



Freedom Quit Line For TRICARE Beneficiaries

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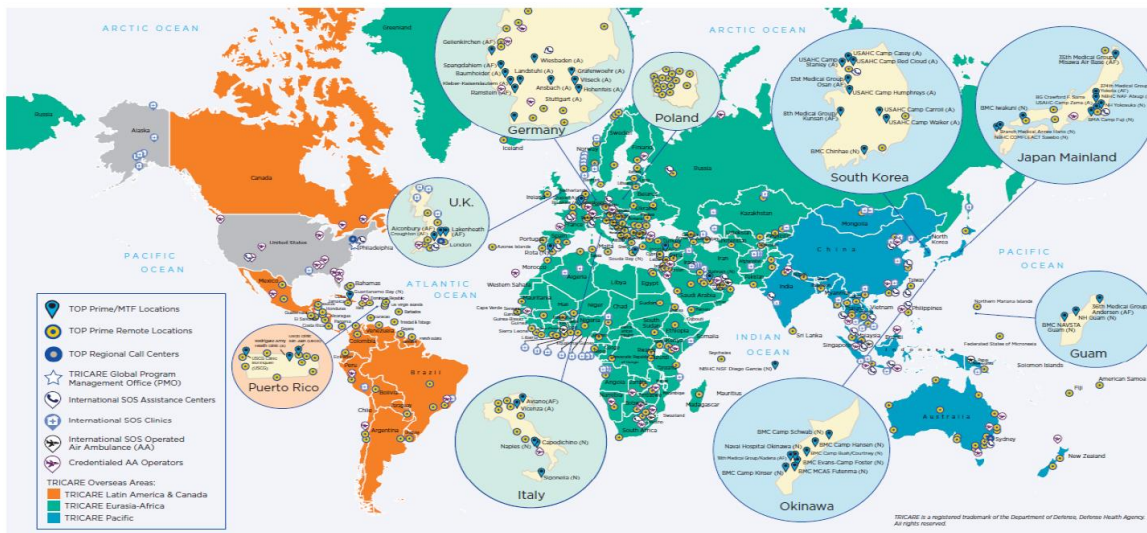
This study is a collaborative effort between the United States Air Force and the University of Virginia via a Cooperative Research and Development Agreement [CRADA # 10-217-WHMC-CRADA01-MOD01].
WHASC, IRB, FWH20140076H



Tobacco Cessation

- TRICARE has 9.6 million beneficiaries
 - Distributed worldwide, high prevalence of use
 - Active duty, family members, and retirees
- Tobacco Quit Lines have been useful in helping people quit smoking
 - Centralized team of trained counselors
 - Reachable by telephone

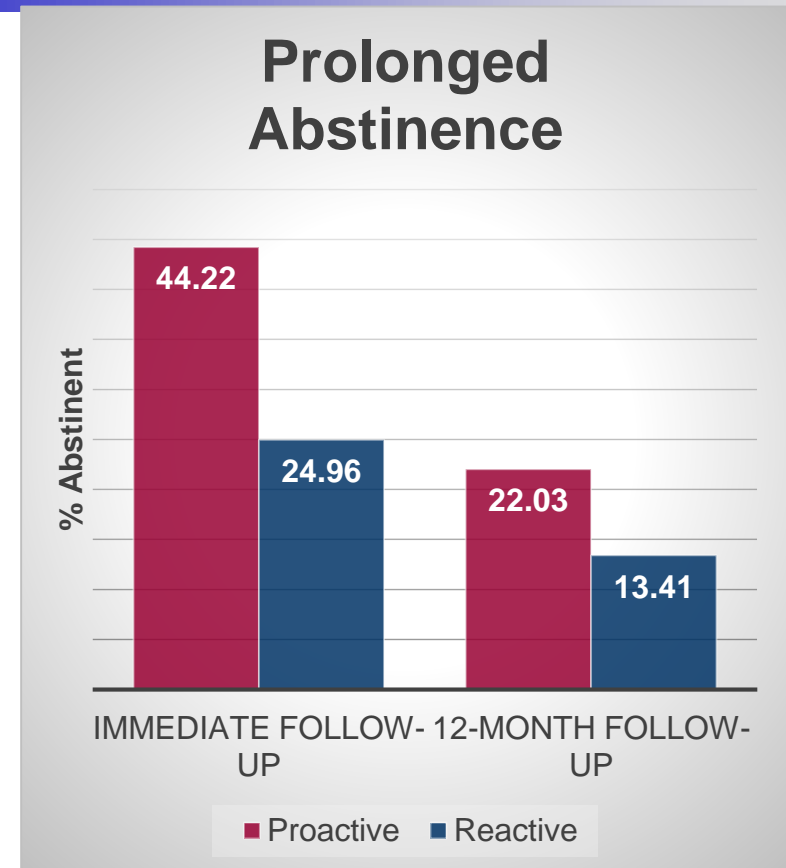
TRICARE Overseas Program: Globally Integrated Health Care Delivery





Military Tobacco Quit Line

- One - Year Prolonged Abstinence
 - 22% Proactive Counseling
 - 13% Reactive Counseling



[HL053478,NHLBI](#); [HL123978,NHLBI](#)

Klesges, RC., Ebbert, J.O., Talcott, G.W., Thomas, F., Richey, P.A., Womack, C., Hryshko-Mullen, A., & Oh, J. (2015). Efficacy of a Tobacco Quitline in Active Duty Military and TRICARE Beneficiaries: A Randomized Controlled Trial. *Military Medicine*, Aug; 180(8):917-925



Baseline Intervention (Proactive Counseling)

- Four Counseling Sessions
- NRT Patch 8 weeks

Randomized Intervention

- 3 Months Follow-up
 - Not Re-reengaged
 - Re-engage (randomized)
 - Rate Reduction
 - Repeat
 - Choice





