

# Breaking Down the Silos



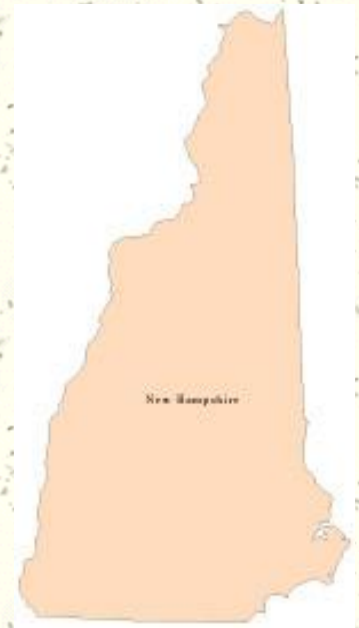
Susan L. Morrison, M.Ed

Judith L. Nicholson, M.Ed

NH Division of Public Health Services  
Tobacco Prevention and Control Program

# New Hampshire Facts

- # Population of 1.3 Million
- # Demographics
- # Legislation
- # NH - Live Free or Die



# Silos



# Tobacco Program Ultimate Goals

- # Promote the NH Try To STOP TOBACCO Resource Center
  - Link to website -[www.TryToStopNH.org](http://www.TryToStopNH.org)
  - Increase calls to our Smokers' Helpline
  - Increase health care provider awareness and referrals thru our [www.QuitWorksNH.org](http://www.QuitWorksNH.org)
- # Uniform contract language
- # Need to collaborate across prevention services



# Team GORP was Born!!

What is GORP?



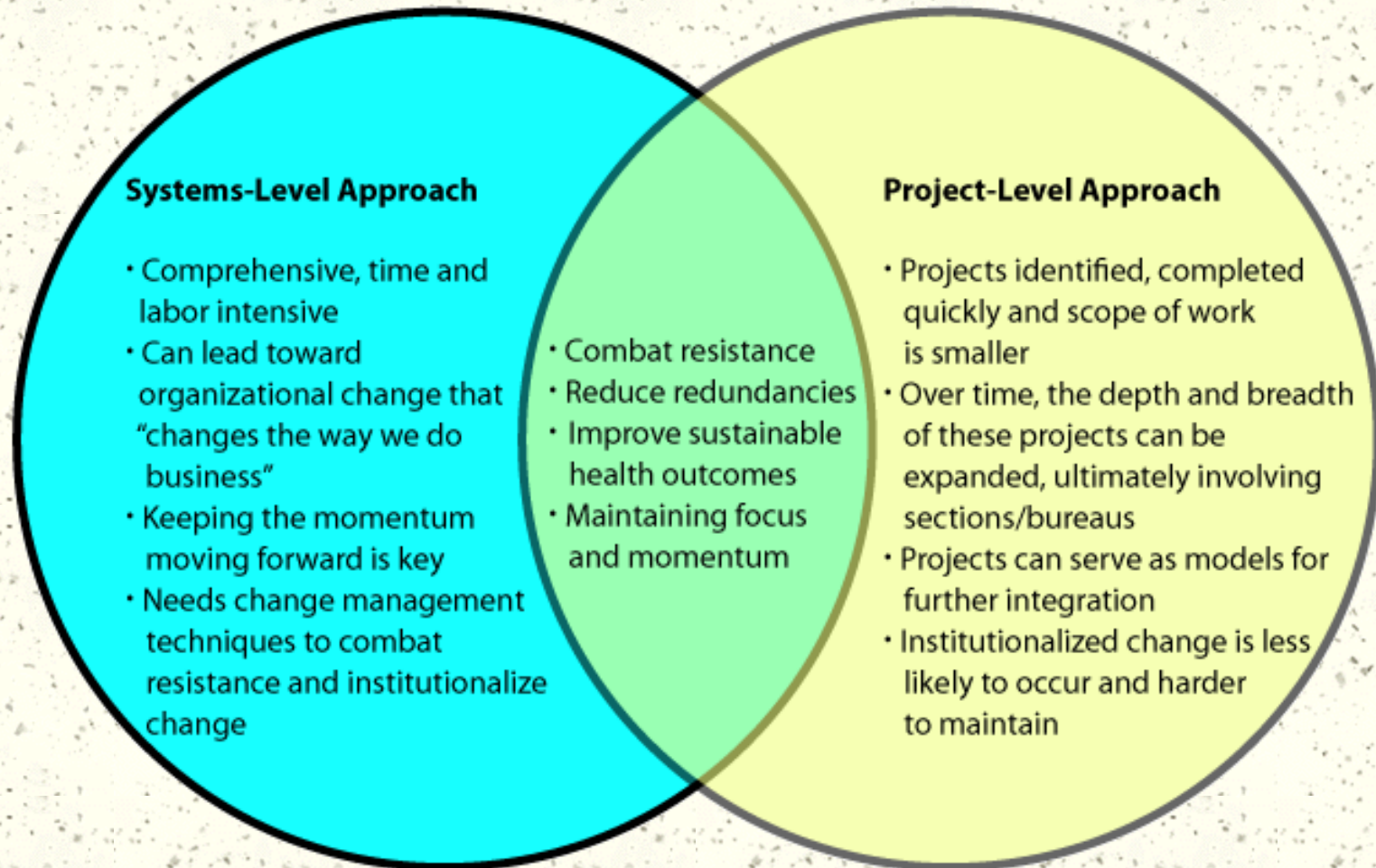
Individually, we are good -  
in combination  
we are indescribably delicious!!

