.1	1	2.4	2.4

Q8b_20. Avoiding. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	123	94.6	94.6	39	95.1	95.1
Selected	7	5.4	5.4	2	4.9	4.9

Q8b_21. Health Provider. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	126	96.9	96.9	41	100.0	100.0
Selected	4	3.1	3.1	0	0.0	0.0

Q8b_22. Non-users. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	122	93.8	93.8	37	90.2	90.2
Selected	8	6.2	6.2	4	9.8	9.8

Q8b_23. Homeopathy. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	130	100.0	100.0	39	95.1	95.1
Selected	0	0.0	0.0	2	4.9	4.9

Q8b_24. Less Stress. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	122	93.8	93.8	40	97.6	97.6
Selected	8	6.2	6.2	1	2.4	2.4

Q8b_25. Cost. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	129	99.2	99.2	39	95.1	95.1
Selected	1	0.8	0.8	2	4.9	4.9

Q8b_26. Other (Specify). What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	108	83.1	83.1	30	73.2	73.2
Selected	22	16.9	16.9	11	26.8	26.8

Q8b_77. Don't Know. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	113	86.9	86.9	34	82.9	82.9
Selected	17	13.1	13.1	7	17.1	17.1

Q8b_88. None. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	119	91.5	91.5	41	100.0	100.0
Selected	11	8.5	8.5	0	0.0	0.0

Q8b_99. Refused. What three things do you think would be most helpful in your future quit attempts?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	129	99.2	99.2	39	95.1	95.1
Selected	1	0.8	0.8	2	4.9	4.9

Q9. Not including yourself, is there anyone in your home who smokes?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	194	30.4	30.4	82	27.3	27.3
No	444	69.5	69.5	218	72.7	72.7
Refused	1	0.2	0.2	0	0.0	0.0

Q10a. Cigarettes? What types of tobacco have you used in the past 30 days?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	436	91.6	91.8	198	90.8	90.8
No	39	8.2	8.2	20	9.2	9.2
Refused	1	0.2	0.0	0	0.0	0.0

Q10b. Cigars, cigarillos, or little cigars? What types of tobacco have you used in the past 30 days?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	36	7.6	7.6	16	7.3	7.3
No	439	92.2	92.4	202	92.7	92.7
Refused	1	0.2	0.0	0	0.0	0.0

Q10c. Pipe? What types of tobacco have you used in the past 30 days?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	6	1.3	1.3	2	0.9	0.9
No	470	98.7	98.7	216	99.1	99.1

Q10d. Chewing tobacco, snuff, or dip? What types of tobacco have you used in the past 30 days?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	25	5.3	5.3	9	4.1	4.1
No	451	94.7	94.7	209	95.9	95.9

Q10e. Electronic Smoking Device such as e-cigarettes or vape pens? What types of tobacco have you used in the past 30 days?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	65	10.2	10.2	27	9.0	9.0
No	574	89.8	89.8	273	91.0	91.0

Q10f. Other? What types of tobacco have you used in the past 30 days?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	7	1.5	1.5	2	0.9	0.9
No	468	98.3	98.5	216	99.1	99.1
Refused	1	0.2	0.0	0	0.0	0.0

Q11_1. Bidis. What other types of tobacco products do you use?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	7	100.0	100.0	2	100.0	100.0

Q11_2. Kreteks. What other types of tobacco products do you use?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	7	100.0	100.0	2	100.0	100.0

Q11_3. Tobacco pouches or "Snus". What other types of tobacco products do you use?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	6	85.7	85.7	1	50.0	50.0
Selected	1	14.3	14.3	1	50.0	50.0

Q11_4. Water pipes or hookahs. What other types of tobacco products do you use?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	7	100.0	100.0	1	50.0	50.0
Selected	0	0.0	0.0	1	50.0	50.0

Q11_5. Other [Specify]. What other types of tobacco products do you use?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	1	14.3	14.3	2	100.0	100.0
Selected	6	85.7	85.7	0	0.0	0.0

Q11_7. Don't Know. What other types of tobacco products do you use?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	7	100.0	100.0	2	100.0	100.0

Q11_9. Refused. What other types of tobacco products do you use?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	7	100.0	100.0	2	100.0	100.0

Q12. Do you currently smoke cigarettes everyday, some days, or not at all?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Everyday	349	80.0	80.2	160	80.8	80.8
Some days	73	16.7	16.8	31	15.7	15.7
Not at all	13	3.0	3.0	7	3.5	3.5
Refused	1	0.2	0.0	0	0.0	0.0

