

Office of the Surgeon General's Smoking and Tobacco Use Cessation Committee Article for CCMIS

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USPHS First Uniformed Service to go Tobacco-free in Uniform

On June 21, 2013, the Surgeon General updated the United States Public Health Service (USPHS) Commissioned Corps Uniforms and Appearance Policy. This policy contained new language which prohibits Commissioned Corps officers from using tobacco products while in uniform starting January 1, 2014.

As a result of this new policy, the USPHS Commissioned Corps had the distinction of becoming the first Uniformed Service to prohibit tobacco use while in uniform. This significant achievement coincided with the 50th Anniversary of the first Surgeon General's Report on Smoking and Health, released in January 1964. Fifty years after the release of this landmark report, remarkable progress has been made; however, tobacco use remains the leading preventable cause of disease, disability, and death in the United States. We are so proud that the USPHS Commissioned Corps continues to lead in the fight against tobacco use with this important new policy.

For some officers, however, this momentous decision may have required a change in personal tobacco use, and as health professionals, it is important that we lead by example and support our colleagues in their efforts to stop using tobacco products.

The Office of the Surgeon General Creates Smoking and Tobacco Use Cessation Committee

For this reason, the Office of the Surgeon General and USPHS leadership requested that a Smoking and Tobacco Use Cessation Committee be formed and tasked with:

- assessing the number of Commissioned Corps officers currently using tobacco products, and
- developing, compiling and disseminating tobacco use cessation resources to those officers that do use these harmful products and support their decision to quit.

Results of Tobacco Use Survey

Results from the survey indicated that 41 percent of Commissioned Corps officers who responded (N=2821), had ever used a tobacco product. Compared to the rest of the country, a relatively small percentage of Commissioned Corps officers used a tobacco product in the past 30 days (6.9%, n=195). Before the policy change, slightly over one in five of those who used tobacco did so while in uniform (22.4%). According to the survey, the revised policy motivated 28.7% of respondents toward quitting. Among tobacco users who knew of at least one tobacco cessation resource, 55.9% were aware of Tricare benefits and services.

Launch of USPHS Commissioned Corps Smoking Cessation Website

The final result of the Committee's work was the development and launch of the [PHS Smoking Cessation website](https://dcp.psc.gov/osg/tobacco/) (<https://dcp.psc.gov/osg/tobacco/>). This site, shown below, provides evidence-based resources on effective interventions for tobacco cessation, where to go to get help, and guidelines for clinicians. We encourage all Commissioned Corps officers to access the site and to use the information to achieve the Surgeon General's goal for a tobacco-free Uniformed Service.

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Smoking Cessation Introduction

Smoking Cessation Introduction

What You Should Know When Seeking Treatment ----- Types of Interventions

What You Should Know When Seeking Treatment ----- Intensive Intervention

Where to Get Help

Guidelines for Clinicians

Smoking Cessation Introduction

Kick the Habit!

Tobacco addiction is the largest preventable cause of illness and premature death in the United States. In 2000, the US Public Health Service first said that tobacco addiction was a chronic disease (Fiore, et al., 2000. Drug addiction, including nicotine, is a disease that occurs over a long time, like diabetes, hypertension, asthma, and others (McLellan, et al., 2000³). It is not solved quickly, but takes a long-term commitment to successfully treat.

The US Public Health Service Clinical Practice Guideline: Treating Tobacco Use and Dependence (2008) states that intensive tobacco treatment can be provided by any "suitably trained" clinician. It also says that there is "no" clinical intervention today that can reduce illness, prevent death, and increase the quality of life more than effective tobacco treatment interventions. These web pages have been adapted from this Guideline to help officers move toward successfully stopping the use of commercial tobacco products.

1. http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/update/treating_tobacco_use08.pdf
2. <http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/update/index.html>
3. <http://jama.ama-assn.org/cgi/content/full/284/13/1689>

WARNING:
Quitting smoking now greatly reduces serious risks to your health.
I QUIT

How to Get Involved

For more information on how you can get involved and be an agent of change for your fellow officers, please contact the Co-chairs of the USPHS Physician Professional Advisory Committee (PPAC) Tobacco Cessation Subcommittee

- CDR Sallyann Coleman-King (fjq9@cdc.gov) or
- CDR Frances Jensen (Frances.Jensen@cms.hhs.gov).

Please see the USPHS Commissioned Corps Smoking Cessation Website at:
<https://dcp.psc.gov/osg/tobacco/>