



**NO DIPS. NO BUTTS. MORE GLORY.**

**Tobacco Free Living**

## Health Promotion and Wellness Tobacco Program Metrics Report

**Reporting period: January- June 2013**



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE



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## Background

There were a total of 61 facilities reporting Navy Medicine tobacco program metrics for the timeframe of January-June 2013, including three medical centers, 17 hospitals, 38 clinics and three Navy Environmental Preventive Medicine Units (NEPMUs). These locations saw a total of 3,854 patients for tobacco cessation counseling and conducted a total of 101 education and awareness activities during the indicated timeframe. Tobacco cessation programming ranged from individual counseling to multi-session group counseling to half-day workshops. Education and awareness activities included events for the Great American SpitOut, World No Tobacco Day, and Kick Butts Day. These education and awareness activities targeted a variety of populations to include active duty service members, medical staff, recruits, dependents, and retirees. Examples of events included health fairs, educational briefings, and collaborative efforts such as safety stand-downs and wellness days.

Table 1. Counseling Participation and Outcomes

Location Types	# of Location Reporting	Individual Counseling	Group Counseling	Combined Total	Avg. Total per location
Medical Center	3	156	108	264	88
Naval Hospital	17	1436	635	2071	122
Clinic	38	990	529	1519	40
NEPMU*	3	0	0	0	0
<b>Totals</b>	<b>61</b>	<b>2582</b>	<b>1272</b>	<b>3854</b>	

\*Note that NEPMUs act more as a liaison to the Fleet and generally provide support and assistance to health promoters on a ship or at a shore-based command, rather than conducting counseling themselves.

## Quit Rates

Quit rates can be calculated a variety of ways. Navy Medicine and the Navy and Marine Corps Public Health Center (NMCPHC) use the standard seven-day point prevalence mark when inquiring on the use of tobacco to calculate a quit rate. This particular point and time frame are used across Navy Medicine Health Promotion and Wellness programs to ensure standardization and consistency among programs and data points. In order to determine the quit rates of programs, NMCPHC collects the seven-day point prevalence (Have you used any tobacco in the past seven days?) at three- and six-months post treatment. Post treatment is defined as the last point in time during the treatment where contact was had usually in the form of a counseling session, between an individual and health promotion staff member.

## Individual Counseling

Listed below are the quit rates, failure to quit rates, and loss to follow-up that occurred for individuals completing at least one individual counseling session during the indicated timeframe. These rates were obtained at 3-month and 6-months post treatment for each individual who met the criteria. Note that follow-up can occur via a variety of methods to include phone and email.

Table 2. Quit Rates for Individual Counseling

Location Types	3-month Quit Rate	3-Month Failure to Quit Rate	3-Month Loss to Follow-Up Rate	6-Month Quit Rate	6-Month Failure to Quit Rate	6-month Loss to Follow-Up Rate
Medical Center	32.69%	32.05%	35.26%	23.08%	34.62%	42.31%
Naval Hospital	24.44%	32.59%	42.97%	16.09%	30.01%	53.90%
Clinic	43.09%	23.79%	33.12%	34.16%	23.63%	42.20%

## Group Counseling

Listed below are the quit rates, failure to quit rates, and loss to follow-up rates that occurred for individuals completing at least one group counseling session during the indicated timeframe. These rates were obtained at 3-month and 6-months post treatment for each individual who met the criteria. Note that follow-up can occur via a variety of methods to include phone and email.

Table 3. Quit Rates for Group Counseling

Location Types	3-month Quit Rate	3-Month Failure to Quit Rate	3-Month Loss to Follow-Up Rate	6-Month Quit Rate	6-Month Failure to Quit Rate	6-month Loss to Follow-Up Rate
Medical Center	21.30%	25.00%	53.70%	24.07%	21.30%	54.63%
Naval Hospital	28.35%	38.58%	33.07%	16.38%	34.49%	49.13%
Clinic	34.97%	29.63%	35.35%	22.87%	28.17%	48.96%

## Clinical Champions and Trained Facilitators

The majority of locations had a tobacco cessation clinical champion. Those locations without clinical champions cited reasons such as deployments and looking for a new champion. NMCPHC is conducting education on clinical champions in hopes that every location will be in compliance by the end of FY 2015.

