

Smoking Cessation Programs

As a Federal manager, you may be responsible for initiating and monitoring programs that prevent work-related injuries and illnesses, as well as protect and safeguard the well being of Federal employees. One way that agencies are helping employees stay healthy and productive is by offering programs that support their efforts to quit smoking.

Federal Occupational Health (FOH) will partner with you to provide a comprehensive Smoking Cessation Program that is customized to meet your agency's needs. FOH understands the importance of supporting those who want to quit and the commitment it requires. In spite of some successful efforts over the past two decades to reduce the use of tobacco, smoking remains the leading preventable cause of death in the United States. In recognition of the benefits of eliminating or reducing tobacco consumption, Federal agencies have the authority under 5 U.S.C. §7901 to utilize appropriated funds to support the cost of smoking cessation programs for their employees. Helping employees to quit smoking may be the best benefit you ever provide them. Your agency will do better than recover its investment in smoking cessation through fewer illnesses, reduced absenteeism, and ultimately, increased productivity. Best of all, your agency may be helping to save lives!

Smoking Cessation Program Offerings

FOH offers several smoking cessation program options that utilize scientifically proven methods, yet are flexible enough to meet each individual's unique needs. FOH's Smoking Cessation Specialists can help you determine which program options will work best for your agency's employees.

Nicotine Replacement Therapy (NRT)

Nicotine dependence is often a major obstacle to overcome when attempting to quit smoking. NRT can reduce the symptoms of withdrawal and thereby contribute significantly to the success of the cessation effort.

Through FOH's Smoking Cessation Program, employees can obtain nicotine chewing gum, nicotine skin patches, or nicotine lozenges at more than 270 Occupational Health Centers located in Federal buildings across the country. FOH can also mail materials to employees at their work locations. The critical behavioral issues related to quitting are addressed in the NRT program by an individualized intake interview, a written personalized quit plan, and follow-up support to help people stop smoking for good.

Group Programs

Group programs require more commitment by participants and individual agencies than does NRT alone, however, they have proven to be a valuable smoking cessation tool. On the average, group programs actually have a somewhat higher success rate than the NRT Program alone. FOH will develop a group program that best meets your agency's needs, with or without inclusion of NRT. These programs provide group instruction and support in weekly sessions that are usually held over a six to eight week period. Classes can be held at the work site either during or after work hours.

Not Your Standard Quit Program

FOH's occupational health professionals promote and support your agency's commitment to smoking cessation at every opportunity, utilizing the resources of FOH's clinical, wellness/fitness, and employee counseling expertise. When employees visit FOH's Occupational Health Centers, FOH staff reinforces the health benefits of quitting and offers suggestions and resources for quitting. Program results are frequently analyzed, updated, and revised to improve program effectiveness without increasing program cost.

The Employee Assistance Program (EAP) Connection

FOH Occupational Health Center clinicians understand that the EAP can play an important role in helping employees who are making life changes. A significant number of smokers experience difficulty with smoking cessation efforts because other problems interfere, such as stress, poor coping skills, substance abuse, or other psychological factors. FOH Occupational Health Center clinicians provide a valuable link to an employee's EAP. By taking advantage of FOH Occupational Health Center and EAP services, your agency's employees receive the support they need in their efforts to quit smoking. Agencies realize a benefit too! Smoking cessation can lead to increases in employee productivity beyond the considerable gains realized by the individual who has quit smoking.

Learn more about the benefits of offering a work-based Smoking Cessation Program by going to OPM's website at <http://www.opm.gov/ehs/Smokgud3.asp>

For over half a century, FOH has delivered high quality occupational health services to Federal managers. FOH's knowledge of the Federal workplace, combined with strategic partnerships with professional health, environmental and safety organizations, enables FOH to help other Federal organizations maintain a safe and healthy workplace. FOH has created a team of professionals that is unparalleled in its ability to work within the Federal structure, yet remains as flexible and innovative as any private sector provider.

Through convenient interagency agreements, FOH's Clinical Services, Wellness/Fitness Programs, Environmental Health Services, and Employee Assistance and Work/Life Programs can provide your agency with a comprehensive occupational health program that saves you time and money. Our ability to customize services enables you to integrate components of our services with existing programs, enhancing their impact and ensuring that your agency meets its obligation to provide a safe and healthy workplace.

Make Federal Occupational Health your partner in building a healthier, more productive work force. For more information, please visit us at www.foh.dhhs.gov or call us today at **1-800-457-9808**.

Because you need a healthy work force. And we can help you build one.

healthy bodies ❖ *sound minds* ❖ *a safe place to work*