

Breathing Space

Quit Smoking Program for Women
2008-2009



The *Breathing Space* Project

The Breathing Space Project
was funded by the Tackling
Tobacco Program which is
an initiative of Cancer
Council NSW



aim

To reduce the prevalence of cigarette smoking among women, with a special emphasis on lower-income women of child-bearing age

References:

Cancer Council NSW. Addressing smoking in community service organisations: a policy toolkit. Cancer Council NSW: 2008
Cancer Council NSW. Clearing the smoke. Best Practice smoking cessation strategies for people with multiple disadvantages. Sydney. Cancer Council NSW: 2008



rationale

smoking and disadvantage are
closely linked

Women in the lowest
socioeconomic group continue
to have higher rates of smoking
than the rest of the community

References:

Cancer Council NSW . Addressing smoking in community service organisations: a policy toolkit: Cancer Council NSW: 2008
Cancer Council NSW. Clearing the smoke. Best Practice smoking cessation strategies for people with multiple disadvantages. Sydney. Cancer Council NSW: 2008



about quit smoking groups

While many smokers stop on their own, others find that group programs, self help guides, individual counselling, nicotine replacement therapy or other treatment approaches can assist them to quit

References:

The Cochrane Database of Systematic Reviews 2008 Issue 3. Copyright© 2008 The Cochrane Collaboration. Published by John Wiley and Sons, Ltd. The full text of the review is available in The Cochrane Library (ISSN 1464-780X). This record should be cited as: Stead LF, Lancaster T. Group behaviour therapy programmes for smoking cessation. Cochrane Database of Systematic Reviews 2005, Issue 1. Art. No. CD001007. DOI: 10.1002/14651858.CD001007.pub2



Smoking cessation signifies overcoming the physical addiction to nicotine as well as dealing with the psychological dependence and deep-rooted behaviour. It requires personal motivation and effective coping strategies. However, to quit successfully smokers may also benefit from a supportive group setting.

While many smokers stop on their own, others find that group programs, self help guides, individual counselling, nicotine replacement therapy or other treatment approaches can assist them to quit.

Access to cessation programs is often influenced by a number of factors, such as language, literacy level, cultural and personal relevance, timing, location, cost and supports for participation.

Group programs are more effective for helping people to stop smoking than being given self-help materials without face-to-face instruction and group support. It is unclear whether groups are better than individual counselling or other advice, but are more effective than no treatment. Not all smokers making a quit attempt want to attend group meetings, but for those who do they are likely to be helpful.[\[1\]](#)

[\[1\]](#) Stead LF, Lancaster T. Group behaviour therapy programmes for smoking cessation. *Cochrane Database of Systematic Reviews* 2005, Issue 1. Art. No.: CD001007. DOI: 10.1002/14651858.CD001007.pub2. This version first published online: July 27, 1998 Date of last substantive update: February 16, 2005.

Development and Implementation of *Breathing Space*

Stage 1: (first 12 months)

- development, delivery & evaluation of smoking cessation program for women

Stage 2: (first 12 months)

- facilitator's kit

Stage 3: (subsequent 12 months)

- uploading to an electronic version, dissemination through networks and presentations and worker familiarisation



what does the program look like?

Session 1: Preparing to Quit

Session 2: Quit Date

Session 3: Dealing with Cravings

Session 4: Wellbeing

Session 5: The Hard Facts

Session 6: Relapse Prevention



provision of Nicotine Replacement Therapy (NRT) during the pilot

Free provision of NRT can increase rates of cessation and also demonstrates parallel benefits for public health

References:
Nicotine Replacement Therapy (2007) Guidelines for Health Professionals on using Nicotine Replacement Therapy for Smokers not yet ready to stop smoking. Action on Smoking & Health Australia (ASH) www.ashaustralia.org.au/pdfs/NRTguide0702.pdf



highlights from the pilot pre-program survey

Pre-Program Survey

Smoking History

- 75% of household income was between \$6,000-\$20,000 per year
- 50% started smoking at 16 years
- Most women started smoking to fit in, curiosity and because their friends smoke
- 75% of women smoked between 21-40 cigarettes per day

The experience and meaning of smoking

What is good about smoking?

