



Radon Testing via the North Dakota Tobacco Quitline

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Learning Objectives

- Tobacco Quitlines: Brief History
- Offering Radon Tests via ND Quitline
- Key Findings
- Next Steps

Tobacco Quitlines History



- 1992 First Quitline in CA
- 1998 Master Settlement Big Tobacco
- 2004 Quitlines 34 states
- 2006 CDC 50 states, DC & P.R.
- Services:
 - Counseling
 - Nicotine gum, Rx drugs

QuitLines: An Opportunity for Radon Education



1 in 4 smokers exposed to 20 pCi/L radon will get lung cancer

North Dakota



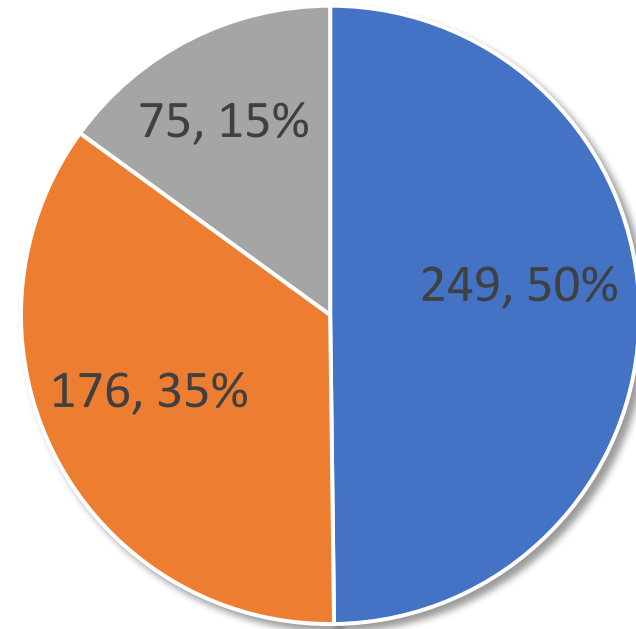
High uranium
+ cold winters

High indoor radon

*In ND, 2/3 homes high radon; **many > 20 pCi/L.***

ND QuitLine

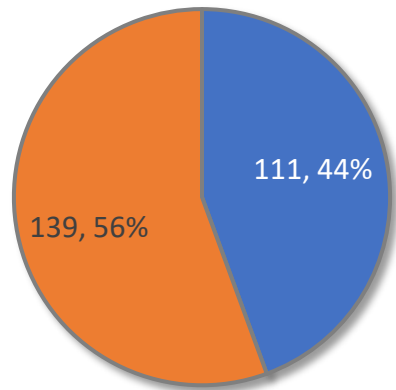
- Callers offered free radon test, 2/2021- 2/2023
- We measured demographics, interest in, & and test return rate



