

Physical activity outcomes of women living in a residential substance abuse treatment facility who engage in a group-centered, physical activity-focused tobacco cessation program

BACKGROUND

- Smoking prevalence rates for those in residential substance use disorder (SUD) treatment are high, yet less than half of SUD treatment facilities offer tobacco cessation services.
- Tobacco cessation during recovery is associated with long-term sobriety.
- Physical activity has been associated with increasing quit attempts and improving smoking abstinence.

PURPOSE

Describe the feasibility and impact of a group-centered, physical activity-focused tobacco treatment intervention on physical activity outcomes for women living in a residential SUD treatment facility.

METHODS

- Get Fit and Quit (GFAQ), an 8-week smoking cessation intervention, incorporated tobacco cessation education with physical activity and group support to assist women with SUD to quit smoking.
- Physical activity was evaluated at baseline, Week 4, and Week 8 by:
 - Daily step counts (measured by Garmin)
 - Days/week of moderate and vigorous physical activity
 - Importance and confidence scales in physical activity

RESULTS

- Increase in overall daily step count
- Significant increase in days/week of physical activity
- No change in confidence and importance



Incorporating group physical activity into a smoking cessation intervention increased daily steps and frequency of physical activity for women in treatment for substance use disorder.

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Demographic Characteristics	
N = 32	n (%)
Age (mean)	32 years
Race	
White	28 (88)
African American	2 (6)
Other	2 (6)
Partner Status	
Single	21 (66)
Divorced/separated	7 (22)
Married/living with partner	4 (13)
Highest education	
<HS	10 (31)
HS graduate	5 (16)
Some college	14 (44)
≥College grad	3 (9)
Employment	
Unemployed	32 (100)

	Baseline Mean (SD)	Week 4 Mean (SD)	Week 8 Mean (SD)	Test statistic (p)
Steps		8,081 (2,877)	9,075 (2,467)	t = 1.8 (.08)
Days of mod exercise	2.07 (1.33) ^a	3.94 (1.28) ^b	4.53 (1.27) ^b	F = 3.8 (.03)
Days of vig exercise	0.83 (0.75) ^a	2.03 (0.74) ^b	2.19 (0.71) ^b	F = 4.0 (.02)

	Baseline Mean (95% CI)	Week 4 Mean (95% CI)	Week 8 Mean (95% CI)	F (p)
Importance of exercise	6.87 (6.06, 7.68)	6.68 (5.86, 7.49)	7.06 (6.26, 7.86)	0.2 (.80)
Confidence in exercise	6.80 (6.06, 7.55)	6.50 (5.90, 7.39)	6.59 (5.86, 7.33)	<0.1 (.92)

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