Roles of Lay Health Workers in Promoting Smoking Cessation from Asian American Smokers and Family Members' Perspectives

Alice Guan, MPHc ▪ Janice Cheng, PhD ▪ Edgar Yu, BS
Nancy Burke, PhD ▪ Tung Nguyen, MD ▪ Janice Tsoh, PhD

University of California, San Francisco
San Francisco State University
Asian American Research Center on Health

Research Support

Objective

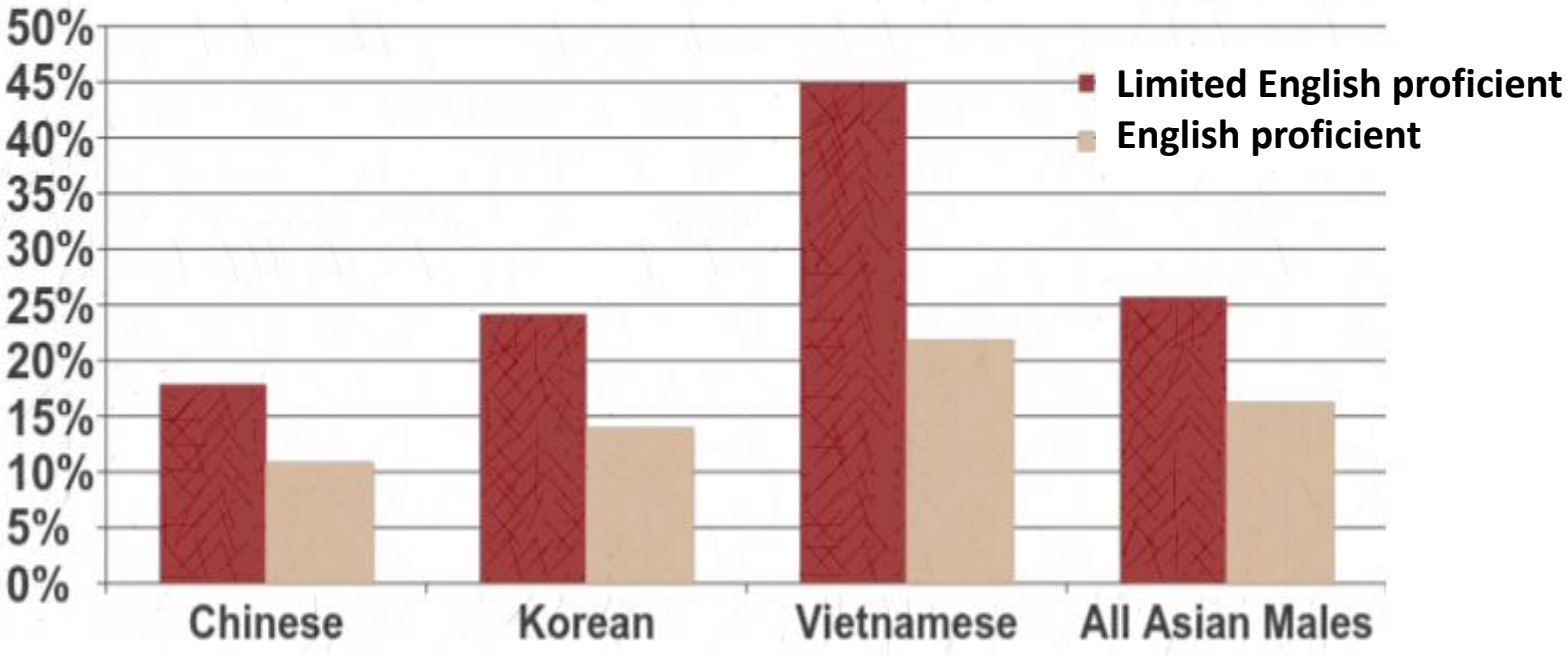
To understand lay health worker roles in promoting smoking cessation from the perspectives of Asian American smokers and their family members

Lay Health Workers

Lay health workers (LHW) are peers from our target communities who are able to deliver information in a culturally, linguistically and socially appropriate way

Tobacco Use Disparities

Smoking prevalence by English proficiency; Selected Asian American males in CA (Source: 2007, 2009 CHIS)