Q13. How many days did you smoke cigarettes in the last 30 days?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
1	6	7.2	7.2	0	0.0	0.0
2	8	9.6	9.6	5	13.9	14.7
3	5	6.0	6.0	0	0.0	0.0
4	1	1.2	1.2	1	2.8	2.9
5	4	4.8	4.8	3	8.3	8.8
6	5	6.0	6.0	0	0.0	0.0
7	2	2.4	2.4	2	5.6	5.9
8	2	2.4	2.4	1	2.8	2.9
9	1	1.2	1.2	0	0.0	0.0
10	2	2.4	2.4	5	13.9	14.7
12	1	1.2	1.2	1	2.8	2.9
14	2	2.4	2.4	0	0.0	0.0
15	16	19.3	19.3	3	8.3	8.8
16	1	1.2	1.2	0	0.0	0.0
17	1	1.2	1.2	1	2.8	2.9
18	4	4.8	4.8	2	5.6	5.9
20	7	8.4	8.4	5	13.9	14.7
22	1	1.2	1.2	1	2.8	2.9
25	5	6.0	6.0	1	2.8	2.9
27	1	1.2	1.2	1	2.8	2.9
28	3	3.6	3.6	0	0.0	0.0
30	5	6.0	6.0	2	5.6	5.9
Don't know	0	0.0	0.0	1	2.8	0.0
Refused	0	0.0	0.0	1	2.8	0.0

Q14. On average, how many cigarettes do you smoke per day on the days that you smoke?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
1	18	4.2	4.2	8	4.1	4.1
2	19	4.4	4.4	7	3.6	3.6
3	22	5.1	5.1	7	3.6	3.6
4	12	2.8	2.8	5	2.6	2.6
5	25	5.8	5.8	21	10.7	10.9
6	9	2.1	2.1	9	4.6	4.7
7	21	4.9	4.9	2	1.0	1.0
8	20	4.6	4.7	3	1.5	1.6
9	2	0.5	0.5	1	0.5	0.5
10	76	17.6	17.7	41	20.9	21.2
11	3	0.7	0.7	0	0.0	0.0
12	11	2.5	2.6	3	1.5	1.6
13	5	1.2	1.2	0	0.0	0.0
14	1	0.2	0.2	3	1.5	1.6
15	37	8.6	8.6	10	5.1	5.2
16	1	0.2	0.2	0	0.0	0.0
17	2	0.5	0.5	3	1.5	1.6
18	7	1.6	1.6	0	0.0	0.0
20	109	25.2	25.4	48	24.5	24.9
22	0	0.0	0.0	1	0.5	0.5
23	1	0.2	0.2	0	0.0	0.0
25	4	0.9	0.9	4	2.0	2.1
30	16	3.7	3.7	11	5.6	5.7
35	1	0.2	0.2	0	0.0	0.0
36	0	0.0	0.0	1	0.5	0.5
40	6	1.4	1.4	5	2.6	2.6
45	1	0.2	0.2	0	0.0	0.0
Don't know	2	0.5	0.0	2	1.0	0.0
Refused	1	0.2	0.0	1	0.5	0.0

Q15. Do you currently smoke cigars, cigarillos, or little cigars everyday, some days, or not at all?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Everyday	17	47.2	47.2	3	18.8	18.8
Some days	13	36.1	36.1	11	68.8	68.8
Not at all	6	16.7	16.7	2	12.5	12.5

Q16. How many days did you smoke cigars, cigarillos, or little cigars in the last 30 days?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
1	1	7.7	7.7	1	9.1	10.0
2	3	23.1	23.1	2	18.2	20.0
3	1	7.7	7.7	0	0.0	0.0
4	4	30.8	30.8	0	0.0	0.0
5	1	7.7	7.7	1	9.1	10.0
6	1	7.7	7.7	0	0.0	0.0
7	0	0.0	0.0	2	18.2	20.0
10	1	7.7	7.7	0	0.0	0.0
15	1	7.7	7.7	1	9.1	10.0
20	0	0.0	0.0	1	9.1	10.0
22	0	0.0	0.0	1	9.1	10.0
25	0	0.0	0.0	1	9.1	10.0
Don't know	0	0.0	0.0	1	9.1	0.0

