

Title of Intervention: A Worksite Smoking Cessation Program in the Military

Intervention Strategies: Group Education, Supportive Relationships, Campaigns and Promotions

Purpose of the Intervention: To increase smoking cessation rates

Population: Active or non active military personnel

Setting: A military base; worksite-based

Partners: Health Promotion Office, IOX Assessment Associates

Intervention Description:

- **Group Education:** The worksite smoking cessation intervention was built around the concept that smoking is a three-sided problem involving psychosocial factors, learned behavior and addiction to nicotine. It was offered once a year and consisted of 8-10 sessions. Each session was managed by a facilitator. Participants were required to attend six of the eight sessions. Classes met once a week. The course curriculum focused on dealing with all three facets of the problem. Participants learned stress management skills and problem-solving techniques to cope better with psychological stressors. The curriculum consisted of lectures, group discussions and homework. A variety of instructors taught about the smoking habit, addiction to nicotine, health benefits of not smoking, physical fitness, relaxation and stress management, diet and weight control and relapse prevention. They learned to recognize habits linking tobacco use with their life. Nicotine replacement therapy was offered to assist with withdrawal from physical addiction.
- **Supportive Relationships:** The intervention provided group support as people learned new coping skills. In addition, a physician assistant provided counseling and reinforced motivation to quit.
- **Campaigns and Promotions:** The intervention was advertised via representatives at the worksite, briefings, the base newspaper, the base bulletin, flyers and other handouts.

Theory: Not mentioned

Resources Required:

- **Staff/Volunteers:** Program facilitators, instructors, physician assistants, program representatives
- **Training:** Not mentioned
- **Technology:** Not mentioned
- **Space:** Classrooms
- **Budget:** Not mentioned
- **Intervention:** Base newspaper/bulletin, flyers, handouts, course curriculum, nicotine replacement patch
- **Evaluation:** Evaluation handbook, investigators, telephones

Evaluation:

- **Design:** Experimental
- **Methods and Measures:**
 - Evaluation tools were used to measure participants' use of tobacco products, growth in participants' knowledge about the physical effects of smoking and participants perceptions about their ability to refrain from smoking.

Outcomes:

- **Short Term Impact:** The number of avoidance activities used by the intervention group was significantly greater than the number used by the comparison group at the end of class. Ability to refrain increased significantly in the intervention condition.
- **Long Term Impact:** In the intervention group there was a significant decrease in the number of cigarettes smoked per day, while it did not change for the comparison group.

Maintenance: Not mentioned

Lessons Learned: A prevention effort should focus on peer relationships, helping individuals to develop social competency skills which involve improved communications, enhancement of wellness behavior and resistance to tobacco. A maintenance program needs to be developed to reinforce ex-smokers who need some assistance to prevent relapse. Prevention interventions should use the media and community education strategies, coordination with other prevention interventions, building community awareness and support for nonsmoking norms.

Citation(s):

Helyer, A. J., W. T. Brehm, et al. (1998). "Effectiveness of a worksite smoking cessation program in the military. Program evaluation." *Aaohn J* 46(5): 238-45.