Tobacco Use Disparities

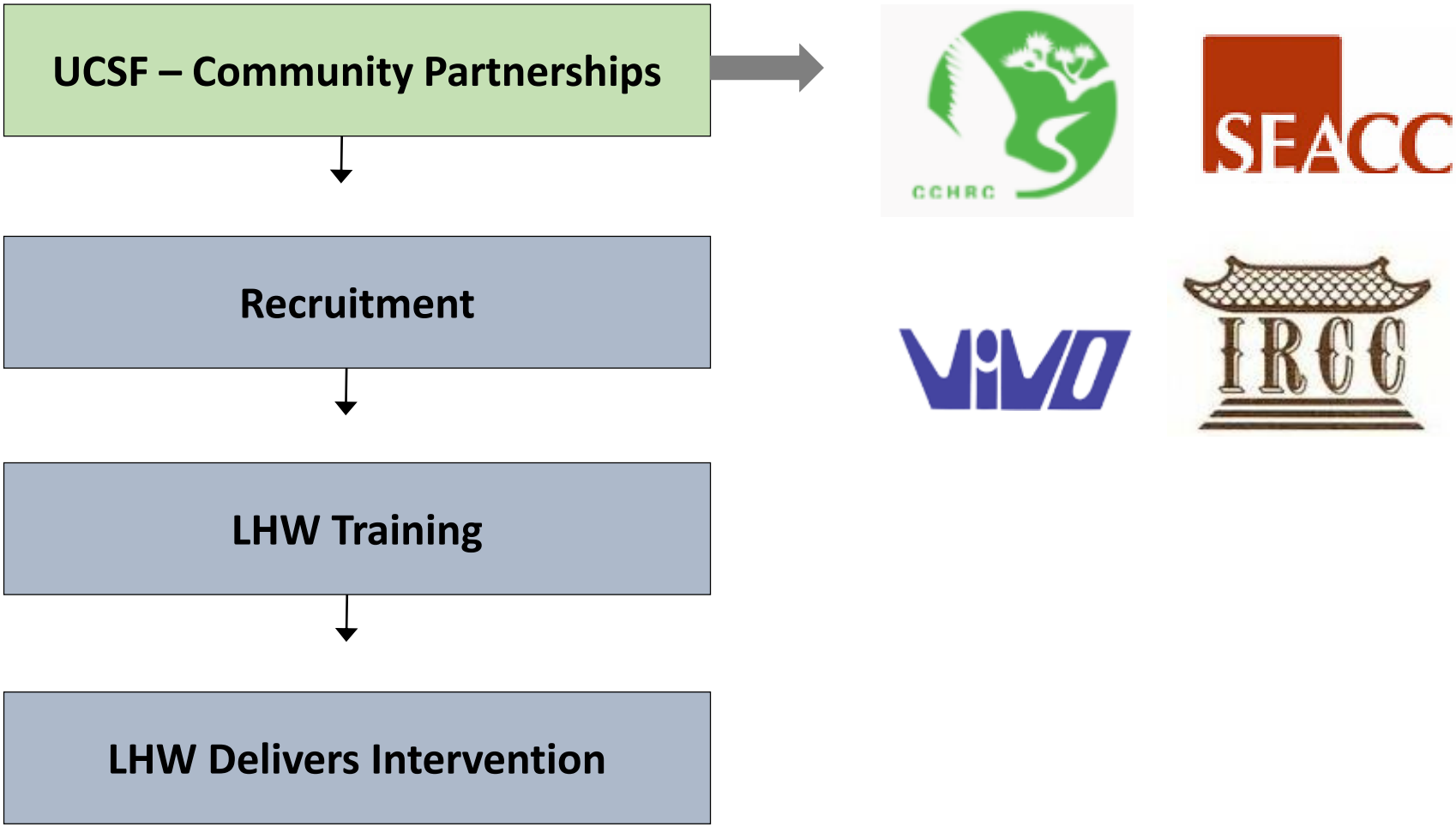
Associated factors:

- High male smoking prevalence in countries of origin
- Low utilization of smoking cessation resources
- Barriers to healthcare