Q17. On average, how many cigars, cigarillos, or little cigars do you smoke per week during the weeks that you smoke?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
1	5	16.7	17.2	2	14.3	15.4
2	4	13.3	13.8	3	21.4	23.1
3	1	3.3	3.4	0	0.0	0.0
4	2	6.7	6.9	0	0.0	0.0
5	3	10.0	10.3	2	14.3	15.4
7	1	3.3	3.4	0	0.0	0.0
9	0	0.0	0.0	1	7.1	7.7
10	1	3.3	3.4	0	0.0	0.0
12	2	6.7	6.9	0	0.0	0.0
14	2	6.7	6.9	0	0.0	0.0
15	1	3.3	3.4	0	0.0	0.0
22	0	0.0	0.0	1	7.1	7.7
30	1	3.3	3.4	1	7.1	7.7
35	1	3.3	3.4	0	0.0	0.0
40	1	3.3	3.4	0	0.0	0.0
60	0	0.0	0.0	1	7.1	7.7
100	1	3.3	3.4	1	7.1	7.7
120	1	3.3	3.4	0	0.0	0.0
140	2	6.7	6.9	1	7.1	7.7
Don't know	0	0.0	0.0	1	7.1	0.0
Refused	1	3.3	0.0	0	0.0	0.0

Q18. Do you currently smoke a pipe every day, some days, or not at all?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Everyday	0	0.0	0.0	2	100.0	100.0
Some days	2	33.3	33.3	0	0.0	0.0
Not at all	4	66.7	66.7	0	0.0	0.0

Q19. How many days did you smoke a pipe in the last 30 days?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
1	1	50.0	50.0	0	0.0	0.0
3	1	50.0	50.0	0	0.0	0.0

Q20. On average, how many pipes do you smoke per week during the weeks that you smoke?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
21	0	0.0	0.0	1	50.0	50.0
25	0	0.0	0.0	1	50.0	50.0
Refused	2	100.0		0	0.0	0.0

Q21. Do you currently use chewing tobacco, snuff, or dip everyday, some days, or not at all?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Everyday	14	56.0	56.0	6	66.7	66.7
Some days	10	40.0	40.0	3	33.3	33.3
Not at all	1	4.0	4.0	0	0.0	0.0

Q22. How many days did you chew in the last 30 days?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
2	2	20.0	20.0	0	0.0	0.0
3	2	20.0	20.0	0	0.0	0.0
4	1	10.0	10.0	0	0.0	0.0
5	1	10.0	10.0	1	33.3	33.3
7	3	30.0	30.0	0	0.0	0.0
10	1	10.0	10.0	1	33.3	33.3
15	0	0.0	0.0	1	33.3	33.3

Q23. On average, how many pouches or tins do you use per week during the weeks that you chew?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
1	5	20.8	20.8	3	33.3	33.3
2	3	12.5	12.5	0	0.0	0.0
3	2	8.3	8.3	0	0.0	0.0
5	2	8.3	8.3	2	22.2	22.2
6	1	4.2	4.2	0	0.0	0.0
7	2	8.3	8.3	1	11.1	11.1
10	1	4.2	4.2	1	11.1	11.1
15	0	0.0	0.0	1	11.1	11.1
25	1	4.2	4.2	0	0.0	0.0
666	7	29.2	29.2	1	11.1	11.1

Q24. Do you currently use an Electronic Smoking Device everyday, some days, or not at all?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Everyday	17	26.2	26.2	5	18.5	18.5
Some days	30	46.2	46.2	14	51.9	51.9
Not at all	18	27.7	27.7	8	29.6	29.6

Q25. How many days did you use an Electronic Smoking Device in the last 30 days?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
1	3	10.0	10.3	0	0.0	0.0
2	5	16.7	17.2	2	14.3	15.4
3	4	13.3	13.8	0	0.0	0.0
4	1	3.3	3.4	0	0.0	0.0
5	3	10.0	10.3	4	28.6	30.8
6	2	6.7	6.9	2	14.3	15.4
8	3	10.0	10.3	1	7.1	7.7
10	1	3.3	3.4	1	7.1	7.7
12	0	0.0	0.0	1	7.1	7.7
13	1	3.3	3.4	0	0.0	0.0
14	2	6.7	6.9	0	0.0	0.0
15	4	13.3	13.8	1	7.1	7.7
20	0	0.0	0.0	1	7.1	7.7
Don't know	1	3.3	0.0	0	0.0	0.0
Refused	0	0.0	0.0	1	7.1	0.0

Q26. On average, how many cartridges do you use per week on the weeks that you use an Electronic Smoking Device?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
1	25	53.2	69.4	8	42.1	53.3
2	3	6.4	8.3	1	5.3	6.7
3	1	2.1	2.8	1	5.3	6.7
4	3	6.4	8.3	0	0.0	0.0
6	0	0.0	0.0	2	10.5	13.3
7	1	2.1	2.8	1	5.3	6.7
10	1	2.1	2.8	0	0.0	0.0
14	0	0.0	0.0	1	5.3	6.7
15	1	2.1	2.8	0	0.0	0.0
21	0	0.0	0.0	1	5.3	6.7
77	1	2.1	2.8	0	0.0	0.0
Don't know	6	12.8	0.0	1	5.3	0.0
Refused	5	10.6	0.0	3	15.8	0.0

Q27a. Using e-cigarettes helps me to quit smoking cigarettes.

