

FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page
<http://www-nehc.med.navy.mil/hp/index.htm>

Subscribe to this publication
by visiting our web site.
Click on "Friday Facts"

Friday FACTS

26 January 2001

"Leadership, Partnership, and Championship"

Health Promotion Tobacco Metrics

Navy Health Promotion Programs are responsible for collecting, analyzing and reporting the results and the outcomes of Tobacco Cessation programs. **THE STANDARD DOD AND NAVY METRIC FOR DETERMINING THE OUTCOME OF TOBACCO CESSATION TREATMENT IS THE 7-DAY POINT PREVALENCE RATE.**

The 7-day point prevalence rate is used at six (6) months post treatment. Every individual who began treatment (group, class, and individual) is contacted to ascertain their current tobacco use status. They may be contacted in person, via phone, mail, or e-mail. Each person is asked--- Have you used any tobacco, even a little, in the past 7 days?

If the person reports that he/she is tobacco free for the past seven days, they are considered to be abstinent. If they report tobacco use, they are considered to have relapsed. Three attempts are made to contact each individual. Those who cannot be reached, or that do not respond, are considered to have relapsed. The self-report data is used (no biochemical validation is necessary) and is considered to be reliable. The success and outcome data is computed by taking the number who began treatment and divided by the number who are tobacco free at 6 months. For example, if 10 began the group, and 5 completed the classes; 7 were contacted and 3 were lost to follow-up; and 2 reported they were abstinent at 6 months the 7-day point prevalence rate is 20% (2 of 10). This outcome may also be reported as 2 persons quit using tobacco for this particular group intervention.

Additional Tobacco Outcome data may be obtained from within the command. This includes those who quit on their own, or at the advice and suggestion of their Dentist, Primary Care Provider and team, or specialist.

The outcome data may be used for Health Promotion Program planning and evaluation as well as command metrics. The results of the command tobacco cessation program are to be reported to the NEHC Health Promotion Tobacco Cessation Program Manager on an annual basis. Please contact Mark Long, Ed.D. if you have questions at longm@nehc.med.navy.mil.

CAFFEINE ADDICTION

Jan. 30-Many workers-93% in one survey-say they can't make it through the workday without caffeine. The coffee pot is a staple in every office, giving weary workers a morning or afternoon pick-me-up, but some "stress specialists" are calling for the end of workplace caffeine addiction, saying the stimulant may be partly to blame for poor performance in the office. According to *BBC News*, researchers have found that drinking 350 mg of caffeine a day (about three cups of coffee) can causes" lapses in concentration and increased stress." These lapses do not come from caffeine jitters, but from bathroom visits. "Our clinical research found that a high caffeine intake acts as a powerful diuretic and causes people to visit the toilet more frequently, which can lead to performance-zapping dehydration," one researcher says. The bathroom visits don't just take up valuable time, but "coupled with the powerful stimulating effects of caffeine," they also increase stress and cause "failures in concentration." One dietician recommends that caffeine drinkers compensate for caffeine intake by drinking more water (*BBC News*, 1/29).



EXCITE

...is a collection of teaching materials developed by the Centers for Disease Control and Prevention (CDC) to introduce students to epidemiology, the science used by Disease Detectives everywhere, and to teach them about public health. The web site houses a set of tools for instructing your class in the principles and practices of epidemiology, including the scientific method of inquiry, basic biostatistics, and outbreak investigation. Exercises allow students to use what they have learned to solve real outbreaks. For more information visit <http://www.cdc.gov/excite/>