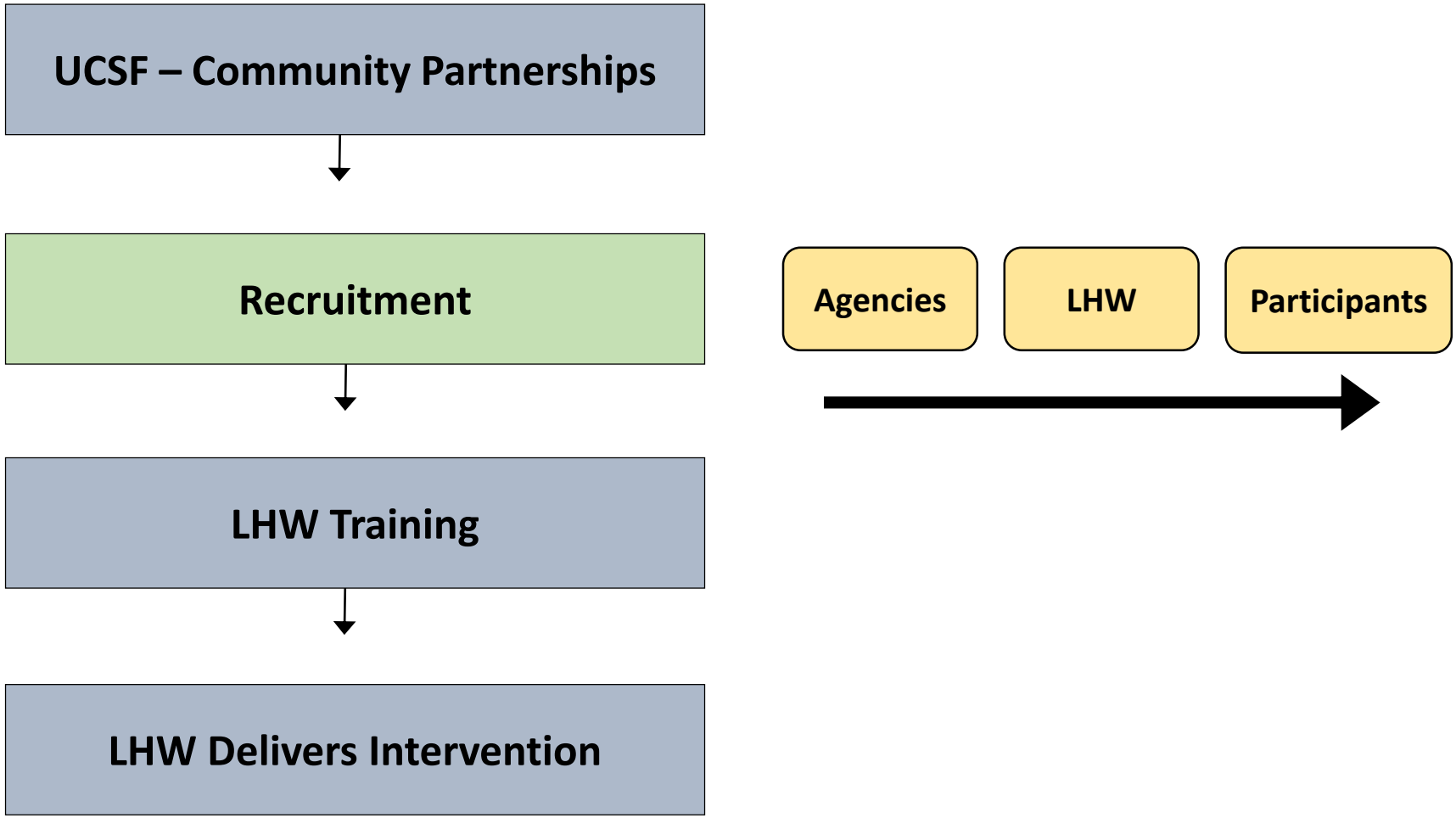
Promising Approach: Lay Health Worker (LHW) Outreach Interventions

Tsoh, J.Y., et al. (2015)