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	40	61.5	61.5	17	63.0	63.0
No	25	38.5	38.5	10	37.0	37.0

Q27b. They might be less harmful to me than cigarettes.

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	32	49.2	52.5	14	51.9	51.9
No	29	44.6	47.5	13	48.1	48.1
Don't know	3	4.6	0.0	0	0.0	0.0
Refused	1	1.5	0.0	0	0.0	0.0

Q27c. They seem cheaper than cigarettes.

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	35	53.8	54.7	14	51.9	51.9
No	29	44.6	45.3	13	48.1	48.1
Don't know	1	1.5	0.0	0	0.0	0.0

Q27d. I can use e-cigarettes at times or in places where smoking cigarettes isn't allowed.

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	37	56.9	57.8	18	66.7	66.7
No	27	41.5	42.2	9	33.3	33.3
Refused	1	1.5	0.0	0	0.0	0.0

Q27e. They might be less harmful to people around me than cigarettes.

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	47	72.3	73.4	18	66.7	69.2
No	17	26.2	26.6	8	29.6	30.8
Don't know	1	1.5	0.0	1	3.7	0.0

Q27f. Are there any other reasons you use e-cigarettes?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	20	30.8	31.3	9	33.3	33.3
No	44	67.7	68.8	18	66.7	66.7
Don't know	1	1.5	0.0	0	0.0	0.0

Q28. Have you used an Electronic Smoking Device when you were unable to smoke cigarettes, pipes, cigars, or cigarillos?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	27	58.7	58.7	12	57.1	60.0
No	19	41.3	41.3	8	38.1	40.0
Don't know	0	0.0	0.0	1	4.8	0.0

Q29. Have you used an Electronic Smoking Device when you were unable to use chewing tobacco, snuff, or dip?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	1	33.3	50.0	0	0.0	0.0
No	1	33.3	50.0	0	0.0	0.0
Don't know	1	33.3	0.0	0	0.0	0.0

Q30. Do you currently use other tobacco products everyday, some days, or not at all?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Everyday	4	57.1	57.1	0	0.0	0.0
Some days	3	42.9	42.9	2	100.0	100.0

Q31. How many days did you use other types of tobacco in the last 30 days?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
1	1	33.3	50.0	1	50.0	50.0
4	1	33.3	50.0	0	0.0	0.0
6	0	0.0	0.0	1	50.0	50.0
Don't know	1	33.3	0.0	0	0.0	0.0

Q33. How soon after you wake up do you smoke your first cigarette?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
5 minutes or less	124	29.2	30.1	54	29.0	30.0
Between 6 minutes and 30 minutes	132	31.1	32.0	75	40.3	41.7
Between 31 minutes and 60 minutes	66	15.5	16.0	18	9.7	10.0
More than 60 minutes	90	21.2	21.8	33	17.7	18.3
Don't know	6	1.4	0.0	4	2.2	0.0
Refused	7	1.6	0.0	2	1.1	0.0

Q34. How soon after you wake up do you use tobacco other than cigarettes?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
5 minutes or less	18	15.8	19.8	6	12.0	15.4
Between 6 minutes and 30 minutes	18	15.8	19.8	10	20.0	25.6
Between 31 minutes and 60 minutes	13	11.4	14.3	4	8.0	10.3
More than 60 minutes	42	36.8	46.2	19	38.0	48.7
Don't know	8	7.0	0.0	5	10.0	0.0
Refused	15	13.2	0.0	6	12.0	0.0

Q35_11. Nicotine patches. Since you first called the Quitline [seven or thirteen] months ago, have you used any of the following products or medications to help you quit?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	322	50.4	50.4	162	54.0	54.0
Selected	317	49.6	49.6	138	46.0	46.0

Q35_12. Nicotine gum. Since you first called the Quitline [seven or thirteen] months ago, have you used any of the following products or medications to help you quit?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	513	80.3	80.3	249	83.0	83.0
Selected	126	19.7	19.7	51	17.0	17.0

Q35_13. Nicotine lozenges. Since you first called the Quitline [seven or thirteen] months ago, have you used any of the following products or medications to help you quit?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	523	81.8	81.8	246	82.0	82.0
Selected	116	18.2	18.2	54	18.0	18.0

Q35_14. Nicotine spray. Since you first called the Quitline [seven or thirteen] months ago, have you used any of the following products or medications to help you quit?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	636	99.5	99.5	297	99.0	99.0
Selected	3	0.5	0.5	3	1.0	1.0

