



## Headquarters British Forces Germany Health Service

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### **SOLDIERS KEEN TO QUIT SMOKING BEFORE POSTING HOME**

British Forces Germany Health Service (BFG HS) is launching a new Smoking Cessation campaign, with the Armed Forces Smoking Cessation Co-ordinator, aimed at personnel posted back to the UK.

The 'Money to burn' campaign highlights the cost of smoking in the UK, and encourages people to stop smoking before a posting home.

The research backing the campaign highlighted the cost of smoking as the main motivator for soldiers that intended to quit. Concerns for their health and fitness, as well as that of their family were also ranked as important.

It currently costs £ 5.85 for a packet of 20 cigarettes in the UK, or £175 per month if you smoke 20 a day (retailer newsagent October 2009). The impending loss of duty free appears to be the nudge that many people need to stop smoking. In BFG, this is reflected by the peak in personnel attending Smoking Cessations clinics prior to a posting home.

#### **Help available for Smokers in BFG**

All medical and dental centres have trained staff to support people wanting to stop smoking. In most regions smoking cessation clinics are being run to help smokers quit. You can attend for an individual appointment or a group. Some people do not like the idea of attending a group, but research has found that groups are more successful at helping people quit than one to one interventions.

You are entitled to free prescriptions of Nicotine Replacement Therapy whilst serving overseas. Nicotine Replacement Therapy also doubles your chances of quitting successfully. It is really

important to learn how to use the NRT properly, so that you get the best effect from it. Make use of these services in preparation for going home.

### **What happens at a Smoking Cessation Clinic**

A typical clinic lasts for 1 hour a week for a 6 weeks period. At the first clinic the staff explain how the clinic works, provide information on Nicotine Replacement Therapy (gum, patches, lozenges). The second clinic is the quit date and the staff encourage group members to support each other through the coming week.

Smoking Cessation Clinics are now part of the service offered by the NHS, because they have been found to be the most successful way of helping smokers quit.

People who wish to quit smoking should contact their medical centre and enrol for a Smoking Cessation clinics in their area.