Study Overview



Study Overview



Study Overview

UCSF – Community Partnerships

↓

Recruitment

↓

LHW Training

→

↓

LHW Delivers Intervention

Study Overview

UCSF – Community Partnerships

Recruitment

LHW Training

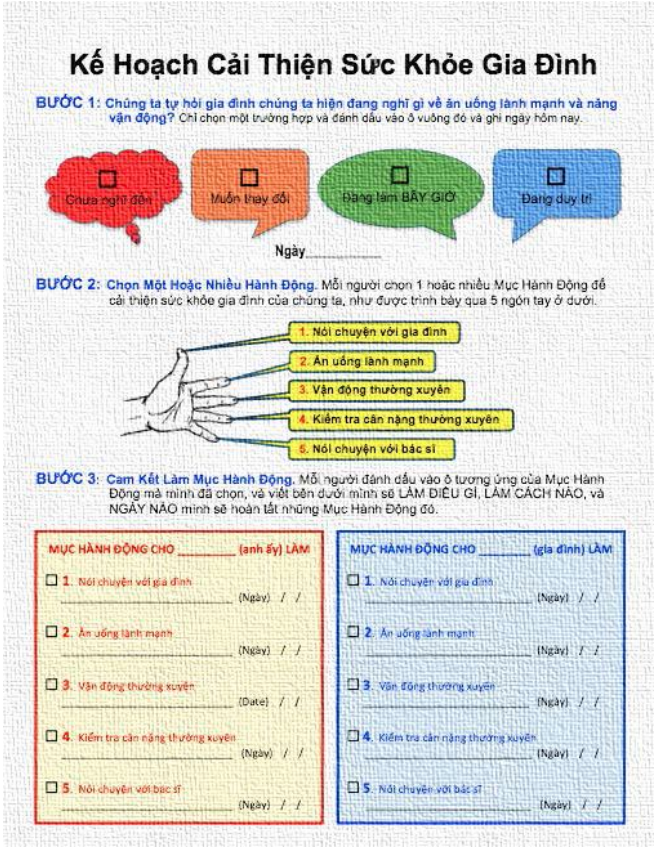
LHW Delivers Intervention

2 small group education sessions

2 follow-up calls

Sample Intervention Materials

Family Action Plan:



Kế Hoạch Cải Thiện Sức Khỏe Gia Đình

BƯỚC 1: Chúng ta tự hỏi gia đình chúng ta hiện đang nghĩ gì về ăn uống lành mạnh và năng vận động? Chỉ chọn một trường hợp và đánh dấu vào ô vuông đó và ghi ngày hôm nay.

☐ Chưa nghĩ đến ☐ Muốn thay đổi ☐ Đang làm BÂY GIỜ ☐ Đang duy trì

Ngày_____

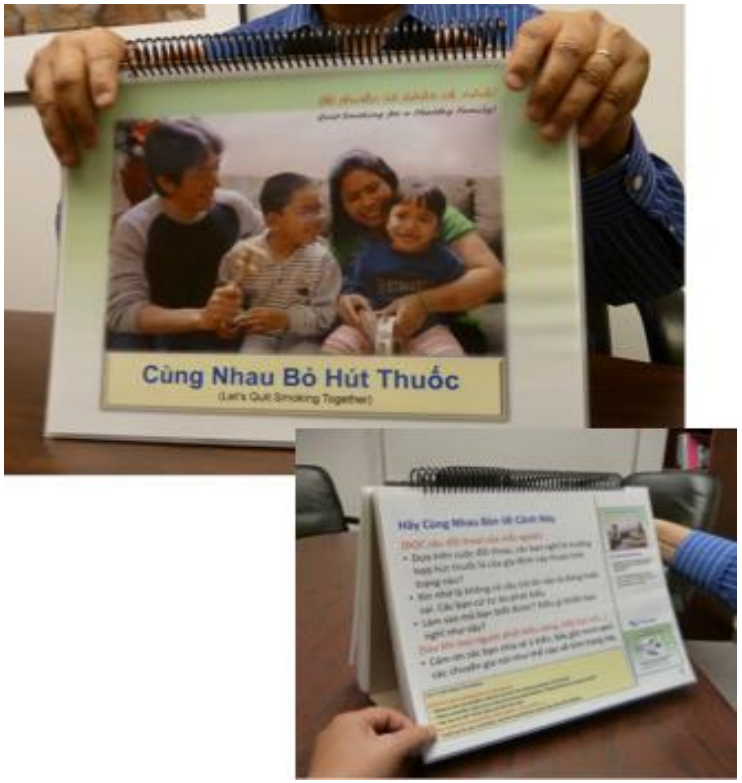
BƯỚC 2: Chọn Một Hoặc Nhiều Hành Động. Mỗi người chọn 1 hoặc nhiều Mục Hành Động để cải thiện sức khỏe gia đình của chúng ta, như được trình bày qua 5 ngón tay ở dưới.

1. Nói chuyện với gia đình
2. Ăn uống lành mạnh
3. Vận động thường xuyên
4. Kiểm tra cân nặng thường xuyên
5. Nói chuyện với bác sĩ

BƯỚC 3: Cam Kết Làm Mục Hành Động. Mỗi người đánh dấu vào ô tương ứng của Mục Hành Động mà mình đã chọn, và viết bên dưới mình sẽ LÀM ĐIỀU GÌ, LÀM CÁCH NÀO, và NGÀY NÀO mình sẽ hoàn tất những Mục Hành Động đó.

