



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER HEALTH ANALYSIS DEPARTMENT

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Health Promotion and Wellness Tobacco Cessation Program Survey 1 JAN – 30 JUN 2011 Quit Rate Reporting Period: 1 JUL-31 DEC 2010

Report completed by the Health Analysis Department in support of the Health Promotion and Wellness Department, Navy and Marine Corps Public Health Center

Background:

The Navy and Marine Corps Public Health Center's (NMCPHC) Health Promotion and Wellness Department collects tobacco data biannually from Military Treatment Facility Health Promotion Programs in accordance with NAVMED Policy 08-017. The purpose is to obtain information on the types of wellness tobacco cessation programs offered, prescription medications available, and outcomes data for counseling participants. The NMCPHC Health Analysis Department provides assistance with data collection, validation and analysis.

Methods:

The survey was emailed to all Health Promotion representatives from clinics and hospitals throughout Navy Medicine. Participants reported on patients and programs that took place between 1 JAN to 3 JUN 2011. The tobacco counseling quit rates are based on individuals who participated in any counseling between 1 JUL to 31 DEC 2010 to allow for the collection of comprehensive follow up data at the 3 and 6 month periods. The survey consists of 49 questions, with the primary focus on counseling participation and quit rates. All information is self reported by the MTFs. If data were missing or incomplete, Health Analysis staff made several attempts to verify information. If correct information was unable to be obtained, the facility was removed from the analysis to preserve accuracy. Following the completion of the data collection phase, Health Analysis staff worked to review and validate the data and provide a summary report. Data were extrapolated and analyzed using Microsoft Excel 2010.

Results:

A total of 56 facilities were included in the analysis. Qualitative and quantitative data collected from the survey are summarized below.

MTF Tobacco Cessation Support and Activities

Approximately 63% of the Navy Medicine facilities who completed the survey are located on a tobacco free campus. Among those facilities reporting, 71% (22 out of 32) of Navy Medicine East, 47% (9 out of 19) of the West, and 67% (4 out of 6) of NCA's facilities are tobacco free (Table 1).

Table 1: Number of Tobacco Free Facilities, by Region

	Yes	No	N/A	Total
East	22	8	1	31
West	9	9	1	19
NCA	4	2	0	6
Total	35	19	2	56

Source: HPW Tobacco Cessation Survey, 1 JAN - 30 JUN 2011

Note: The data used in this analysis is self reported and is based off of the question, "Is your MTF Campus/compuond Tobacco Free?"

Facilities that are currently not tobacco free: NNMC, USNH Okinawa, NBHC Groton, NHC Charleston, Great Lakes, NHC Corpus Christi, BMC North Island, Clinic Clairemont, NMC San Deigo, NTC San Diego, MCRD, BHC Boone, NH Camp Lejuene, NH Guam, NBHC NAF Washington, BHC Iwakuni, and NHCNE Newport.

Many facilities cited location issues specifically related to the sharing of space. Many facilities share property with different organizations including the VA, Coast Guard, and therefore may not have complete control of the area. Three individuals cited workers union issues. Four facilities indicated that the policy is currently being reviewed and one facility was planning to go smoke free as of 1 JAN 2012.

In 2011, 71% of Navy Medicine facilities reported participating in the Great American Spit Out (Table 2). The most common activity was an educational booth set up typically either in the clinic lobby, Navy Exchange, galley, or fitness center. Another common activity was the creation of printed materials including flyers, brochures, banners, or emails.

Table 2: 2011 Great American Spit Out Participation, by Region

	Yes	No	N/A	Total
East	24	7	–	31
West	11	8	–	19
NCA	5	1	–	6
Total	40	16	–	56

Source: HPW Tobacco Cessation Survey, 1 JAN - 30 JUN 2011

Note: The data used in this analysis is self reported and is based off of the question, "Did your MTF participate in the Great American Spit Out Day?"

Four facilities had health fairs. One facility had "Ziggy Butts" greet individuals at the base gate.

Reasons commonly reported for not participating included a lack of personnel. Two facilities indicated that they were unaware of the event, 2 cited funding reasons, one individual was new to the position and one facility is not located on base and does not receive appropriate levels of traffic.

Tobacco Cessation Providers

In 2007, BUMED implemented the Tobacco Cessation Performance Based Budget (PBB) metrics with monetary incentives to reward the delivery of quality care to tobacco users. The BUMED Tobacco Cessation Action Team (TCAT) provides training for MTF providers on screening, diagnosing, and treating tobacco use in support of BUMED’s Performance Base Budget (PBB) Public Health Tobacco Metrics. The metrics capture coding compliance on those three intervention areas. Significant efforts were made to provide education and training for MTFs between 2009 and 2011. As a result, the HPW Tobacco Survey collects information on the promotion of BUMED’s metrics.

Among those who reported, 73% of facilities provided PBB training for providers.

Table 3: Number of Facilities that provided Tobacco Cessation PBB Training for Providers, by Region

	Yes	No	N/A	Total
East	23	6	2	31
West	13	5	1	19
NCA	5	1	–	6
Total	41	12	3	56

Source: HPW Tobacco Cessation Survey, 1 JAN - 30 JUN 2011

Note: The data used in this analysis is self-reported and is based off of the question, "Have you or your command provided training to MTF Providers in the screening, diagnosing, and treating tobacco use as part of the BUMED PBB Public Health Tobacco Metrics?"