Q35_15. Nicotine inhaler. Since you first called the Quitline [seven or thirteen] months ago, have you used any of the following products or medications to help you quit?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	635	99.4	99.4	293	97.7	97.7
Selected	4	0.6	0.6	7	2.3	2.3

Q35_16. Zyban, also called Wellbutrin or bupropion. Since you first called the Quitline [seven or thirteen] months ago, have you used any of the following products or medications to help you quit?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	578	90.5	90.5	270	90.0	90.0
Selected	61	9.5	9.5	30	10.0	10.0

Q35_17. Chantix, also called varenicline. Since you first called the Quitline [seven or thirteen] months ago, have you used any of the following products or medications to help you quit?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	505	79.0	79.0	228	76.0	76.0
Selected	134	21.0	21.0	72	24.0	24.0

Q35_18. Other products or medications to help you quit? [Specify]. Since you first called the Quitline [7-13] months ago, have you used any of the following products or medications to help you quit?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	632	98.9	98.9	299	99.7	99.7
Selected	7	1.1	1.1	1	0.3	0.3

Q35_66. No products or medication. Since you first called the Quitline [seven or thirteen] months ago, have you used any of the following products or medications to help you quit?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	509	79.7	79.7	233	77.7	77.7
Selected	130	20.3	20.3	67	22.3	22.3

Q35_77. Don't know. Since you first called the Quitline [seven or thirteen] months ago, have you used any of the following products or medications to help you quit?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	639	100.0	100.0	300	100.0	100.0

Q35_99. Refused. Since you first called the Quitline [seven or thirteen] months ago, have you used any of the following products or medications to help you quit?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	639	100.0	100.0	300	100.0	100.0

Q36a. Quitline lowa?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	317	62.3	63.0	135	57.9	58.7
No	186	36.5	37.0	95	40.8	41.3
Don't know	6	1.2	0.0	3	1.3	0.0

Q36b. A pharmacy: with a prescription?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	224	44.0	44.4	119	51.1	51.5
No	281	55.2	55.6	112	48.1	48.5
Don't know	4	0.8	0.0	2	0.9	0.0

Q36c. A pharmacy or store: over-the-counter?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	156	30.6	30.9	77	33.0	33.3
No	349	68.6	69.1	154	66.1	66.7
Don't know	4	0.8	0.0	2	0.9	0.0

Q36d. Somewhere else? [SPECIFY]

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	20	3.9	3.9	5	2.1	2.2
No	487	95.7	96.1	226	97.0	97.8
Don't know	2	0.4	0.0	1	0.4	0.0
Refused	0	0.0	0.0	1	0.4	0.0

Q37_1. Advice from a health professional. Other than the Quitline or medications, what other kinds of assistance did you use to help quit over the past [seven or thirteen] months

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	543	85.0	85.0	259	86.3	86.3
Selected	96	15.0	15.0	41	13.7	13.7

Q37_2. Website [Specify]. Other than the Quitline or medications, what other kinds of assistance did you use to help quit over the past [seven or thirteen] months

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	634	99.2	99.2	295	98.3	98.3
Selected	5	0.8	0.8	5	1.7	1.7

Q37_3. Telephone program [Specify]. Other than the Quitline or medications, what other kinds of assistance did you use to help quit over the past [seven or thirteen] months

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	637	99.7	99.7	299	99.7	99.7
Selected	2	0.3	0.3	1	0.3	0.3

Q37_4. Counseling program [Specify]. Other than the Quitline or medications, what other kinds of assistance did you use to help quit over the past [seven or thirteen] months

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	625	97.8	97.8	293	97.7	97.7
Selected	14	2.2	2.2	7	2.3	2.3

Q37_5. Self-help materials [Specify]. Other than the Quitline or medications, what other kinds of assistance did you use to help quit over the past [seven or thirteen] months

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	628	98.3	98.3	298	99.3	99.3
Selected	11	1.7	1.7	2	0.7	0.7

Q37_6. Something else [Specify]. Other than the Quitline or medications, what other kinds of assistance did you use to help quit over the past [seven or thirteen] months

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	600	93.9	93.9	280	93.3	93.3
Selected	39	6.1	6.1	20	6.7	6.7

Q37_7. Don't Know. Other than the Quitline or medications, what other kinds of assistance did you use to help quit over the past [seven or thirteen] months

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	638	99.8	99.8	300	100.0	100.0
Selected	1	0.2	0.2	0	0.0	0.0

Q37_8. No other assistance. Other than the Quitline or medications, what other kinds of assistance did you use to help quit over the past [seven or thirteen] months

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	160	25.0	25.0	67	22.3	22.3
Selected	479	75.0	75.0	233	77.7	77.7

Q37_9. Refused. Other than the Quitline or medications, what other kinds of assistance did you use to help quit over the past [seven or thirteen] months

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	633	99.1	99.1	299	99.7	99.7
Selected	6	0.9	0.9	1	0.3	0.3

Q38a. The people at Quitline listened carefully to what I said.