MỤC HÀNH ĐỘNG CHO _____ (anh ấy) LÀM	MỤC HÀNH ĐỘNG CHO _____ (gia đình) LÀM
☐ 1. Nói chuyện với gia đình _____ (Ngày) / /	☐ 1. Nói chuyện với gia đình _____ (Ngày) / /
☐ 2. Ăn uống lành mạnh _____ (Ngày) / /	☐ 2. Ăn uống lành mạnh _____ (Ngày) / /
☐ 3. Vận động thường xuyên _____ (Date) / /	☐ 3. Vận động thường xuyên _____ (Ngày) / /
☐ 4. Kiểm tra cân nặng thường xuyên _____ (Ngày) / /	☐ 4. Kiểm tra cân nặng thường xuyên _____ (Ngày) / /
☐ 5. Nói chuyện với bác sĩ _____ (Ngày) / /	☐ 5. Nói chuyện với bác sĩ _____ (Ngày) / /

Flipchart:



Data Source

- Qualitative text data from participants who participated in a LHW outreach intervention.
- Data were taken from a single group trial (n=188) and an ongoing RCT (n=60)
- Participants' comments to the open-ended question, ***"Any other comments such as the program activity that you liked the most, or liked the least, or disliked?"***

Methods

- Qualitative Content Analysis
- Independent coders
- Computer-assisted coding with ATLAS.ti

Participant Characteristics

- N = 248 (124 smoker-family dyads)
- Male daily smokers (mean age 53.8)
- Family members (92% female, mean age 51.1)
- 98% were foreign born
- 96% had limited English proficiency
- 47% had not completed HS

Results

- Participants' comments were consistently positive and enthusiastic
- We found three major themes related to the roles LHWs played in promoting smoking cessation

Results – Theme 1

LHW delivered information in culturally and personally relevant manner

Results – Theme 1

LHW delivered information in culturally and personally relevant manner

"The LHW **explained the information** very well." (F)

Results – Theme 1

LHW delivered information in culturally and personally relevant manner

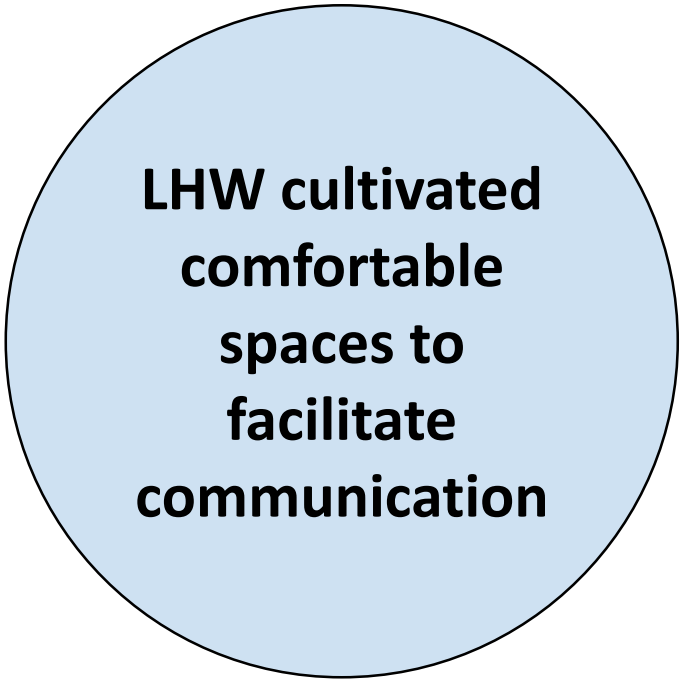
"The LHW presented clearly and briefly, which **helped me understand** the topic." (S)

