



Texas Medicaid & CHIP

Health and Human Services Commission

S.B. 10 Healthy Lifestyles

August 26, 2008

S.B. 10 Healthy Lifestyles

- S.B. 10 requires HHSC to:
 - Develop and implement a pilot program in one area of the state;
 - Provide Medicaid recipients positive incentives to lead healthy lifestyles, through participation in certain health-related programs or engaging in certain health-conscious behaviors; and
 - Submit a report to the legislature by December 1, 2010.

S.B. 10 Healthy Lifestyles Pilot

Pursuant to S.B. 10:

- HHSC is developing a tobacco cessation pilot.
 - Aims to promote healthy lifestyles and reduce the risk of tobacco-related conditions.

Tobacco Statistics

- Smoking is the leading preventable cause of death.
 - More people die from smoking than from car accidents, fire, AIDS, heroin, cocaine, alcohol, and murder - combined.
- Smoking rates in the Medicaid population nationally are higher than in the general public.
 - 35 percent vs. 20.8 percent
- Texans with disabilities have a higher prevalence of smoking.
 - 29.9 percent vs. 19.8 percent

Medicaid Coverage: Tobacco Cessation

- Texas Medicaid covers over the counter tobacco cessation products and prescribed medications.
- Texas Medicaid does not cover tobacco cessation counseling (i.e, individual, telephone, or group counseling).

Tobacco Cessation Pilot Description

- The pilot will provide telephone and face-to-face tobacco cessation counseling services.
- Due to the high prevalence of smoking among people with disabilities, HHSC will offer counseling services to STAR+PLUS members in the Bexar County Service Area.
- The state's external quality review organization (EQRO), the Institute for Child Health Policy (ICHP), will evaluate the pilot.

Tobacco Cessation Pilot Description

- Pilot participants will be randomly assigned by ICHP to one of three groups:
 - Telephone counseling;
 - Face-to-face group counseling; or
 - Control group (important for comparison and evaluation purposes).
- The telephone and face-to-face counseling provides education, motivation, and support services.
- As part of the pilot's evaluation, participants in all 3 groups will be asked to fill out 4 surveys over the length of the pilot and receive an incentive for completing each survey.

Tobacco Cessation Pilot Timeline

- Pilot services begin on October 1, 2008, and end in December 2009.
 - Outreach and enrollment lasts 3 months.
 - Participants receive 12 months of services upon enrollment in the pilot program.
- Evaluation complete by May 2010.
- Final report due to the legislature by December 1, 2010.