FREEDOM
QUITLINE
FREEDOMQUITLINE.ORG

UNIVERSITY
of VIRGINIA

SCHOOL of MEDICINE





Participants

Age: Mean (SD)	48.17 (15.85)
Years smoked: Median (Q1, Q3)	25 (12, 40)
Cigarettes per day-Baseline: Median (Q1, Q3)	20 (10, 20)
Cigarettes per day-Baseline	
Not heavy (<10)	303 (49.5)
Heavy (>=20)	309 (50.5)
Past 12 months quit attempts*: Median (Q1, Q3)	1 (0, 3)
Fagerstrom score baseline: Median (Q1,Q3)	4 (3, 6)
Gender	
Male	345 (56.4)
Female	267 (43.6)
Hispanic/Latino	
No	548 (90.1)
Yes	60 (9.9)
Race	
Non-Caucasian	114 (18.8)
Caucasian	494 (81.2)



Education

High school diploma or GED	126 (20.8)
Some college/voc. school/Associates Degree	317 (52.3)
Bachelor's Degree or post college	163 (26.9)

Branch service

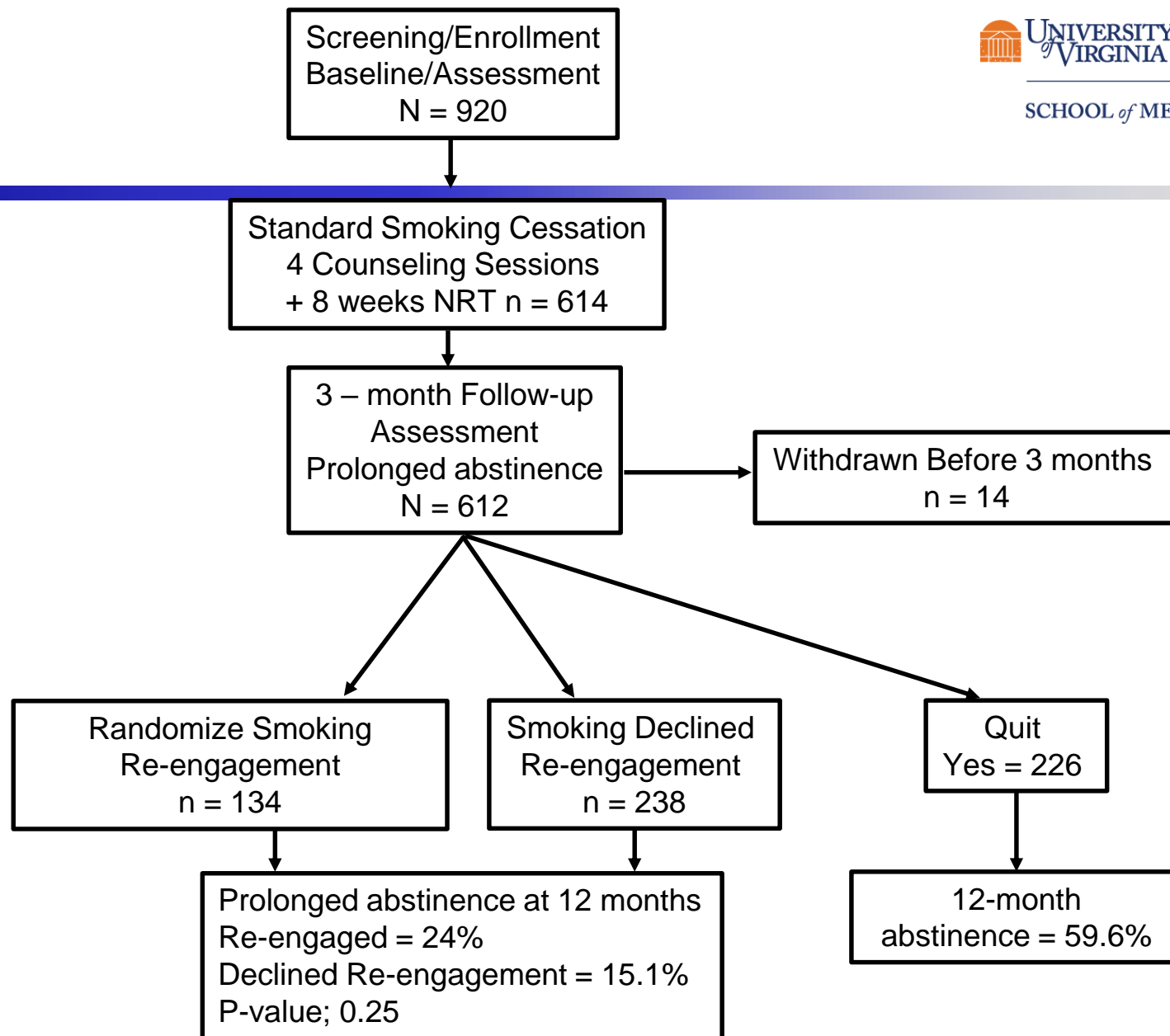
Army	170 (27.8)
Air Force	210 (34.3)
Missing	96 (15.7)
Marines/Navy/Coast Guard	136 (22.2)

Military status

Family Member	221 (36.1)
Active	188 (30.7)
Retired	203 (33.2)

Marital status

Not together	182 (29.7)
Married/Living as married	430 (70.3)





The Wisdom of Pooh: Do Something Different



“Here is Edward Bear, coming downstairs now, bump, bump, bump... It is, as far as he knows, the only way of coming downstairs, but sometimes he feels that there really is another way, if only he could stop bumping for a moment and think of it...”

- A. A. Milne