

# Changes in smoking behaviors among a sample of women in residential substance abuse treatment who engage in a group-centered, physical activity-focused tobacco cessation program

## BACKGROUND

- Smoking prevalence among individuals in substance use disorder (SUD) treatment is high; however, less than half of SUD treatment centers offer tobacco cessation services.
- Tobacco cessation during recovery is associated with an increased likelihood of maintaining long-term sobriety.
- Physical activity has been positively associated with quit attempts and smoking abstinence.

## PURPOSE

Describe changes in smoking behaviors among women in residential SUD treatment who engage in the 8-week group-centered, physical activity-focused tobacco cessation intervention, Get Fit and Quit (GFAQ).

## METHODS

- GFAQ is an 8-week program incorporating tobacco cessation with physical activity and group support to assist women with SUD to quit smoking.
- GFAQ tobacco counseling sessions are lead by a trained Tobacco Treatment Specialist (TTS).
- Smoking behaviors evaluated at baseline, Week 4, and Week 8 included:
  - Expired Air Carbon Monoxide (EACO) analysis (Bedfont® Micro+™ Smokerlyzer®)
  - Urine cotinine (NicAlert™)
  - Cigarettes Per Day (CPD) (self report)

## RESULTS

- Significant reduction in CPD from Baseline to Week 4 and Baseline to Week 8
- Reduction in EACO and urine cotinine, with change in EACO approaching significance



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Incorporating **group physical activity** into a **tobacco cessation** intervention resulted in **fewer CPD** and **lower EACO** and **urine cotinine levels** among women in residential treatment for **SUD**.

Demographic Characteristics	
	N=32 n (%)
Age (median)	32 years
<b>Race</b>	
White	28 (88)
African American	2 (6)
Other	2 (6)
<b>Partner Status</b>	
Un-partnered	28 (87)
Partnered	4 (13)
<b>Highest education</b>	
<High School (HS)	10 (31)
HS graduate	5 (16)
College	17 (53)
≥College grad	3 (9)
<b>Employment</b>	
Unemployed	32 (100)

Smoking Behaviors				
N = 32	Baseline Mean (SD)	Week 4 Mean (SD)	Week 8 Mean (SD)	Test Statistic (p)
EACO (ppm)	17.7 (7.02)	14.1 (7.79)	13.8 (6.84)	F = 2.87 (0.06)
Urine cotinine (0-6)	5.91 (0.93)	5.41 (1.26)	5.68 (0.86)	F = 2.29 (0.11)
CPD	13.34 (5.00)	9.33* (5.23)	7.00* (5.31)	F = 12.25 ( <b>&lt;0.01</b> )

\*Comparisons significant at the 0.05 level

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