

A Model Navy Tobacco Cessation Program

1. Tobacco cessation is one component of a Comprehensive Tobacco Control and Health Promotion Program, which is fully funded and supported by the command.
2. Prevention, awareness, education and intervention programs address the concerns and needs of all tobacco users.
3. Health Care Providers and Medical Personnel follow evidence based Tobacco cessation Clinical Guidelines (AHRQ, PHS, DoD/VHA) as part of Best Practices.
4. The Tobacco program offers a continuum and number of primary, secondary and tertiary prevention services.
5. Tobacco activities, briefs and cessation courses are offered at flexible times and at locations (worksites and in the community) that are most convenient for clients.
6. Treatment is client focused, tailored to the individual and timely. A variety of proven self-help, behavioral, psychological and pharmacological approaches and options are available. Assessment of the individuals willingness, motivation and readiness for change is standard practice.
7. Professionally developed, standardized, state of the art, and evidence based tobacco intervention programs are the treatment of choice.
8. Tobacco cessation facilitators receive, at a minimum, one day of specialized training. Facilitators follow a prescribed intervention program and receive ongoing consultation and supervision. An adequate number of facilitators are available to meet client demand with manageable group and class sizes.
9. Follow up of all tobacco participants at a regular interval of six months post treatment to obtain outcome data on success and relapse is the standard practice. The collection and analyzing of outcome data, through the use of the DoD recommended metric-the 7 day point prevalence rate, is done on a consistent basis. This outcome information is reported to the command and to NEHC.
10. Ongoing review of and evaluation of the effectiveness and the efficacy of all the tobacco program components is standard practice.