# Moving Idea into Action..

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- # Establish
- # Identify
- # Outreach
- # Assess
- # Collaborate
- # Evaluate

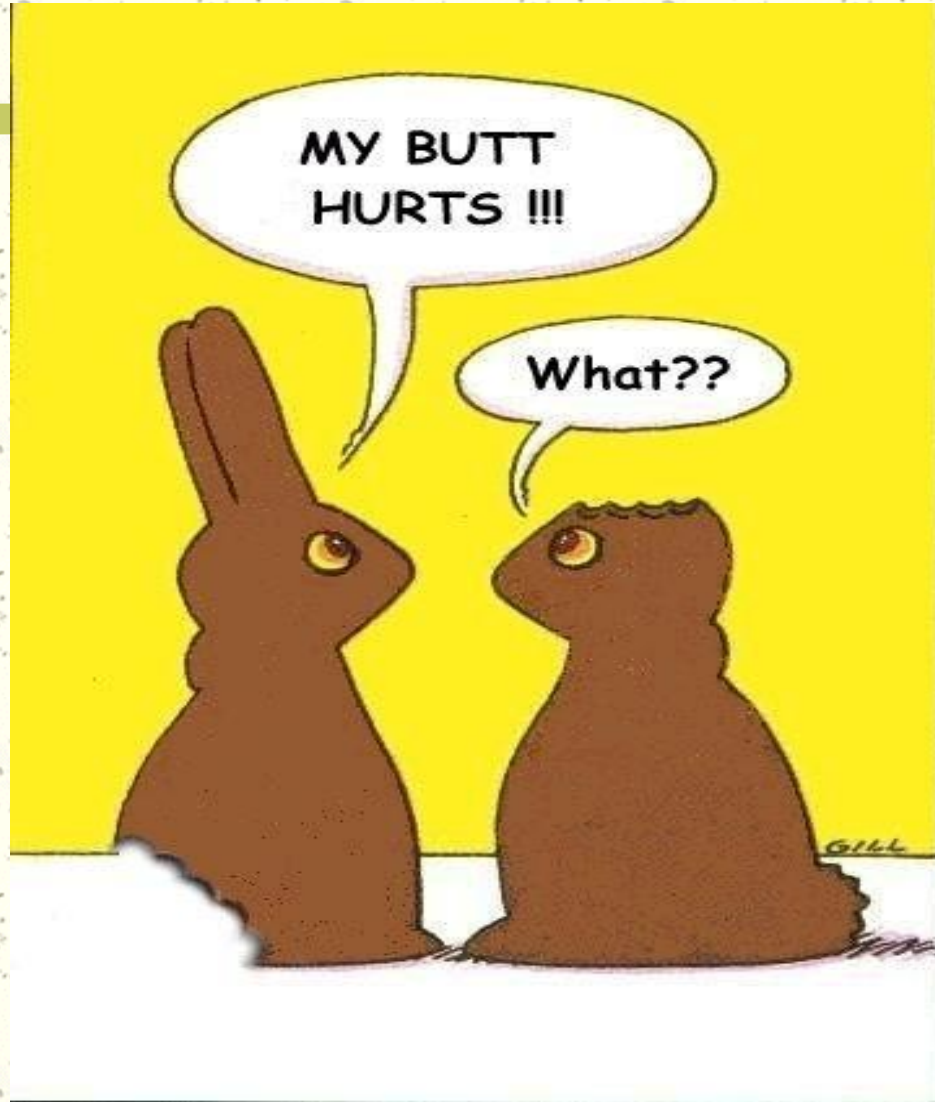
# Integration Models



# Chronic Disease Integration Goals

- # Learn each other's programs in more depth
- # Reach underserved
- # Institute changes without increasing the burden on partners
- # Save money
- # Share and maximize resources
- # **TPCP's Bottom line -  
To Promote The Resource Center!!!!**