Submitting locations also reported the number of trained facilitators at their locations. There are over 185 trained tobacco cessation facilitators associated with Navy Medicine Health Promotion programs, with just over 53% of these trained facilitators serving as active counselors in the past 12 months. Additionally, with the change in the TRICARE benefit and the increased access to medications and programming, 85.2% of all reporting locations cited that tobacco cessation medication could be obtained without going through a health promotion program. FDA-approved medications can then be obtained from multiple types of providers in a variety of settings such as primary care, pharmacy, and behavioral health.

## Limitations

There are several potential limitations to this report. Self-reported data from the tobacco user may be a factor along with the interpretation of the questions by the Health Promotion staff completing the questionnaire. A couple of locations had questionable data integrity and had to omitted. Nevertheless, the data reported appears to be reliable and valid and represents a good representation of Navy Health Promotion Tobacco programs.

## Summary

Navy MTF Health Promotion Programs are actively involved with tobacco programming at the three main programming levels: awareness, education, and intervention. During this time period, a total of 943 individuals quit using tobacco from individual and group counseling at six months from services provided by the Health Promotion team.

## Appendix

Table 4. Naval Medical Centers (NMC)

Location	Type of Counseling	Total # of Participants	3-Month Quit Rate	6-Month Quit Rate
NMC Portsmouth	Individual Counseling	9	55.56%	55.56%
	Group Counseling	24	58.33%	58.33%
NMC San Diego	Individual Counseling	58	17.24%	15.52%
	Group Counseling	84	10.71%	14.29%
Walter Reed National Military Medical Center	Individual Counseling	89	40.45%	24.72%
	Group Counseling	0	-	-

Table 5. Naval Hospitals (NH)

Location	Type of Counseling	Total # of Participants	3-Month Quit Rate	6-Month Quit Rate
<i>NAVMED East</i>				
NH Beaufort	Individual Counseling	17	35.29%	23.53%
	Group Counseling	8	37.50%	37.50%
NH Camp Lejeune	Individual Counseling	217	26.73%	17.51%
	Group Counseling	144	30.56%	17.36%
USNH Guantanamo Bay	Individual Counseling	0	-	-
	Group Counseling	0	-	-
NH Jacksonville	Individual Counseling	127	24.41%	15.75%
	Group Counseling	99	18.18%	9.09%
USNH Naples	Individual Counseling	35	31.43%	31.43%
	Group Counseling	0	-	-
NH Pensacola	Individual Counseling	53	52.83%	28.30%
	Group Counseling	48	35.42%	18.75%
USNH Rota	Individual Counseling	5	40.00%	40.00%
	Group Counseling	4	75.00%	75.00%
USNH Sigonella	Individual Counseling	5	80.00%	60.00%
	Group Counseling	9	0.00%	0.00%
<i>NAVMED West</i>				

NH Bremerton	Individual Counseling	310	29.03%	18.06%
	Group Counseling	118	41.53%	21.19%
NH Camp Pendleton	Individual Counseling	182	23.63%	10.44%
	Group Counseling	63	30.16%	23.81%
USNH Guam	Individual Counseling	15	6.67%	6.67%
	Group Counseling	0	-	-
NH Lemoore	Individual Counseling	62	17.74%	11.29%
	Group Counseling	21	0.00%	0.00%
NH Oak Harbor	Individual Counseling	101	20.79%	14.85%
	Group Counseling	0	-	-
USNH Okinawa	Individual Counseling	0	-	-
	Group Counseling	121	22.31%	12.40%
USNH Yokosuka	Individual Counseling	16	12.50%	12.50%
	Group Counseling	0	-	-
NH Twentynine Palms	Individual Counseling	291	14.78%	13.06%
	Group Counseling	0	-	-

Table 6. Naval and Branch Health Clinics (NHC and BHC)

Location	Type of Counseling	Total # of Participants	3-Month Quit Rate	6-Month Quit Rate
<i>NAVMED East</i>				
BHC Albany	Individual Counseling	24	16.67%	20.83%
	Group Counseling	0	-	-
BHC Bahrain	Individual Counseling	0	-	-
	Group Counseling	0	-	-
BHC Belle Chasse	Individual Counseling	2	50.00%	50.00%
	Group Counseling	25	32.00%	20.00%
BHC Dahlgren	Individual Counseling	29	82.76%	68.97%
	Group Counseling	0	-	-
BHC Boone Little Creek	Individual Counseling	0	-	-
	Group Counseling	84	38.10%	23.81%
BHC Ft. Worth	Individual Counseling	0	-	-
	Group Counseling	6	33.33%	16.67%
BHC Groton	Individual Counseling	0	-	-
	Group Counseling	0	-	-
BHC Jacksonville	Individual Counseling	234	28.63%	17.95%
	Group Counseling	111	28.83%	18.92%
BHC Key West	Individual Counseling	28	17.86%	7.14%
	Group Counseling	0	-	-
BHC Kings Bay	Individual Counseling	95	15.79%	8.42%
	Group Counseling	0	-	-

