

## **USNH Yokosuka – Proud to be Tobacco Free**

### **Frequently Asked Questions**

#### **Why is USNH Yokosuka virtually tobacco-free?**

Tobacco use is one of the top causes of preventable death in the United States. As a health care facility, we are dedicated to the prevention of disease. A tobacco-free environment will help improve the health of our patients, visitors and staff, and makes USNH Yokosuka a more pleasant place to receive care, visit and work.

#### **What happened?**

Tobacco use on hospital grounds has been phased out since the designated smoking area was demolished to allow for more patient parking. Since then, the hospital re-introduced its tobacco cessation classes, confirmed its supply of medications to help with quitting and officially made its campus smoke free on May 29, to coincide with World No Tobacco Day on May 31.

#### **When did this happen?**

The formal implementation occurred May 29, 2009.

#### **What will happen next?**

You will see announcements in local media, throughout the hospital and on the Intranet and the Plan-of-the-Day. Information will also be passed at staff meetings and musters.

#### **Who does this apply to?**

This policy applies to all patients, visitors, and staff including active duty, civilians and contractors.

#### **Does this apply to the Branch Clinics?**

Yes. This policy applies to the USNH Yokosuka core facility campus and applies to the areas under the direct control of the Branch Clinics (Atsugi, Camp Fuji, Chinhae, Diego Garcia, Iwakuni, and Sasebo).

#### **What if I want to use tobacco after May 29?**

Patients, visitors, military members and civilian staff will not be allowed to use tobacco on hospital grounds after May 29.

#### **How can I get help in quitting?**

The Health Promotions Department offers tobacco cessation group and individual counseling at Fleet Recreation Building, Room 323. For more information on these classes, please contact Ivette Moore at 315-243-9775/ivette.moore.civ@mail.mil

## **Who can take the classes?**

The classes are open to all eligible beneficiaries. There is no deadline to sign up for the class, but availability is on a first-come first-serve basis and there are only 10 spaces per class.

## **How can I sign up for a class?**

Signing up is easy: just call Ms. Mary Cobb at 243-9776 or send an e-mail to [mary.e.cobb10.civ@mail.mil](mailto:mary.e.cobb10.civ@mail.mil)

## **Who is eligible for medications to assist with quitting?**

All beneficiaries (active duty members, retirees, family members, and eligible DoD civilian personnel) are eligible for medications from the USNH Yokosuka pharmacy to help with quitting. A prescription from a provider is required to receive the medications.

## **What medications are available to help me quit?**

USNH Yokosuka offers the following medications, with a prescription from an USNH Yokosuka provider, to help people quit using tobacco:

Nicotine patches  
Nicotine gum  
Bupropion SR (Zyban)  
Varenicline (Chantix)

You are not required to attend a tobacco cessation class to receive medication, but research has shown that people are more likely to quit successfully if they combine the class and medication. Thus we recommend that you use both together.

## **How can I receive a prescription for tobacco-cessation medications?**

Make an appointment with your primary care provider by visiting [www.tricareonline.com](http://www.tricareonline.com) or calling the appointment line at 243-5352.

## **What is the policy on tobacco-use breaks for staff?**

This has not changed. Staff breaks are determined by the individual supervisor. Our policy does state that the same breaks should be available for staff members who use, and those who do not use tobacco.

## **How will the policy be enforced?**

We anticipate that our staff and visitors will act professionally, and will follow the new policy. In compliance with MEDIG standards tobacco free signs will be posted at USNH Yokosuka and Branch Health Clinics. In addition, to increase awareness of the health effect of tobacco use and class availability, tobacco warning posters and signs will be display in tobacco use designated areas at Fleet Activities Yokosuka.