



CONSORTIUM FOR CITIZENS
WITH DISABILITIES

EVIDENCE BASED SMOKING CESSATION PROGRAMS MAY PREVENT DISABILITY

Evidence based practices associated with smoking cessation programs can prevent diminished health, chronic health conditions and disability.

A Congressional briefing was held on “Smoking Prevention and Cessation for Women in the Military”. Presenters at the forum were members from the House of Representatives who were public health advocates, a researcher on smoking cessation, and the Director of the Office of Public Health Policy Prevention of the Department of Veterans Affairs.

Summary

There are different types of smoking cessation interventions. Some involve 1) public information 2) population based interventions such as generic uncontrolled counseling/medication services and 3) evidence based practice (EBP) interventions where outcomes are similar among interventions that are reproducible and can be widely disseminated for target specific groups of smokers.

Of the 25,000 articles on smoking cessation, data on outcomes of interventions vary. The pharmacotherapy based smoking cessation intervention in VA for recently returned veterans resulted in a 38% rate of cessation in 2 months. The Air Force I BMT ban has a 17% of regular smoker cessation rate at a one year follow up and Air Force II cessation rate 14%. It was clear from the discussion there are a variety of behavioral interventions, and conditions for implementation of programs for target populations to be served.

Disability Prevention Issue

The evidence based practice studies of smoking cessation that can assist with prevention of disability may require application of the behavioral and social sciences in applied settings. The classical evidence-based research-practice model of public health social determinants is that protocols of a project can be replicated in practice in a wide variety of settings. The research-practice model indicates that if you use *these protocols* with *personnel trained in these ways* under *these conditions* you will get *these results* with *these populations*. With this model, research becomes part of practice. The evidence-based procedures enable practitioners to set socially relevant goals and track progress of individuals through a set of objectives. There needs to be an inventory of evidence based intervention that is listed for comparative effective practices and implemented to prevent disability.

Activity

A letter was written to the official of the Veterans Administration, who was a presenter at the forum, to comment on her remarks from a perspective of evidence based practices for smoking cessation related to comparative effective practices.

Principle

Smoking cessation programs that are reproducible in practice and evidence based should be available for implementation and widely disseminated to prevent diminished health.