



A Model Navy Wellness Tobacco Program

- 1. Tobacco cessation is one component of a comprehensive tobacco control program in Health Promotion and Wellness, which is fully funded by the command and supported by leadership.**
- 2. Prevention, awareness, motivation, education and intervention programs address the concerns and needs of all tobacco users.**
- 3. Health care providers and the dental/medical team follow evidence based Clinical Practice Guidelines (DoD/VHA, Public Health Service) as part of standard and best practices.**
- 4. The Tobacco program offers a continuum of care approach and a number of proven primary, secondary prevention and intervention services.**
- 5. Treatment is patient focused, timely and tailored to the individual. A variety of validated self-help, behavioral, psychological and pharmacological approaches and options are readily available and are barrier free. The assessment of the individual's willingness, motivation and readiness for change is standard practice.**
- 6. Professionally developed, evidence based, standardized, and state of the art tobacco interventions and programs are the treatment of choice.**
- 7. Tobacco programs and interventions are offered at flexible times and at locations – clinics, worksites and in the community that are most convenient for patients.**
- 8. Tobacco cessation facilitators obtain at least one day of specialized intervention training. Facilitators follow a prescribed intervention program and receive ongoing consultation and supervision. An adequate number of facilitators are available to meet patient demand.**
- 9. Follow up of all tobacco participants at regular intervals to obtain outcome data on success and relapse is the standard practice. The collection and analyzing of outcome data is done on a consistent basis. This outcome information is reported to the command and to NMCPHC.**
- 10. Ongoing review of and evaluation of the effectiveness and the efficacy of all the tobacco program components is standard practice.**