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Strongly disagree	14	2.2	2.2	10	3.3	3.3
Disagree	35	5.5	5.6	11	3.7	3.7
Agree	240	37.6	38.1	115	38.3	38.5
Strongly agree	341	53.4	54.1	163	54.3	54.5
Don't know/Not sure	7	1.1	0.0	1	0.3	0.0
Refused	2	0.3	0.0	0	0.0	0.0

Q38b. The people at Quitline cared about whether my quit attempt was successful.

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Strongly disagree	19	3.0	3.1	12	4.0	4.1
Disagree	51	8.0	8.2	20	6.7	6.8
Agree	235	36.8	38.0	113	37.7	38.6
Strongly agree	314	49.1	50.7	148	49.3	50.5
Don't know/Not sure	14	2.2	0.0	4	1.3	0.0
Refused	6	0.9	0.0	3	1.0	0.0

Q38c. Using Quitline was inconvenient for me.

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Strongly disagree	217	34.0	35.1	94	31.3	32.0
Disagree	225	35.2	36.4	119	39.7	40.5
Agree	128	20.0	20.7	55	18.3	18.7
Strongly agree	48	7.5	7.8	26	8.7	8.8
Don't know/Not sure	13	2.0	0.0	5	1.7	0.0
Refused	8	1.3	0.0	1	0.3	0.0

Q38d. The people at Quitline were helpful.

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Strongly disagree	17	2.7	2.7	9	3.0	3.0
Disagree	52	8.1	8.2	24	8.0	8.0
Agree	239	37.4	37.9	116	38.7	38.7
Strongly agree	323	50.5	51.2	151	50.3	50.3
Don't know/Not sure	7	1.1	0.0	0	0.0	0.0
Refused	1	0.2	0.0	0	0.0	0.0

Q39a. I feel better prepared for my next quit attempt because I used Quitline.

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Strongly disagree	38	8.0	8.3	9	4.1	4.2
Disagree	73	15.3	15.9	33	15.1	15.5
Agree	180	37.8	39.3	90	41.3	42.3
Strongly agree	167	35.1	36.5	81	37.2	38.0
Don't know/Not sure	13	2.7	0.0	4	1.8	0.0
Refused	5	1.1	0.0	1	0.5	0.0

Q39b. Calling Quitline did not make it easier for me to quit using tobacco products.

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Strongly disagree	125	26.3	27.5	43	19.7	20.7
Disagree	164	34.5	36.1	78	35.8	37.5
Agree	118	24.8	26.0	65	29.8	31.3
Strongly agree	47	9.9	10.4	22	10.1	10.6
Don't know/Not sure	12	2.5	0.0	4	1.8	0.0
Refused	10	2.1	0.0	6	2.8	0.0

Q39c. The Quitline services were good, I just wasn't ready to quit.

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Strongly disagree	42	8.8	9.4	13	6.0	6.3
Disagree	73	15.3	16.3	33	15.1	16.0
Agree	207	43.5	46.3	83	38.1	40.3
Strongly agree	125	26.3	28.0	77	35.3	37.4
Don't know/Not sure	21	4.4	0.0	11	5.0	0.0
Refused	8	1.7	0.0	1	0.5	0.0

Q39d. No matter how hard I try, I just can't quit using tobacco products.

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Strongly disagree	38	8.0	8.2	18	8.3	8.5
Disagree	121	25.4	26.2	59	27.1	27.7
Agree	180	37.8	39.0	73	33.5	34.3
Strongly agree	123	25.8	26.6	63	28.9	29.6
Don't know/Not sure	9	1.9	0.0	2	0.9	0.0
Refused	5	1.1	0.0	3	1.4	0.0

Q39e. I am going to keep trying to quit using tobacco products.

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Strongly disagree	6	1.3	1.3	1	0.5	0.5
Disagree	25	5.3	5.4	11	5.0	5.1
Agree	185	38.9	40.2	75	34.4	34.9
Strongly agree	244	51.3	53.0	128	58.7	59.5
Don't know/Not sure	9	1.9	0.0	1	0.5	0.0
Refused	7	1.5	0.0	2	0.9	0.0

Q39f. By this time next year, I will no longer be using tobacco products.