- 75% stress relief
- 25% *'everyone I know smokes/something we have in common'*
- 25% relieves boredom & loneliness

What don't you like about smoking?

- 50% Health effects
- 50% interferes with spending time with kids
- 75% smell, mess
- 25% coughing



highlights from the pilot pre-program survey

Do you smoke in your house?

- 75% yes
- 25% no

Do you smoker in your car?

- 50% yes
- 25% no
- 25% I don't have a car

Is your house a smoke-free-zone?

- 50% yes
- 50% no

What was the longest time you went without a cigarette the last time your tried to quit?

- 40% - 3 to 7 days

What do you think will be the hardest things for you about quitting smoking?

- 27% when stressed;
- 20% nicotine withdrawal;
- 20%being around smokers;
- 20% smoking at certain times e.g. morning smoke, smoking after dinner etc.

What would encourage you to quit?

- 50% getting sick
- 25% support
- 25% motivation

What would you like to see included in a quit smoking program?

- 100% stress management
- 100% Nicotine Replacement Therapy



highlights from the pilot evaluation

How much do you smoke now compared to when you started the program?

- 67% quit during the program
- 33% cut down significantly
- 70% no longer smoked in their homes
- 70% no longer smoked in their car
- 67% attended all 6 sessions
- 100% would recommend the program to friends and family
- 100% felt that the number of sessions and length of program was just right



highlights from the pilot evaluation

What part of the program do you remember best?

"the six weeks were all very informative...the
information received was a great help"

"learning how to quit and relax"

"relaxation"



what does the facilitator's kit look like

The kit is divided into 5 sections:

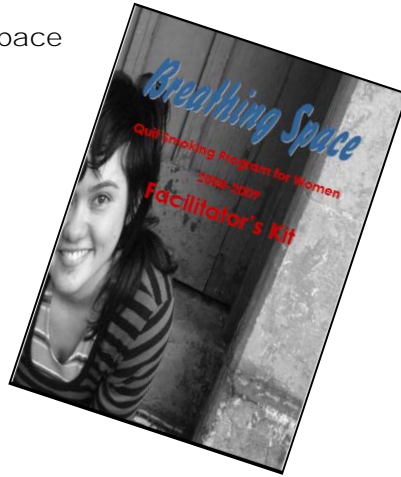
Section 1: Introduction to the Breathing Space Project

Section 2: The Breathing Space Kit

Section 3: Key Information

Section 4: The Breathing Space Quit Smoking Program for Women

Section 5: Program Resources



how to use this kit

The *Breathing Space* Program aims to be as practical and user-friendly as possible, endeavouring to provide all the information you will require to deliver a quit group with women



how to use this kit

The image shows a screenshot of the WESDARC website. The browser's address bar shows 'Western Sydney Drug an...' and 'Yahoo!7'. The website header features the WESDARC logo and navigation links: Home | About WESDARC | What's Happening | Projects | Publications & Resources | Training | Library | Request Referral | Contact Us. Below the header is a search bar and a description of WESDARC as a not-for-profit, non-government organisation. The main content area includes four panels: '100% FRIENDS', '100% PARTY', '100% MUSIC', and '100% FAMILY', each with a silhouette of people and the text '100% DRUG FREE'. Below these panels is the 'WESDARC MANAGEMENT COMMITTEE' section with links to 'Get involved in Exciting Projects' and 'Support our Dynamic Team'. The footer contains the text 'WESDARC is well known for'. On the right side of the image, a person is sitting on a ledge, laughing.

who can use this kit

Workers from a diverse range of disciplines are capable of providing effective smoking cessation interventions, such as facilitating a quit smoking group

References:
Lanchester, T. Stead, L. Silagy C. Sowden, A. (2000) Effectiveness of Interventions to help people stop smoking: findings from the Cochrane Library. *British Medical Journal*:321 (7527) pp255 - 358



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