

Intervention of 5A Smoking Cessation Method at Eastern Naval Area in 2021/22

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Abstract

Non Communicable Diseases (NCDs) have become the leading cause of morbidity and mortality. Tobacco use is a recognized causal factor in the genesis of NCDs. Smoking is the most frequent cause of avoidable premature death. Comparing modifiable cardiovascular risk factors, smoking has the strongest impact on cardiovascular mortality. Long COVID-19 linked pandemic of NCDs are predicted. Hence, quit smoking is a very important health intervention and 5 A's (United States-public health clinical practice guideline) is a recommended psychological intervention method for persons willing to quit/cease smoking. Purposive intervention study sample of naval personals ($n = 147$) had long term unhealthy behavior of smoking. 87% (90/147) had NCD and pre NCD conditions (including Impaired Glucose Tolerance, $> 100\text{mg/dl}$, high Body Mass Index > 25 , Low Density Lipoprotein $> 116\text{mg/dl}$) in eastern naval area during the period 03/2022 to 10/2022. Demographic description, 19.8% ($n = 30$) in age group 20-29, 66.6% ($n = 105$) in 30-39 and 13.2% ($n = 12$) in 40-49 year age groups. Only 17% ($n = 28$) had advanced level educational qualifications. 83% ($n = 120$) were junior sailors. Cohort sample was directed to a brief interventional study on 5 A's method [ask, awareness, assess, arrange, award]. WhatsApp, Google form digital tools were used for health education, monitoring and support. Sample was followed up for 6 months period by naval nurses, counseling officers and public health inspectors. 72.34% ($n = 107/147$) of the study sample quit/reduced smoking by 39.8% within 3 months since beginning of intervention of 5A method in Eastern Naval Area. Brief intervention and 5A's method can be used as an effective low cost method for quit smoking in resilience in post Covid era to control and prevent predictable pandemic of long Covid complications in NCD. Age, educational status, discipline and seniority may effect on outcome.

Keywords: *Non-communicable diseases, 5A method*