Be Well
Arkansas

Presented by Joy Gray, TTS
Today's Topics

- What is Be Well Arkansas?
- Why is it necessary; a look at data.
- Do helplines work?
- How will Be Well help Arkansans?
- How do you access Be Well?
- Conclusion
BE WELL ARKANSAS IS A NEW SERVICE THAT PROVIDES TOBACCO CESSATION, AND REFERRAL ASSISTANCE FOR DIABETES AND HYPERTENSION.

QUIT SMOKING

LEARN ABOUT DIABETES PROGRAMS IN YOUR AREA

GET CONNECTED TO A HYPERTENSION CARE MANAGER
5th
In the nation on adult smoking prevalence.

BFRSS

Smokers
23.4%

Nonsmokers
76.6%

BFRSS
TOBACCO AND CHRONIC ILLNESS IN ARKANSAS

Diabetes

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<th>Women</th>
<th>Men</th>
<th>Total</th>
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<td>Diabetes</td>
<td>13.3%</td>
<td>8.5%</td>
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Hypertension

40.8% of smokers report being diagnosed with hypertension.

Tobacco-related Deaths

5,800 deaths per year in Arkansas are smoking related.

*All data collected from BRFSS*
Do quitlines really help?
56% increase in quit rates

Randomized controlled trials have established the efficacy of these interventions when compared to self-help alone.
Both the U.S. Public Health Service and the U.S. Preventative Services Task Force recommend telephone counseling. It doubles the smoker's chances of quitting, and it also an effective, cost-efficient way of helping smokers.\textsuperscript{2,3}
How is Be Well Helping Arkansans?

CESSION COUNSELING
Tobacco Treatment Specialists are available to treat patients on the phone, or in person at local health units.

DIABETES PROGRAM REFERRALS
Patients are directed to diabetes prevention and/or management programs in their region of the state.

HYPERTENSION HELP
Patients are provided with resources on their hypertension and how tobacco worsens the issue. They are also made aware of the regional hypertension care managers that assist Arkansans with hypertension management.
Tobacco treatment in the local health units: bringing the help directly to the consumer.

Since November of 2018, ADH has trained 136 people in accredited Tobacco Treatment Specialist training through MD Anderson. This included program staff, local health unit nurses, and community partners.
Patients who access Be Well Arkansas are provided with the most current information on diabetes programming near them.

There are currently 4 regional hypertension care managers around the state that patients may be referred to as well.
How do you access Be Well?

1-833-283-WELL
Call M-F 8am-4pm

www.bewellarkansas.org
Online 24/7

1-888-827-7057
Provider Fax Referrals
Contact Information

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References:


YRBSS, 2017 Youth Risk Behavior Surveillance System