BHC Kingsville	Individual Counseling	0	-	-
	Group Counseling	0	-	-
BHC Lakehurst	Individual Counseling	10	80.00%	70.00%
	Group Counseling	0	-	-
BHC NAF Washington (Andrews)	Individual Counseling	1	100.00%	100.00%
	Group Counseling	0	-	-
BHC NAS Meridian	Individual Counseling	103	3.88%	1.94%
	Group Counseling	0	-	-
BHC Norfolk	Individual Counseling	62	32.26%	27.42%
	Group Counseling	124	36.29%	20.16%
BHC NSA Mid-South Millington	Individual Counseling	23	56.52%	60.87%
	Group Counseling	10	70.00%	30.00%
BHC NAS Whiting Field	Individual Counseling	0	-	-
	Group Counseling	0	-	-
BHC Oceana	Individual Counseling	12	16.67%	0.00%
	Group Counseling	13	30.77%	15.38%
BHC Washington Navy Yard	Individual Counseling	0	-	-
	Group Counseling	0	-	-
Captain James A. Lovell Federal Health Care Center	Individual Counseling	0	-	-
	Group Counseling	0	-	-
NHC Annapolis	Individual Counseling	19	0.00%	10.53%
	Group Counseling	0	-	-
NHC Charleston	Individual Counseling	37	35.14%	18.92%
	Group Counseling	20	20.00%	25.00%
NHC Cherry Point	Individual Counseling	68	36.76%	23.53%
	Group Counseling	36	25.00%	30.56%
NHC Corpus Christi	Individual Counseling	3	66.67%	33.33%
	Group Counseling	4	75.00%	25.00%
NHC New England	Individual Counseling	16	25.00%	31.25%
	Group Counseling	0	-	-
NHC Patuxent River	Individual Counseling	19	42.11%	26.32%
	Group Counseling	0	-	-
NHC Quantico	Individual Counseling	41	51.22%	60.98%
	Group Counseling	22	45.45%	45.45%
Norfolk Dental Clinic	Individual Counseling	52	38.46%	17.31%
	Group Counseling	0	-	-
<b>NAVMED West</b>				
BHC China Lake	Individual Counseling	29	72.41%	31.03%
	Group Counseling	0	-	-
NBHC Chula Vista	Individual Counseling	0	-	-
	Group Counseling	0	-	-
NBHC Everett	Individual Counseling	11	45.45%	27.27%
	Group Counseling	13	7.69%	7.69%

NBHC Fallon	Individual Counseling	27	25.93%	25.93%
	Group Counseling	0	-	-
NHC Hawaii	Individual Counseling	5	60.00%	20.00%
	Group Counseling	31	35.48%	29.03%
NBHC Kearny Mesa	Individual Counseling	3	66.67%	0.00%
	Group Counseling	0	-	-
BHC MCAS Miramar	Individual Counseling	0	-	-
	Group Counseling	0	-	-
BHC Naval Training Center	Individual Counseling	0	-	-
	Group Counseling	0	-	-
BHC Sasebo	Individual Counseling	6	83.33%	66.67%
	Group Counseling	2	50.00%	50.00%
BHC Yuma	Individual Counseling	28	57.14%	10.71%
	Group Counseling	28	57.14%	21.43%
BMC Bridgeport	Individual Counseling	3	33.33%	33.33%
	Group Counseling	0	-	-

Table 7. NEPMUs

Location	Type of Counseling	Total # of Participants	3-Month Quit Rate	6-Month Quit Rate
NEPMU-2	Individual Counseling	0	-	-
	Group Counseling	0	-	-
NEPMU-5	Individual Counseling	0	-	-
	Group Counseling	0	-	-
NEPMU-6	Individual Counseling	0	-	-
	Group Counseling	0	-	-