

# Ohio Partners for Smoke Free Families: Perinatal Smoking Cessation Program

## Background

The Ohio Partners for Smoke Free Families (OPSFF) was developed in 2006 by the Bureau of Child and Family Health Services at the Ohio Department of Health (ODH) in collaboration with the Smoke Free Families National Dissemination Office in Chapel Hill, North Carolina. The program currently includes:

- Supplemental Nutrition Programs for Women, Infants and Children (WIC).
- Child and Family Health Services (CFHS) prenatal clinics.
- Help Me Grow (HMG) home visiting programs.

## Primary Goal of OPSFF

- To reduce smoking among Ohio women before, during and after pregnancy and to reduce exposure to second-hand smoke by increasing the adoption, reach and impact of evidence-based behavioral cessation programs.

## 5A's Brief Intervention for Smoking Cessation

Our program implements the 5A's model from the U.S. Public Health Service 2008 clinical practice guidelines:

- **Ask** the client about her smoking status.
- **Advise** her to quit smoking.
- **Assess** her willingness to quit.
- **Assist** her in quitting.
- **Arrange** for follow-up during subsequent visits.

*Studies suggest that pregnancy is a good time to intervene in smoking cessation. A brief self-help intervention can increase rates by 30-70% compared to only giving advice.*

## 2014-2015 Activities

- Contracting with Ohio University Voinovich School of Leadership and Public Affairs to promote a smoking cessation campaign in four counties with high perinatal smoking rates--Lawrence, Scioto, Ross and Gallia counties.
- Contracting with Ohio Colleges of Medicine Government Resource Center (GRC) to create practitioner and patient focused Quality Improvement (QI) toolkit to assist program sites with 5A's implementation.
- Expanding the 5A's into Ohio's Reproductive Health and Wellness Programs (RHWP), Ohio Infant Mortality Reduction Initiative (OIMRI) programs and additional WIC programs.
- Partnering with the Ohio Chapter of the American Academy of Pediatrics and Ohio University Heritage College of Osteopathic Medicine to bring AAP 5A's Lectureship to Ohio, spring 2015.

## Future Directions

- Continue expanding use of tools, training and technical assistance for treating tobacco use beyond ODH funded programs.
- Implement training for the Baby & Me – Tobacco Free, Not on Tobacco (NOT) and Certified Tobacco Treatment Specialists (CTTS) programs.
- Evaluate OPSFF progress through data analysis.

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