



Smoking Cessation Programs

Tobacco use is the leading preventable cause of premature death and a leading cause of chronic illness and disability in the United States. Nearly 50 million Americans smoke. Many also want to quit, but don't know how.

Federal Occupational Health (FOH) recognizes the enormous challenge of tobacco addiction, as well as the importance of providing support to those who want to quit. FOH provides a comprehensive Smoking Cessation Program for federal employees that can be customized to meet each agency's needs.

FOH is a non-appropriated agency that provides occupational health and wellness services exclusively to federal employees. FOH was created by Congress in 1946 by an amendment to the Public Health Service Act (42 U.S.C.), and is a service unit within the Department of Health and Human Services (HHS), Program Support Center. Our **mission** is to improve the health, safety, and productivity of the federal workforce.

Federal agencies have the authority under 5 U.S.C. §7901 to utilize appropriated funds to support the cost of smoking cessation programs for their employees.

Helping employees to quit smoking may be the best benefit you ever provide them, but your agency will be rewarded in kind. Agencies enjoy a return on investment in smoking cessation through fewer illnesses, reduced absenteeism, and ultimately, increased productivity. According to a 2007 report from the Substance Abuse and Mental Health Services Administration (SAMHSA), smokers miss significantly more work than non-smokers, but productivity increases and absenteeism declines after quitting.

Best of all, smoking cessation programs help save lives!

Smoking Cessation Program Offerings

FOH offers several smoking cessation program options that utilize scientifically proven methods, yet are flexible enough to meet each individual's unique needs. FOH's Smoking Cessation Specialists can help you determine which program options will work best for your agency's employees.

Nicotine Replacement Therapy (NRT)

Nicotine dependence is a major obstacle to overcome when attempting to quit smoking. NRT can reduce the symptoms of withdrawal and thereby contribute significantly to the success of the cessation effort.

Through FOH's Smoking Cessation Program, employees can obtain nicotine chewing gum, nicotine skin patches, or nicotine lozenges at more than 300 work-site Health Centers located in federal buildings across the country. FOH can also mail materials to employees at their work locations. The critical behavioral issues related to quitting are addressed in the NRT program by an individualized intake interview, a written personalized quit plan, and follow-up support to help people stop smoking for good.

Group Programs

FOH can develop a group program that best meets your agency's needs, with or without inclusion of NRT. Group programs provide instruction and support in weekly sessions that are usually held over a six to eight week period. Classes can be held at the work site either during or after work hours. While group programs require more of a time commitment by participants than does NRT alone, they are a valuable smoking cessation tool can increase success rate when combined with support strategies such as NRT.

Not Your Standard Quit Program

FOH's occupational health professionals promote and support your agency's commitment to smoking cessation at every opportunity. When employees visit FOH's work-site Health Centers, FOH staff reinforces the health benefits of quitting and offers suggestions and additional resources. Program results are frequently analyzed, updated, and revised to improve program effectiveness.

The Employee Assistance Program (EAP) Connection

FOH work-site Health Center clinicians understand that the EAP can play an important role in helping employees who are making life changes. When life's problems arise, they can interfere with smoking cessation efforts. FOH clinicians provide a valuable link to an employee's EAP. By taking advantage of FOH work-site Health Center and EAP services, your agency's employees receive the support they need in their efforts to quit smoking.

FOH, the Occupational Health Provider of Choice for the Federal Government

The mission of FOH is to improve the health, safety, and productivity of the federal workforce. Created by Congress in 1946, FOH is a non-appropriated service agency within the Department of Health and Human Services (HHS), Program Support Center.

Federal agencies throughout the U.S. and overseas can access FOH services. FOH provides worksite health services, Wellness/Fitness, Employee Assistance Programs (EAP), Work/Life, Environmental Health and Safety, Organizational and Professional Development, and Training and Education.

Make Federal Occupational Health your partner in building a healthier, more productive work force. For more information, please visit us at www.foh.dhhs.gov or call us today at **1-800-457-9808**.