Results – Theme 1

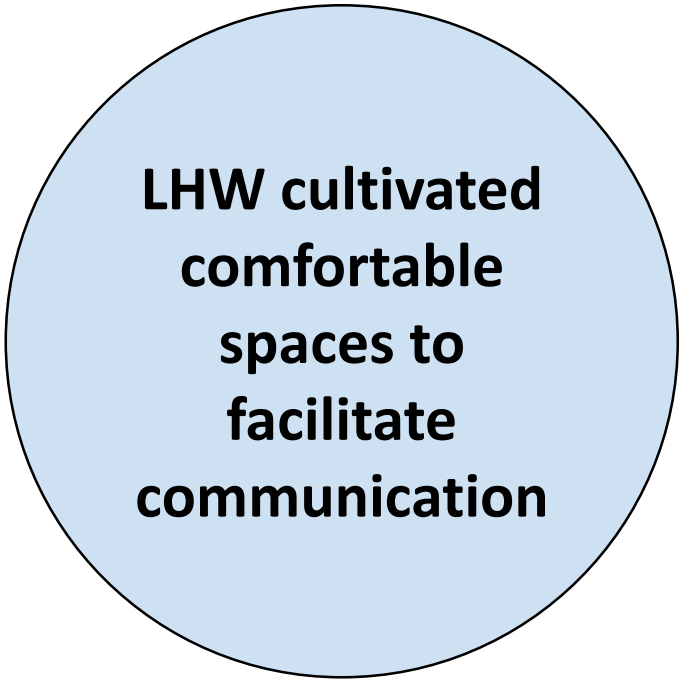
LHW delivered information in culturally and personally relevant manner

"This program is very good. The topic is difficult to understand, but the LHW used flip charts with pictures and practical illustrations to **help people understand**." (F)

Results – Theme 2

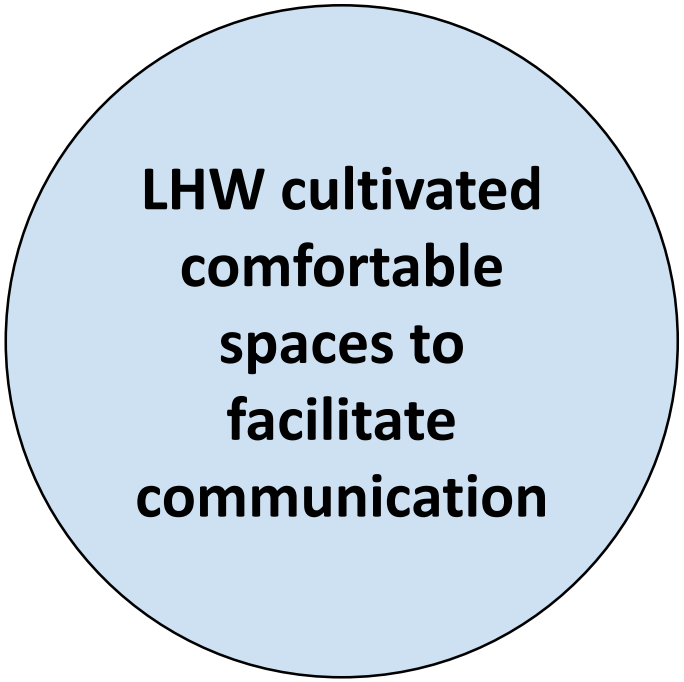


Results – Theme 2



"When two people join the Project, they listen to the presentation together. If the couple has different (antagonistic) points of view, then the other participants or the LHW are present to clearly **explain the issue.**" (F)

Results – Theme 2



"The LHW helped my husband very much to quit smoking… We had the **chance to talk to friends** in the group session about quitting smoking." (F)

Results – Theme 2

LHW cultivated comfortable spaces to facilitate communication

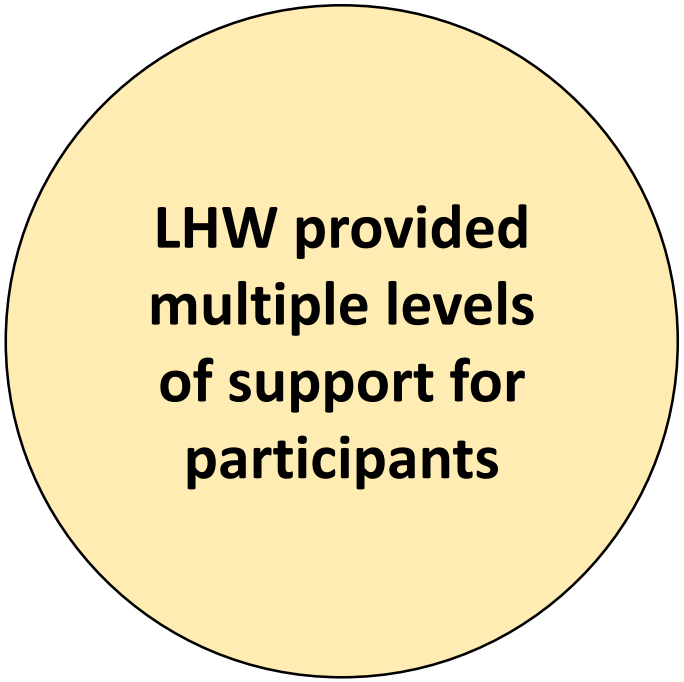
"… The LHW was very friendly and open minded, which made me feel **comfortable revealing my thoughts**."

