



Healthy Lungs for Underserved Populations

Comparing Smoking Cessation Interventions Among Underserved Patients Referred for Lung Cancer Screening

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Smoking-related burdens are greatest among underserved populations, but little research exists on how to support their efforts to quit.

An estimated 30 million adults in the United States smoke cigarettes,¹ and more than 16 million of them are living with a smoking-related health condition. Smoking is the biggest risk factor for developing lung cancer and can lead to heart disease and stroke. Many people who smoke want to quit, but doing so can be challenging.²

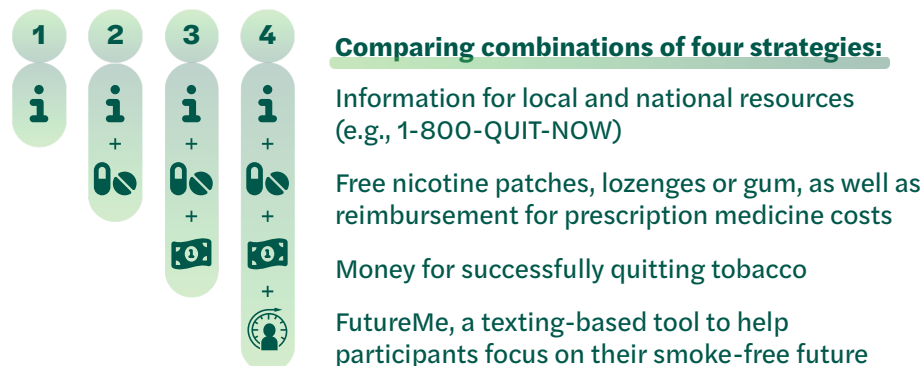
The burdens of smoking are greatest among patients who are Black, Hispanic, from rural residences and/or are less educated or have lower incomes. Previous research studying strategies to quit smoking did not enroll diverse enough patient populations to know what works best among these historically underserved populations.

¹ <https://www.cdc.gov/tobacco/campaign/tips/resources/data/cigarette-smoking-in-united-states.html>

² <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quit-smoking-medications/why-quitting-smoking-is-hard/>

This study explores which smoking-cessation strategies work best across a diverse population.

Healthy Lungs is a program that provides resources to help people quit smoking. Our study investigates which smoking-cessation strategy best helps people kick the habit, particularly among historically underserved populations undergoing lung cancer screening. Participants interact with program activities on Way to Health, a web-based research platform.



This is the first time I feel really confident about quitting.

Participant
Healthy Lungs — Geisinger

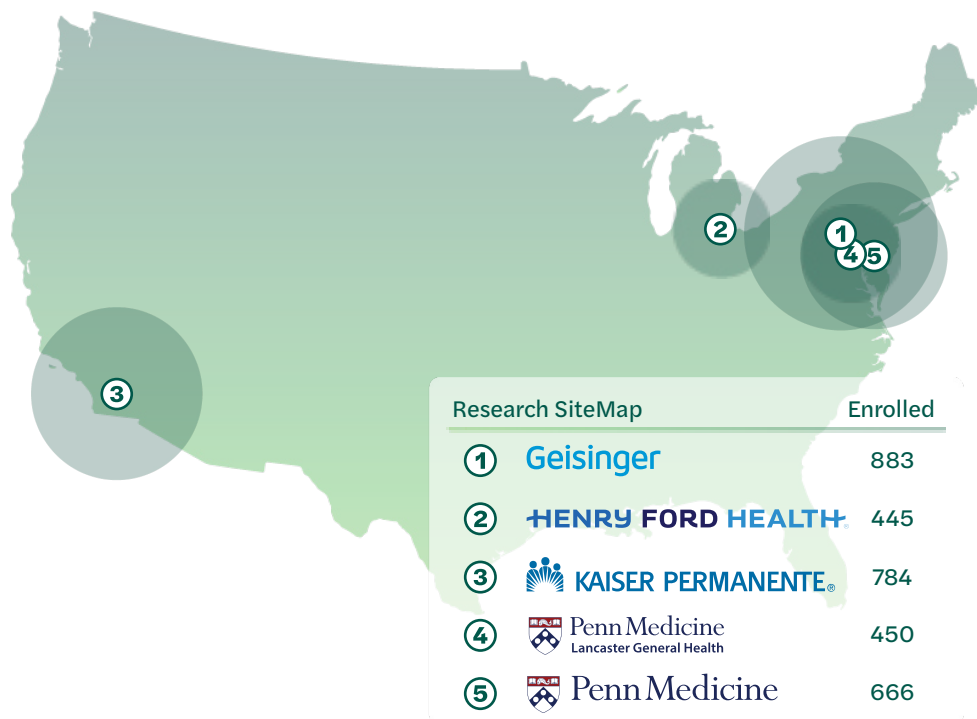
3,228

people who smoke from underserved groups at four large health systems across the country participated.

The *Healthy Lungs* research team recruited patients referred for lung cancer screening at participating health systems.

I am so proud of myself. I have tried to quit before, and I don't know if it's the incentive that you all are giving or what, but it's keeping me on track.

Participant
Healthy Lungs — Henry Ford Health

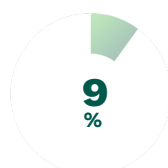


Participants identified across a range of underserved groups.

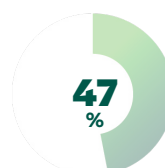
Categories are not mutually exclusive.
Percentages will add up to > 100%.

Learn more.

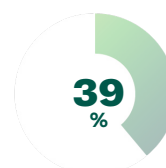
The study is complete, and the results will be published soon. Scan the QR code to visit our [website](#) and access the results when they become available.



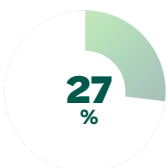
Hispanic or Latino/a/x



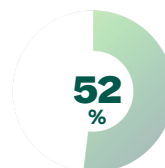
Household income below 200% FPL



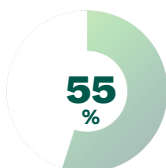
Rural residency



Black or African American



High school education or less



Met multiple criteria

PCORI Disclosure Statement

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