

Tobacco Cessation Program

Federal Occupational Health (FOH) recognizes the enormous challenge of overcoming tobacco dependence, and the importance of providing support to the nearly 50 million Americans who smoke or use tobacco products. FOH offers an affordable, effective, and comprehensive Tobacco Cessation Program, which can be customized to meet your agency's specific needs.

Why does my agency need a Tobacco Cessation Program?

The greatest incentive for establishing a program is that tobacco cessation programs save lives. In addition to this, your agency gains the many organizational benefits that come from increased employee health, such as reduced absenteeism and increased productivity.

How can FOH help employees overcome nicotine dependency?

Nicotine Replacement Therapy (NRT) helps reduce the symptoms of withdrawal, thereby helping smokers overcome nicotine dependence and sustain successful behavior change.

How does the Tobacco Cessation Program work?

- A one-on-one interview assessment is given over the phone to assess the level of tobacco use and help determine the most appropriate treatment course.
- A specialist works with the client to develop a customized quit plan.
- NRT products (gum, patches, or lozenges) are provided for at least four weeks.
- Additional support is available through counseling services.
- A specialist provides a follow-up call within two weeks to reinforce successful coping strategies.
- After six months, participants take an online survey to determine if the quit plan was successful.
- Participants may return to the Health and Wellness Center or call a specialist to receive follow-up counseling, support, and problem-solving assistance.

What other support does FOH offer employees making an effort to quit?

FOH's Employee Assistance Program (EAP) can play an important role in helping employees who are making behavioral changes such as quitting tobacco use. By taking advantage of the FOH EAP services, your agency's employees receive the counseling support they need to complement their efforts to quit using tobacco.



What are the benefits?

- **Healthier employees** and reduced costs for your agency
- **Unique programs designed** specifically for the Federal workplace
- **Experienced specialists** who provide customized quit plans, counseling, and support
- **Simple and flexible** service delivery method using the Interagency Agreement (IAA)

"I was a smoker for 30 years and finally quit using the FOH Tobacco Cessation Program. I found the counseling motivational. I set a firm time table as the program suggested and committed to quitting. I have worked myself into shape and I feel great."

Senior Security Specialist
U.S. Customs and Border Protection (CBP)

Fast Facts

- The National Heart Lung and Blood Institute reports that people who smoke are up to six times more likely to suffer a heart attack than nonsmokers, and the risk increases with the number of cigarettes smoked each day.
- According to the U.S. Department of Health and Human Services, one year after quitting smoking, a person's risk for heart disease drops by half.

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