(S)

Results – Theme 3

LHW provided multiple levels of support for participants

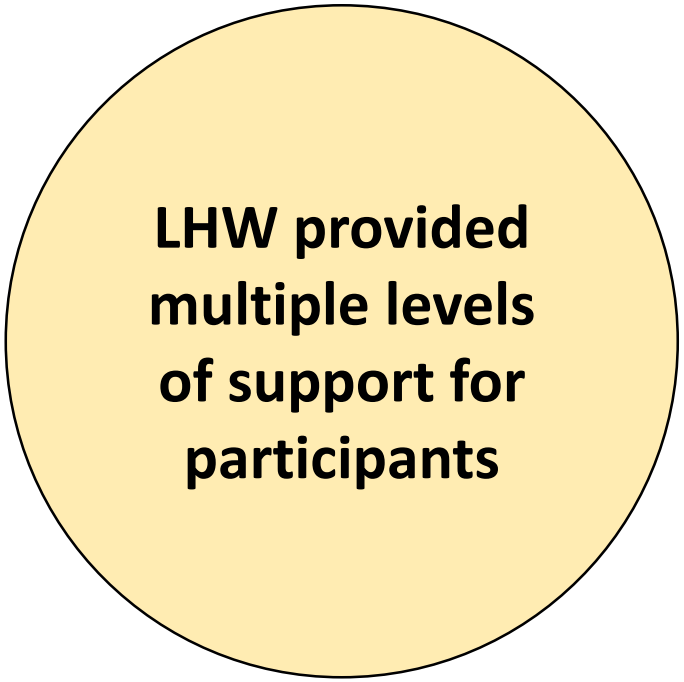
Results – Theme 3



Informational Support

"I learned **methods of quitting smoking** from the LHW presentation… The learning program was very exciting." (F)

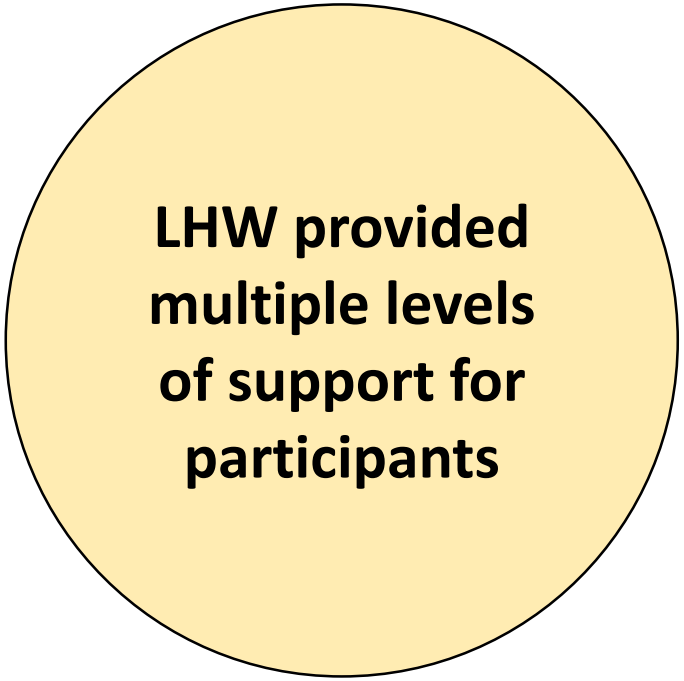
Results – Theme 3



Emotional Support

"This project is perfect… and solidly addressed problems… that help smokers feel more confident to quit smoking…. In the past, I was walking without direction. Now, the LHW slowed me down and reminded me to quit smoking." (S)

