

TOBACCO CESSATION PROGRAM OVERVIEW

1-1-1-6-

References:

- ❖ AFI 40-101, Health Promotion Program
- ❖ AFI 40-102, Tobacco Use in the Air Force

Purpose:

- ❖ ACC and Air Force's goal is a tobacco free force
- ❖ Ensure cessation programs are offered for military, family members and retirees (All Whiteman beneficiaries)

Program Outline:

- ❖ Tobacco users contact the American Lung Association (ALA) call center to attempt tobacco cessation, members may also do initial screening at the Health and Wellness Center (HAWC) but will be required to also do initial enrollment and follow-up with the ALA.
- ❖ American Lung Association call center #1800-548-8252 – certified respiratory therapist or certified nurse available for counseling and initial screening of patient. Notes are provided to the HAWC for further screening, tracking and prescription ordering.

Statistics:

- ❖ ALA program consists of weekly follow-up calls and most members are followed for approx 10-12 weeks in the program. Follow-up beyond the ALA is done by HAWC personnel and tracked on an Access data base.
- ❖ "Quit Day" scheduled at approx 2 weeks post start of Zyban or at a determined date if utilizing Nicotine patches or both medication options
- ❖ Health Promotion Manager screens patients and orders meds for participants wanting them

Program Challenges:

- ❖ OPSTEMPO, manning shortages, deployments, TDYs and leave interfere with completion of entire program or can also hinder program continuity
- ❖ Member compliance and motivation to quit tobacco use
- ❖ Some units not supportive of PRP personnel attending the program due to required temporary decertification associated with introduction of Zyban or Nicoderm
- ❖ Tobacco Cessation articles submitted (although some improvement since start of New Fitness Program) to the base paper are often not printed

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Purpose:

- ❖ The Air Force's goal is a tobacco free force
- ❖ Ensure cessation programs are offered for military, family members and retirees

Program Outline:

- ❖ Tobacco users contact the HAWC or Primary Care Manager to enroll in Tobacco Cessation Class
- ❖ Volunteer facilitators utilize the American Lung Association (ALA) program "Freedom from Smoking"

Statistics:

- ❖ ALA program consists of 7 classes, 1 hour per week; HAWC staff condensed class to 5 sessions
- ❖ "Quit Day" scheduled for week 3
- ❖ Health Promotion Manager screens patients and orders meds for participants wanting them

Program Challenges:

- ❖ OPSTEMPO, deployments, TDYs and leave interfere with completion of all five components
- ❖ Services Tobacco Addiction Reduction grant provides pharmacotherapy without attending classes
- ❖ Some units not supportive of PRP personnel attending the program due to required temporary decertification associated with introduction of Zyban or Nicoderm
- ❖ Tobacco Cessation articles submitted to the base paper are often not printed