# Importance of Listening



# Collaborative Projects with Diabetes and Asthma Programs

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- # Quarterly Newsletter
- # Fact Sheets & Provider Packets
- # Staff Training for Educators
- # Conference Exhibit & Presentations
- # Sharing Technical Resources
- # Chronic Disease Coded Fax Referral  
Forms

# Diabetes, Smoking & Health

New Hampshire  
**Diabetes**  
Education Program

If you have diabetes, you are at a high risk for heart disease, stroke, and many other conditions.

Smoking can make these health problems much worse.

Quitting smoking is one of the best things you can do for your health.

If you have diabetes and you smoke.....



Smoking can make your **Blood Sugar** harder to control.  
It can affect how your body uses insulin.



Smoking is harmful to your **heart** and blood vessels.  
It increases **blood pressure** and worsens your cholesterol levels.  
You are far more likely to have a heart attack if you smoke.



Smoking causes oral health problems like cancer and periodontal disease.  
It can lead to **tooth loss**.



Smoking can lead to problems with your kidneys.  
Drugs that help prevent **kidney failure** don't work as well for people who smoke.



Smoking can cause **vision problems** and can lead to blindness.



If you have diabetes and you smoke, you are more likely to have **nerve damage**.



Smoking and diabetes increases your risk for **erectile dysfunction**.

Talk to your doctor, certified diabetes educator, or another member of your healthcare team if you would like to quit smoking. They can help you.

[www.TryToStopNH.org](http://www.TryToStopNH.org)

The Try-To-STOP TOBACCO Initiative offers fact sheets and information about local tobacco treatment resources. Free counseling is available to all NH Residents by Certified Tobacco Treatment Specialists.

**1-800-Try-to-STOP (1-800-879-8678)**

The NH Breakers' Hotline has free telephone-based coaching and print materials for all NH Residents.

American Diabetes Association, Smoking and Diabetes: Technical Review, Diabetes Care, 1999;22(12):1887-1896.  
American Diabetes Association, Smoking and Diabetes: Position Statement, Diabetes Care, 2004;27(9):pp1 1347-478.  
[www.diabetes.org](http://www.diabetes.org)

 NH Try To STOP TOBACCO  
Resource Center  
[www.trytostopnh.org](http://www.trytostopnh.org)

# Totally GORP-ish Example

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## Asthma, Diabetes & Tobacco Collaborative RFP

### # Increase DPHS impact on:

- Public health infrastructure
- Population health messaging
- Access to evidence-based clinical health care.

# Breast & Cervical Cancer Early Detection Program (BCCP)

**Opportunity cam-ah knockin, TPCP was listening!**

- # Federal mandate - July 1<sup>st</sup>, 2010 grantees must assess the smoking status of every woman screened
- # Start small to test results
- # BCCP desire to initiate at site level, not at state level .
- # Meeting with BCCP to amend enrollment form and train field staff
- # Follow-up monthly mailer to new clients

Are You a

Sister Aunt Amiga Grandmother ? Mother ? Auntie  
Neice ? Eposa Tia Mommy Stepmother Friend Sister  
Daughter Bubbie Daughter Hermana Wife  
Madre Grammy Hija Prima ? Abuela Nana Mom

**Do You Smoke? Then This Message Is for You.**

If you are a woman who would like help quitting smoking and you live in New Hampshire,  
you can get free counseling.  
Call 1-800-Try-To-STOP (1-800-879-8678)/1-800-DEJALO (1-800-833-5256)  
or go to [www.TryToStopNH.org](http://www.TryToStopNH.org). You Can Stop. We Can Help.

# Reach us at:

Susan.L.Morrison@dhhs.state.nh.us

Judith.L.Nicholson@dhhs.state.nh.us

(603) 271-6891

