

# Mountains of Hope

## Final Mini-grant Summary 2018-2019

Group/Organization Implementing Project: Ebenezer Medical Center

Name of Project: A Breath of Fresh Air

Project Coordinator: Rebecca Glass

- **Project** – This project will work to increase tobacco cessation efforts at Ebenezer Medical Outreach (EMO) in all departments.
- **Aim(s) addressed:**
  - AIM 1-Reduce the use of tobacco products and electronic nicotine delivery systems among adults.
  - AIM 2-Reduce the use of tobacco products and electronic nicotine delivery systems among youth under 18 and young adults 18-34 years old.
  - AIM 3-Reduce exposure to secondhand smoke.
  - AIM 25-Conduct educational activities about cancer and related topics.
- **How many people were reached:** 793
- **Evaluation method:** number of people reached
- **Evaluation results:** Our evaluation results show that we met and exceeded all project goals, except one, which was patient referrals to the WV Quitline. The project successfully aligned the tobacco cessation efforts with Ebenezer Medical Outreach's (EMO) medical and dental providers. All of EMO's providers and staff were trained on the 5A's intervention, how to refer someone to the Quitline, and how to use the carbon monoxide monitor as a cessation aid. 3 different community outreach events allowed EMO's staff to provide program services and cessation services to members of the community they wouldn't otherwise have access to. Quitline referrals counted as "completed" were only those patients that were ready to make a quit attempt. Many other patients who were determined not ready for a quit attempt were given Quitline enrollment information, as well as cessation tools to use at home.