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

TOBACCO-RELATED DISEASE RESEARCH PROGRAM

National Institute on Drug Abuse

The Science of Drug Abuse & Addiction

NATIONAL CANCER INSTITUTE

Minority Training Program in Cancer Control Research
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
Study Overview

UCSF – Community Partnerships

Recruitment

LHW Training

LHW Delivers Intervention
Study Overview

UCSF – Community Partnerships

Recruitment

LHW Training

LHW Delivers Intervention

Agencies > LHW > Participants
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:

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)
“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

LHW cultivated comfortable spaces to facilitate communication
Results – Theme 2

LHW cultivated comfortable spaces to facilitate communication

“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)
“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)
“... 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

“\textbf{I learned methods of quitting smoking from the LHW presentation}... The learning program was very exciting.” (F)

\textbf{LHW provided multiple levels of support for participants}

\textbf{Informational Support}
Results – Theme 3

LHW provided multiple levels of support for participants

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)
“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:

- Delivered information in culturally and personally relevant manner
- Cultivated comfortable spaces to facilitate communication
- Provided multiple levels of support to participants
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 to 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