Results – Theme 3

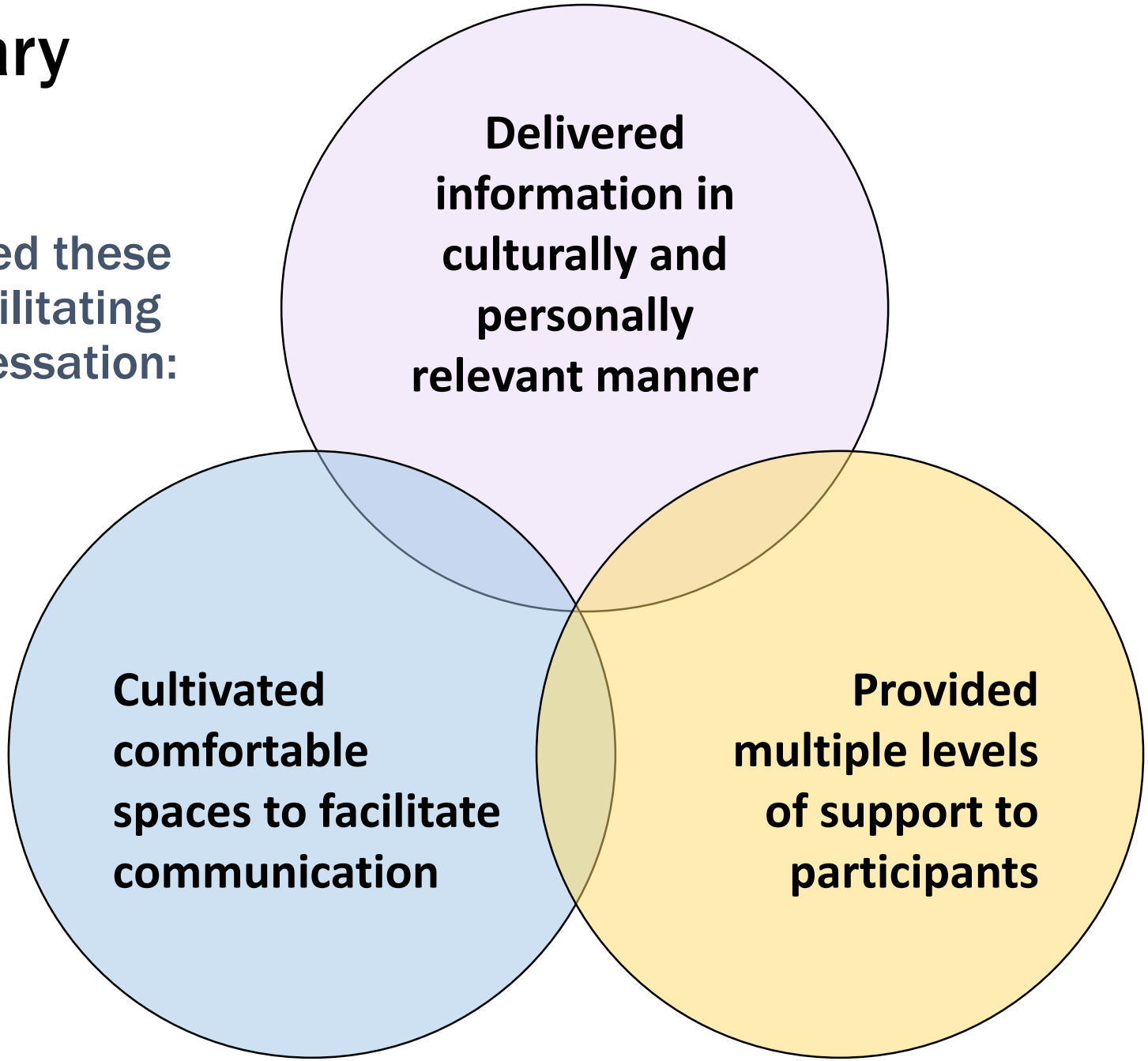


Empowerment and Support

"This project is very good and helps me as a smoker reduce and eventually quit smoking. Thanks to the **encouragement** of the LHW, I have **decided to quit smoking**." (S)

Summary

LHWs played these roles in facilitating smoking cessation:



Conclusion

LHW outreach intervention for smoking cessation is highly acceptable

Further understanding of the mechanisms involved in LHW outreach interventions for smoking cessation are needed to guide new strategies

Acknowledgements

The authors wish to express their gratitude the following for their valuable contributions in developing and implementing the project:

Elaine Chan

Ginny Gildengorin

Ching Wong

Khanh Le

Bang Nguyen

Stephen McPhee

Joyce Cheng

Joanne Chan

Angela Sun

Thao Nguyen

Anthony Nguyen

Mai Pham

Contact Information

Alice Guan, MPHc

alice.guan@ucsf.edu

Janice Tsoh, Ph.D. (PI)

University of California, San Francisco

janice.tsoh@ucsf.edu