Table 4: Providers Capable of Prescribing Medications for Nicotine Dependence, by Region

	East	West	NCA
Provider Type			
All medical providers	22	14	6
Physicians Only	3	5	
Dental Provider	10	5	1
Independent Duty Corpsman	7	8	1
Non Credentialed Providers	1	1	
HPW Staff	5	1	
Misc	10	1	
Other	5	1	

Source: HPW Tobacco Cessation Survey, 1 JAN - 30 JUN 2011

Note: The data used in this analysis is self reported and is based off of the question, "Who may prescribe medications for nicotine dependence at your MTF (Mark all that apply)?"

The majority of facilities allowed all medical providers to prescribe medications for nicotine dependence (Table 4). The survey allowed facilities to select more than one provider type as necessary. Facilities that only allow physicians to prescribe medications for nicotine dependence include: NBHC Portsmouth NH, NBHC/NAS Fallon, Tricare Outpatient Clinic Clairemont, NMC San Diego, NTC San Diego, BHC Boone, BHC Kingsville and BHC Iwakuni.

Tobacco Cessation Counseling and Outcomes

The information in the tables below was collected for the 1 JAN - 30 JUN 2011 reporting period however, the data reflects counseling sessions that were offered between 1 JUL - 31 DEC 2011. This allows Health Promotion staff to provide 3 and 6 month follow up information on counseling participants. To calculate the percent of "Tobacco Free" individuals following participation in counseling, the number of tobacco free participants at the 3 and 6 month marks respectively were divided by the total number of participants who began counseling.

Table 5: Individual Tobacco Cessation Counseling and Follow Up Quit Rates, 1 JUL - 31 DEC 2010, by Region

	Number of Facilities	Total Number of Participants	Tobacco Free at 3 Months	Loss to Follow up 3 Months	Tobacco Free at 6 Months	Loss to Follow Up 6 Months
East	23	923	32%	30%	21%	32%
West	10	411	25%	39%	20%	50%
NCA**	5	136	41%	13%	37%	15%
Total	38	1,470	31%	31%	22%	35%

Source: HPW Tobacco Cessation Survey, 1 JUL - 31 DEC 2010

Note: The data used in this analysis is self reported. Not all facilities offered or had participants for individual counseling during this reporting period. Facilities with errors in reporting were removed from the analysis.

Table 6: Group Tobacco Cessation Counseling and Follow Up Quit Rates, 1 JUL - 31 DEC 2010, by Region

	Number of Facilities	Total Number of Participants	Tobacco Free at 3 Months	Loss to Follow Up 3 Months	Tobacco Free at 6 Months	Loss to Follow Up 6 Months
East	24	753	36%	41%	31%	39%
West	16	325	32%	30%	34%	30%
NCA	5	66	38%	2%	64%	5%
Total	45	1,144	35%	35%	35%	34%

Source: HPW Tobacco Cessation Survey, 1 JUL - 31 DEC 2010

Note: The data used in this analysis is self reported. Not all facilities offered or had participants for group counseling during this reporting period. Facilities with errors in reporting were removed from the analysis.

There appears to be a consistent loss to follow up with individual and group counseling participants at the 3 and 6 month follow up time period (Tables 5 and 6). The overall quit rate for Navy Medicine at the 3 month follow up is 31% for individual counseling and 35% for group counseling. The overall quit rate at the 6 month follow up is 22% for individual counseling and 35% for group counseling.

Table 7: Tobacco Cessation Group Counseling Session Totals and Frequency, by Region

	East	West	NCA	Total
Number of group sessions provided				
5 or more	3	3	1	7
4	14	3	3	20
3	1	3	0	4
2	2	3	0	5
1	5	5	1	11
NA	6	2	1	9
Frequency of group sessions provided				
Every other week	1	0	0	1
Once a week	16	10	4	30
Twice a week	2	3	0	5
N/A	12	6	2	20

Source: HPW Tobacco Cessation Survey, 1 JAN - 30 JUN 2011

Note: The data used in this analysis is self reported. Facilities were only allowed to select one response per question.

The majority of Navy facilities reporting in this survey offered group counseling sessions during this reporting period (Table 7). The frequency of classes was typically once a week (n=30). The most common curriculum used in group counseling was the American Cancer Society's Fresh Start (n=34). The American Lung Association's Freedom From Smoking was the next most frequently used group counseling curriculum (n=9). Other facilities reported using tobacco workshops (n=17). A total of 10 facilities reported that they did not offer group counseling including: BHC NAS Oceana, NBHC Dahlgren,

NBHC Portsmouth-NH, NBHC NAS Fallon, Naval Dental Clinic Norfolk, NH Twentynine Palms, NHC Patuxent River, USNH Naples, NBHC NAS Meridian, and BHC WNY.

Recent updates to the survey questions caused for some errors in reporting. Facilities that incorrectly completed questions were contacted several times in an attempt to collect accurate data. If facilities were unable to be contacted, they were removed from this analysis. It is important to note that these rates do not include all facilities and therefore interpretations should be made with caution.

Conclusion

The biannual Tobacco Cessation Survey provides well rounded information on the status of tobacco cessation programs and initiatives across Navy Medicine. Information highlighted in this report will be used to guide NMCPHC Health Promotion staff in directing training efforts and identifying effective tobacco cessation programs. Routine reporting will continue and data is already collected for the next reporting period (1 JUL – 31 DEC 2011).