

# Evidence-Based Practices in Successful Smoking Cessation for Korean Soldiers

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## Introduction

Tobacco is the single greatest preventable cause of disease and premature death around the world. Cigarette smoking causes about one of every five deaths in the United States each year. Smoking was also a national health issue in Korea. The smoking prevalence among male adults aged 19-29 was 38.7% in Korea, 2015. Smoking prevalence of soldiers was related to male smoking prevalence, because all men must complete the military service in Korea. Thus, multidirectional practices were necessary to reduce smoking rates of Korean soldiers.

## Purpose/ Methods

This study was conducted to describe successful practices of smoking cessation practices for Korean soldiers performed by Korea Association of Health Promotion (KAHP) as Health Promoting Hospitals in 2017. The smoking cessation practices were sponsored by Ministry of Health and Welfare (MOHW), supported administratively by Ministry of National Defense (MND) and Korean National Police Agency (KNPA). This practice was based on theoretical evidence and results of smoking cessation intervention.

## Results

The theoretical evidence of smoking cessation practices was Transtheoretical Model (TTM) developed by Prochaska and Diclemente and 5A's approaches. TTM was utilized in personalized approaches of smoking cessation. The 5A's was applied to the counseling of smoking cessation clinics for soldiers. The research evidence of smoking cessation practices was the results of evaluation on effectiveness of smoking cessation intervention by KAHP until 2016. The cessation rates of smoking soldiers who joined smoking cessation clinics until at 3-months follow up was 70.4%, at 6-months follow up was 34.6% in 2016.

Practices in successful smoking cessation was included the followings: 1) Smoking cessation clinic in the military camps 2) smoking cessation education and campaign in the military camps 3) Smoking cessation supplies provision for military camps 4) smoking cessation service for military recruits 5) Creating smoking cessation environments.

## Conclusion

Application of the TTM and 5A's approaches provided useful strategies for the smoking cessation practices in military camps. In addition, creating research evidence is required for successful smoking cessation intervention by evaluating on effectiveness of smoking cessation practices. KAHP is going to make a greater effort to support smoking cessation for Korean soldiers consistently.