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Strongly disagree	6	1.3	1.4	3	1.4	1.5
Disagree	40	8.4	9.5	17	7.8	8.6
Agree	210	44.1	50.1	100	45.9	50.8
Strongly agree	163	34.2	38.9	77	35.3	39.1
Don't know/Not sure	48	10.1	0.0	18	8.3	0.0
Refused	9	1.9	0.0	3	1.4	0.0

Q40. Have you visited the Quitline Iowa website at quitnow.net/iowa?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	129	20.2	20.6	73	24.3	24.7
No	498	77.9	79.4	223	74.3	75.3
Don't know	11	1.7	0.0	4	1.3	0.0
Refused	1	0.2	0.0	0	0.0	0.0

Q41. On a scale of 1 to 5, 1 being not at all helpful and 5 being extremely helpful, how helpful was the information on the Quitline Iowa website?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
1	6	4.7	4.9	7	9.6	10.4
2	9	7.0	7.4	6	8.2	9.0
3	23	17.8	18.9	15	20.5	22.4
4	31	24.0	25.4	18	24.7	26.9
5	53	41.1	43.4	21	28.8	31.3
Don't know	5	3.9	0.0	6	8.2	0.0
Refused	2	1.6	0.0	0	0.0	0.0

Q42a. What was your sex at birth?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Male	231	36.2	36.2	124	41.3	41.3
Female	407	63.7	63.8	176	58.7	58.7
Refused	1	0.2	0.0	0	0.0	0.0

Q42b. Are you currently pregnant?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	4	1.0	1.0	1	0.6	0.6
No	403	99.0	99.0	175	99.4	99.4

Q42c. Were you pregnant at the time of your intake into Quitline [seven or thirteen] months ago?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	5	1.2	1.2	2	1.1	1.1
No	402	98.8	98.8	174	98.9	98.9

Q42. What is the highest level of education you have completed?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Less than high school graduate	70	11.0	11.0	34	11.3	11.3
Grade 12 or GED (high school graduate)	217	34.0	34.2	103	34.3	34.3
One or more years of college but no degree	150	23.5	23.7	66	22.0	22.0
Associate's or other 2-year degree	116	18.2	18.3	52	17.3	17.3
College graduate with a 4 year degree such as a BA or BS	68	10.6	10.7	39	13.0	13.0
Graduate degree completed (MA, MS, MFA, MBA, MD, PhD, EdD)	13	2.0	2.1	6	2.0	2.0
Don't know/Not sure	1	0.2	0.0	0	0.0	0.0
Refused	4	0.6	0.0	0	0.0	0.0

Q43. Is your annual gross household income before taxes from all sources

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Less than \$10,000	133	20.8	22.9	52	17.3	19.0
\$10,000 to less than \$15,000	107	16.7	18.4	56	18.7	20.4
\$15,000 to less than \$20,000	66	10.3	11.4	37	12.3	13.5
\$20,000 to less than \$25,000	62	9.7	10.7	32	10.7	11.7
\$25,000 to less than \$35,000	68	10.6	11.7	24	8.0	8.8
\$35,000 to less than \$50,000	53	8.3	9.1	23	7.7	8.4
\$50,000 to less than \$75,000	57	8.9	9.8	29	9.7	10.6
\$75,000 to less than \$100,000	19	3.0	3.3	11	3.7	4.0
\$100,000 or more	15	2.3	2.6	10	3.3	3.6
Don't Know	29	4.5	0.0	7	2.3	0.0
Prefer Not To Answer	30	4.7	0.0	19	6.3	0.0

Q44. Marital Status: Are you

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Married	181	28.3	28.7	89	29.7	30.0
Divorced	184	28.8	29.2	91	30.3	30.6
Widowed	70	11.0	11.1	28	9.3	9.4
Separated	40	6.3	6.3	10	3.3	3.4
Never married	117	18.3	18.6	58	19.3	19.5
A member of an unmarried couple	38	5.9	6.0	21	7.0	7.1
Prefer Not To Answer	9	1.4	0.0	3	1.0	0.0

Q44a. Have you ever served on active duty in the United States Armed Forces, either in the military or in a National Guard or military reserve unit?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	40	6.3	6.3	31	10.3	10.3
No	597	93.4	93.7	269	89.7	89.7
Prefer Not To Answer	2	0.3	0.0	0	0.0	0.0

Q44b. Which of the following best represents how you think of yourself? Would you say

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Straight	578	90.5	94.1	278	92.7	95.2
Lesbian or Gay	15	2.3	2.4	5	1.7	1.7
Bisexual	14	2.2	2.3	8	2.7	2.7
In some other way	7	1.1	1.1	1	0.3	0.3
Don't know	2	0.3	0.0	1	0.3	0.0
Prefer Not To Answer	23	3.6	0.0	7	2.3	0.0