■ 500 Called QuitLine ■ 251 Requested Kit
■ 75 Sent in Kit

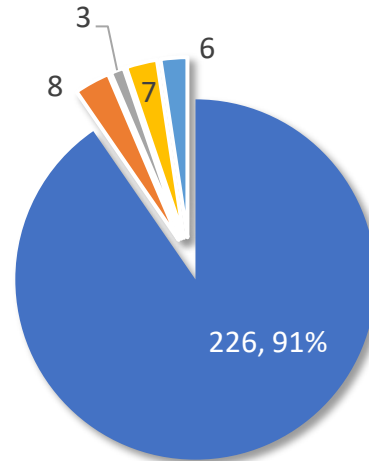
Caller Demographics

Sex



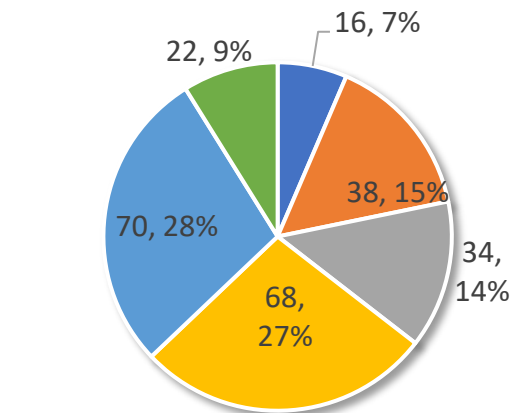
■ Male ■ Female

Race



■ White ■ AI/AN ■ Asian
■ Black ■ Other

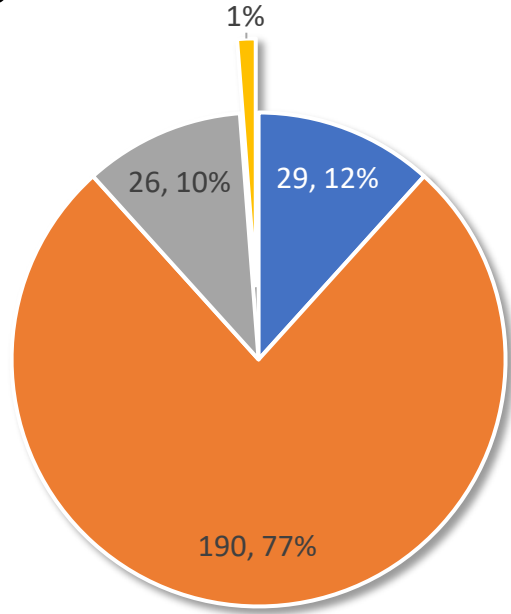
Age



■ 19-30 ■ 31-40
■ 41-50 ■ 51-60
■ 61-70 ■ 71-83

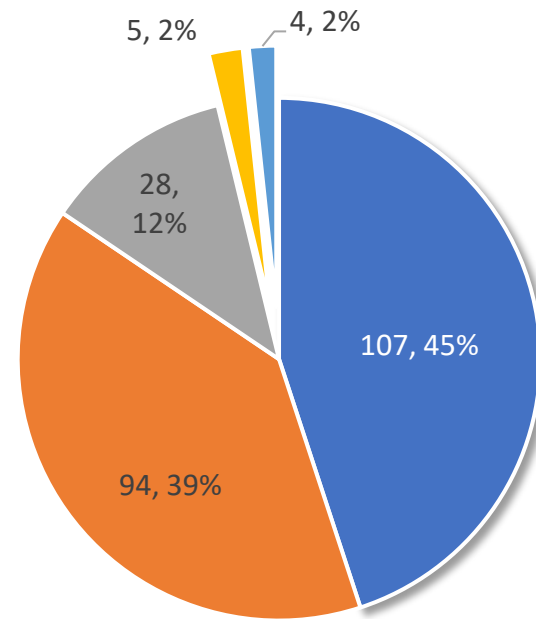