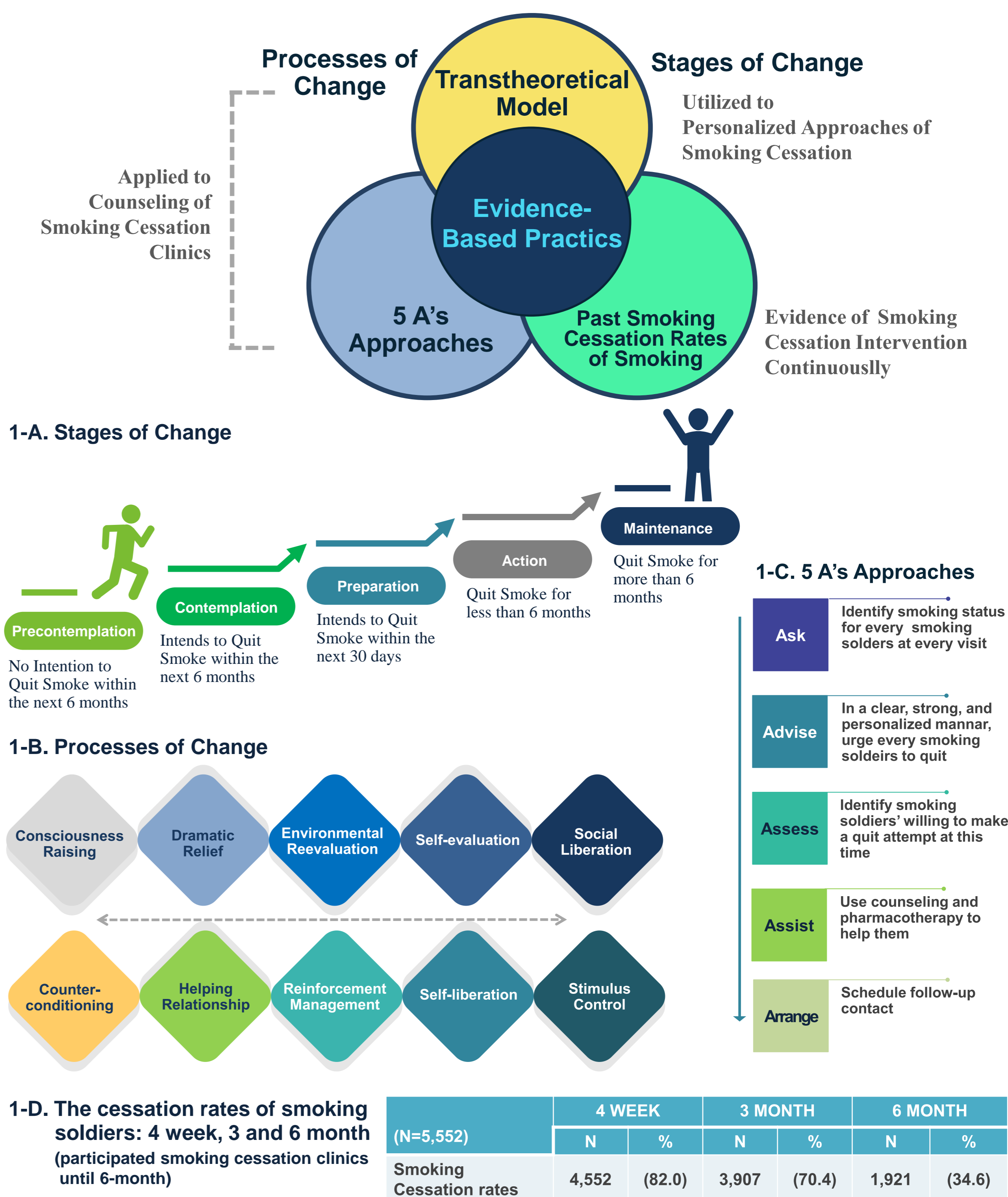


Figure 1. Evidence of Smoking Cessation Practices for Korean Soldiers

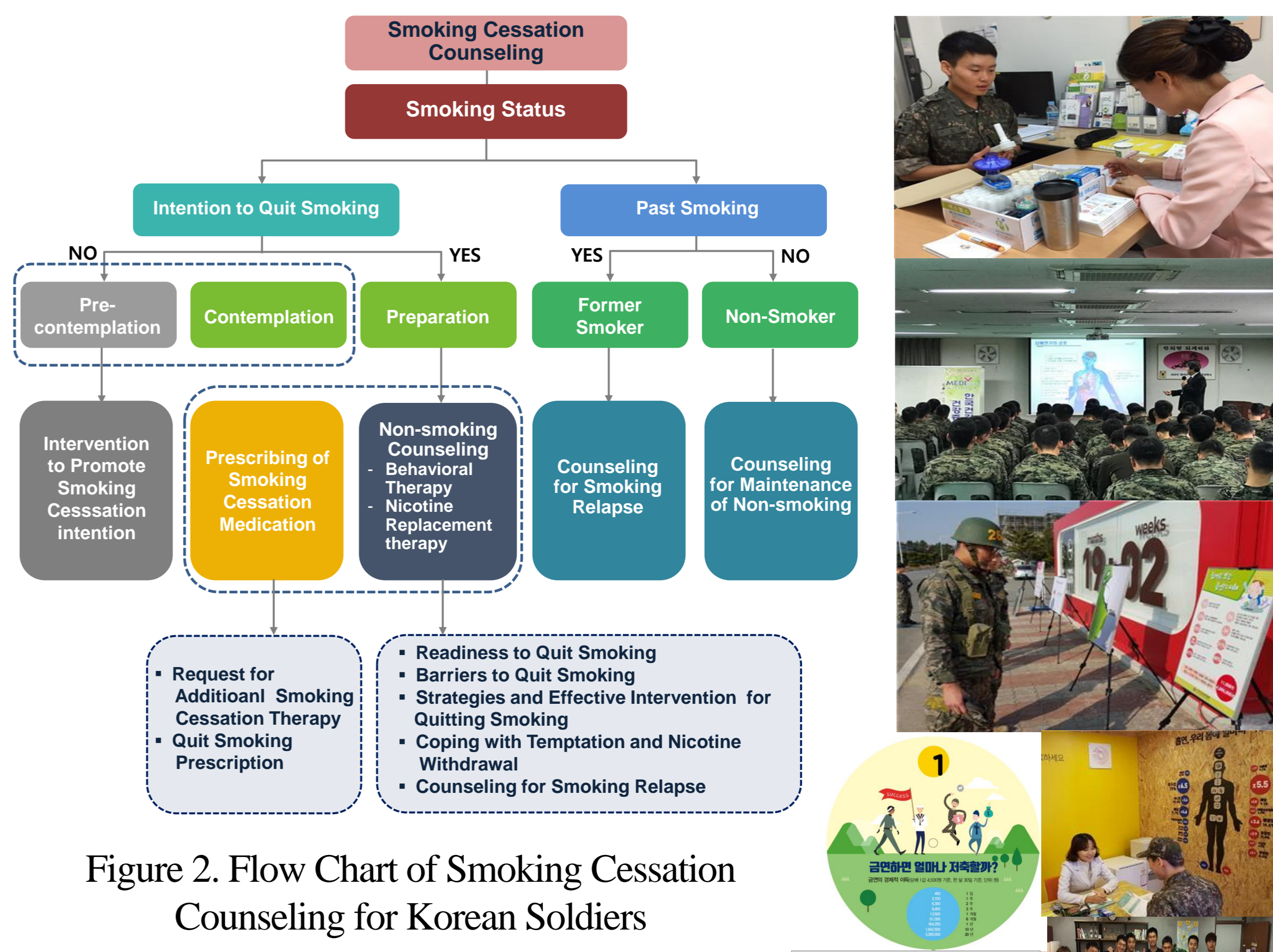


Figure 2. Flow Chart of Smoking Cessation Counseling for Korean Soldiers



Figure 3. Smoking Cessation Practices for Korean Soldiers