Q45. What is the primary source of your health care coverage? Is it

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
A plan purchased through an employer or union (includes plans purchased through a spouse or parent's employer)	113	17.7	18.1	61	20.3	20.9
A plan that you or another family member buys on your own (includes Healthcare exchanges or Obamacare)	29	4.5	4.6	17	5.7	5.8
Medicare	264	41.3	42.3	128	42.7	43.8
Medicaid or other state program	190	29.7	30.4	78	26.0	26.7
TRICARE (formerly CHAMPUS), VA, or Military	1	0.2	0.2	1	0.3	0.3
Some other source	4	0.6	0.6	1	0.3	0.3
None (no coverage)	23	3.6	3.7	6	2.0	2.1
Don't know/Not sure	8	1.3	0.0	8	2.7	0.0
Refused	7	1.1	0.0	0	0.0	0.0

Q46. Does your current insurance plan cover nicotine replacement therapy?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	241	40.1	40.1	99	34.6	34.7
No	166	27.6	27.6	95	33.2	33.3
Don't know	194	32.3	32.3	91	31.8	31.9
Refused	0	0.0	0.0	1	0.3	0.0

Q47. Do you know how to receive nicotine replacement therapy?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	315	49.3	49.5	156	52.0	52.2
No	298	46.6	46.8	135	45.0	45.2
Don't know	24	3.8	3.8	8	2.7	2.7
Refused	2	0.3	0.0	1	0.3	0.0

Q48. Overall, how satisfied are you with your insurance's coverage of nicotine replacement therapy? Would you say you are

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not at all satisfied	112	27.5	30.3	64	33.0	36.8
Somewhat satisfied	56	13.8	15.1	31	16.0	17.8
Mostly satisfied	74	18.2	20.0	22	11.3	12.6
Very satisfied	128	31.4	34.6	57	29.4	32.8
Don't know	22	5.4	0.0	17	8.8	0.0
Refused	15	3.7	0.0	3	1.5	0.0

Q49. What is your current employment status?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Full-time	31	19.6	19.6	22	25.0	25.0
Part-time	10	6.3	6.3	8	9.1	9.1
Homemaker/Stay-at-home parent	3	1.9	1.9	1	1.1	1.1
Disabled (on Disability) or on Medical Leave	45	28.5	28.5	28	31.8	31.8
Unemployed, not seeking work	10	6.3	6.3	4	4.5	4.5
Unemployed/Laid-off, seeking work	10	6.3	6.3	6	6.8	6.8
Retired	49	31.0	31.0	19	21.6	21.6

Q50_11. Lost job. How, if at all, has COVID-19 affected your employment?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	154	97.5	97.5	81	92.0	92.0
Selected	4	2.5	2.5	7	8.0	8.0

Q50_12. Furloughed. How, if at all, has COVID-19 affected your employment?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	151	95.6	95.6	84	95.5	95.5
Selected	7	4.4	4.4	4	4.5	4.5

Q50_13. Reduced hours/workload. How, if at all, has COVID-19 affected your employment?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	152	96.2	96.2	78	88.6	88.6
Selected	6	3.8	3.8	10	11.4	11.4

Q50_14. Teleworking/Working-from-home. How, if at all, has COVID-19 affected your employment?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	154	97.5	97.5	86	97.7	97.7
Selected	4	2.5	2.5	2	2.3	2.3

Q50_15. Increased hours/workload. How, if at all, has COVID-19 affected your employment?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	156	98.7	98.7	85	96.6	96.6
Selected	2	1.3	1.3	3	3.4	3.4

Q50_16. No change. How, if at all, has COVID-19 affected your employment?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	45	28.5	28.5	30	34.1	34.1
Selected	113	71.5	71.5	58	65.9	65.9

Q50_17. Retired. How, if at all, has COVID-19 affected your employment?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	137	86.7	86.7	81	92.0	92.0
Selected	21	13.3	13.3	7	8.0	8.0

Q50_18. Other [Specify]. How, if at all, has COVID-19 affected your employment?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	151	95.6	95.6	85	96.6	96.6
Selected	7	4.4	4.4	3	3.4	3.4

Q50_77. Don't know. How, if at all, has COVID-19 affected your employment?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	157	99.4	99.4	88	100.0	100.0
Selected	1	0.6	0.6	0	0.0	0.0

Q50_99. Refused. How, if at all, has COVID-19 affected your employment?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Not selected	157	99.4	99.4	88	100.0	100.0
Selected	1	0.6	0.6	0	0.0	0.0

Q51. Could we contact you by phone again in 6 months to ask about your experience with Quitline Iowa?

	7-month cohort			13-month cohort		
	Frequency	Percent	Valid Percent	Frequency	Percent	Valid Percent
Yes	541	84.7	84.7	0	0.0	0.0
No	98	15.3	15.3	0	0.0	0.0