Smoking History

Age Started Smoking



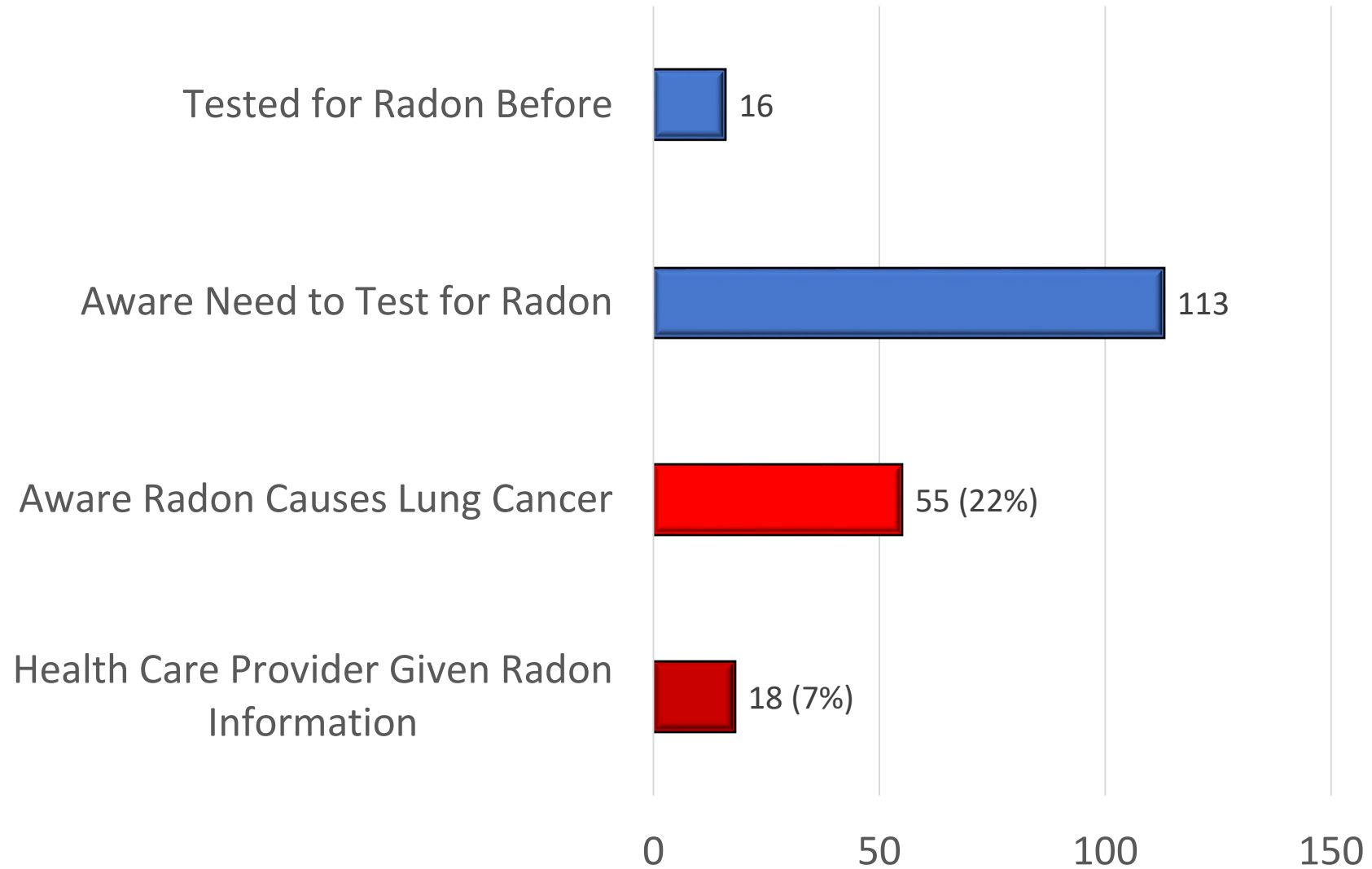
■ 5-12 ■ 13-20 ■ 21-40 ■ 41-62

Packs per Day

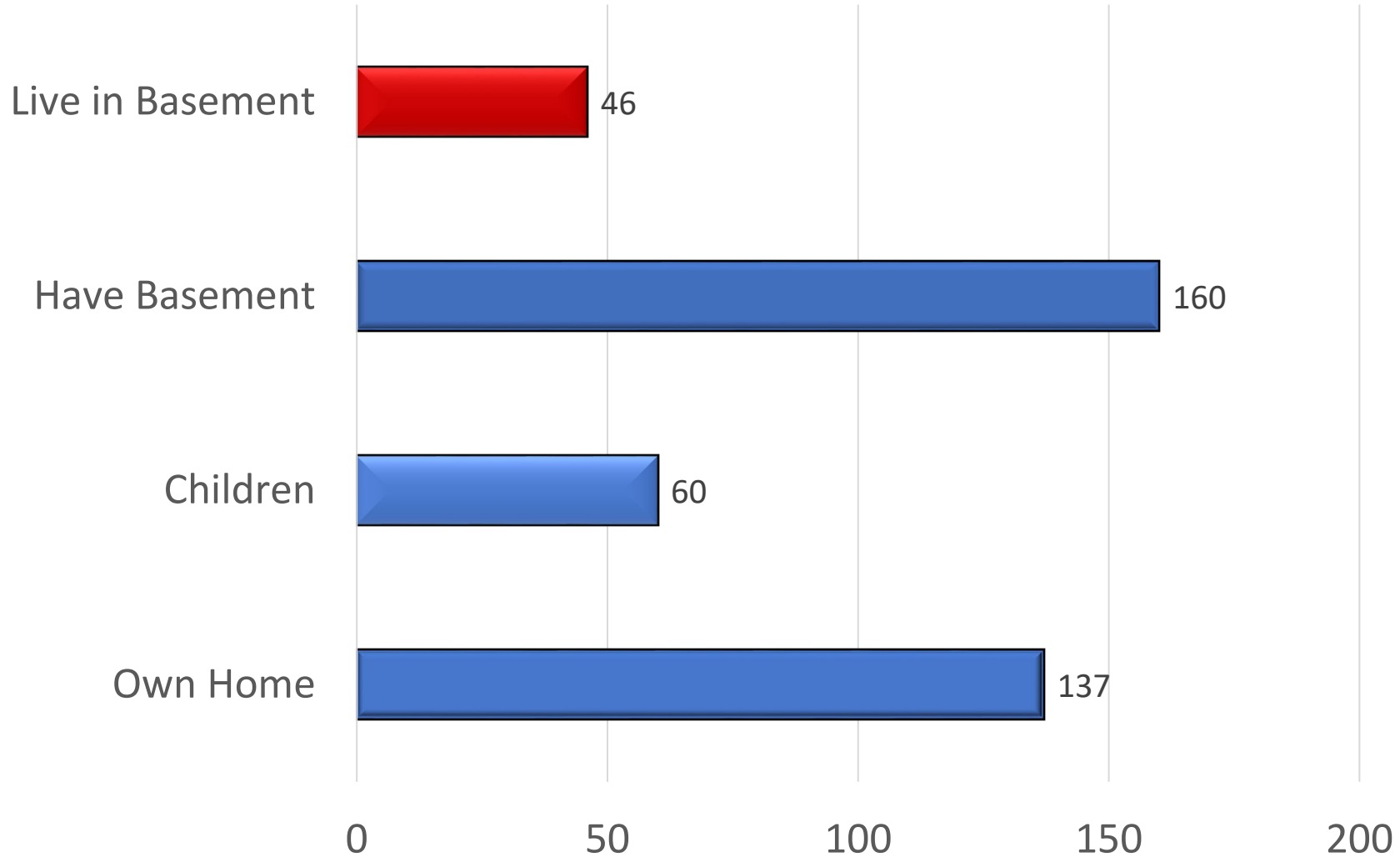


■ 1 ■ 2 ■ 3 ■ 4 ■ 5

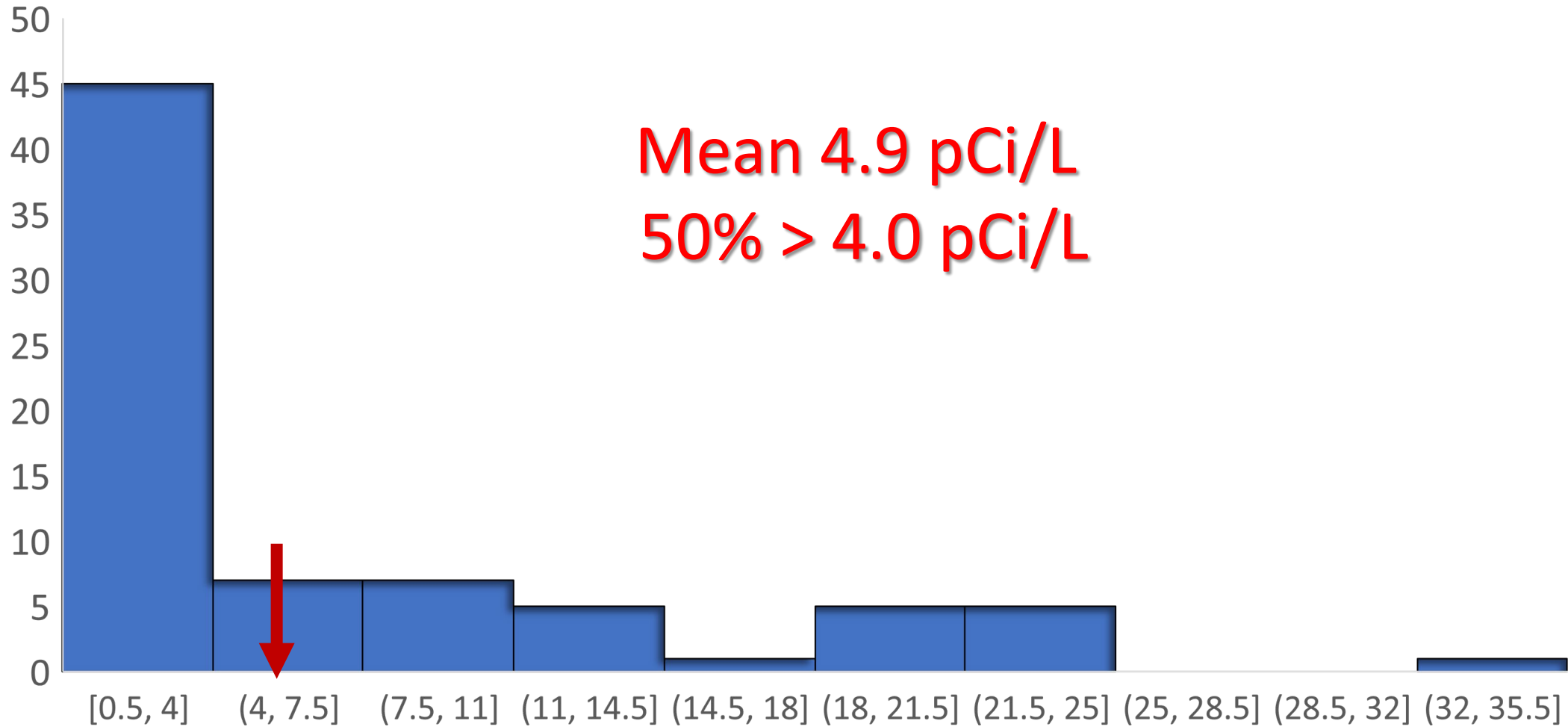
Radon Knowledge



Housing Data

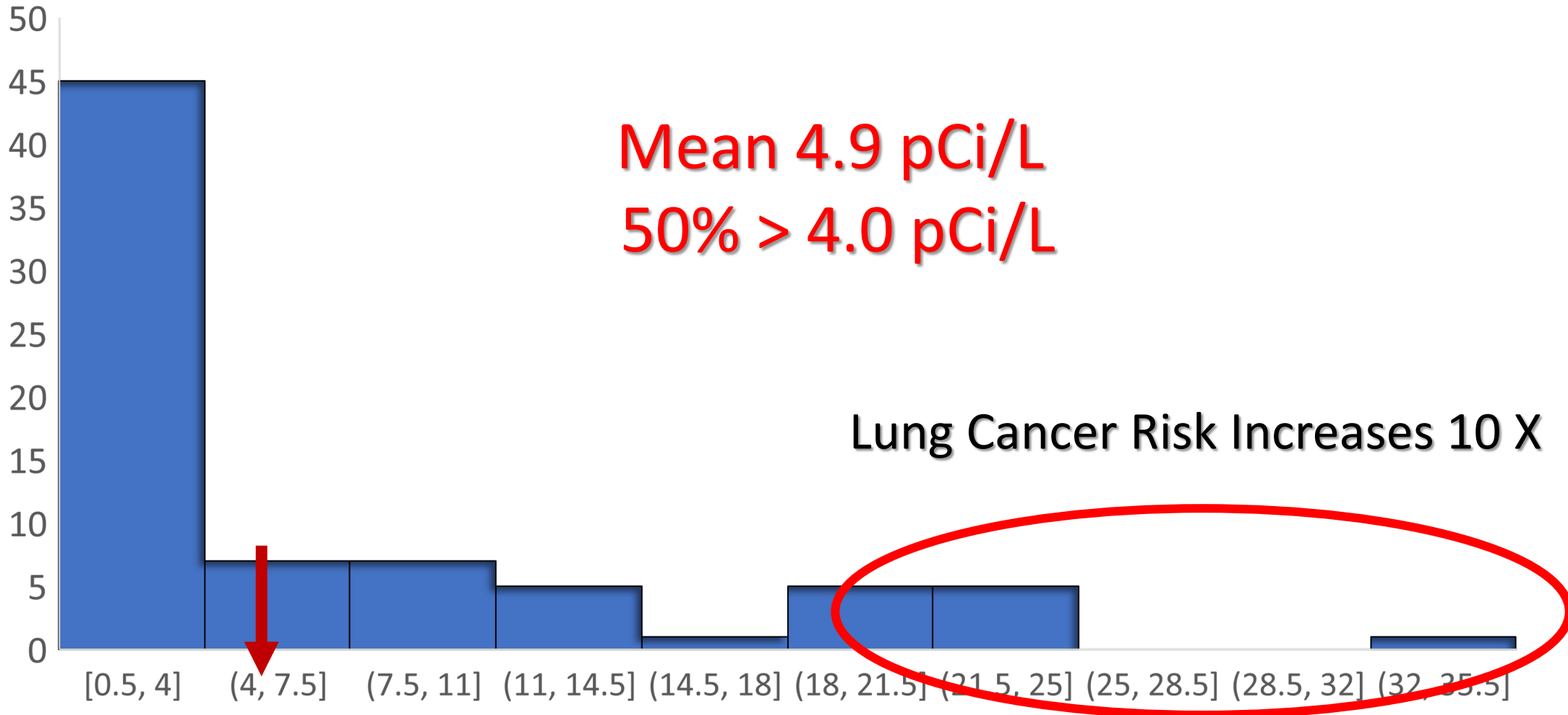


Radon Levels, pCi/L

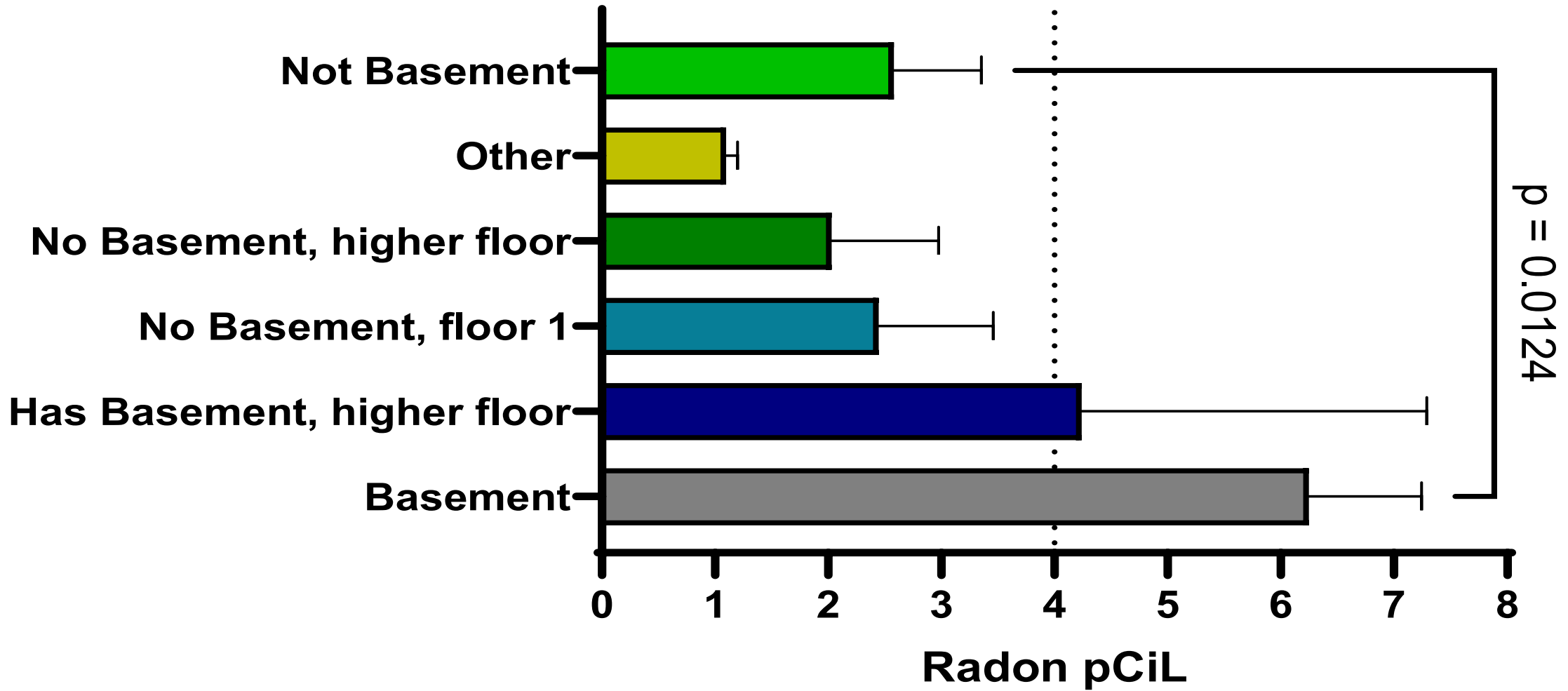


Radon Levels, pCi/L

Mean 4.9 pCi/L
50% > 4.0 pCi/L



Radon Level by Location



Radon via ND Quitline: *Summary*

- Of the first 500 callers:
 - 50% requested radon test
 - **Only 1/5 knew radon caused lung cancer**
 - 30% returned the test to the lab
 - ***50% of tests > 4.0 pCi/L***

Radon & QuitLine: What's Next?

- This was a feasibility study
- Future callers get test & EPA radon brochures
- To increase test returns, test inexpensive methods:
 - Text messages
 - Post cards
 - Follow-up calls

Take Home Message

- Smokers exposed to radon ↑ lung cancer risk 10 TIMES
- Quitlines exist every state. *To our knowledge, none discuss radon*
- Quitline radon education & test distribution is feasible

Quitlines should offer radon education,
esp. in high radon states

Acknowledgements



Radon Outreach and Research

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What is Radon?

You need to test your house for radon.

• Radon comes from gas.

• Radon can kill you, your dog, and it can cause lung cancer.

- You can't see radon
- You can't smell radon
- You can't taste radon
- You can't hear radon

• It comes from underground.

