Smoking Cessation: Helping People to Quit
David Navarro, Rebecca Schattin, Kara Williamson
Community Partner: Ranelle Nabrin

Background: Smoking harms nearly every organ of the body, causing many diseases and affecting the health of smokers in general. Quitting smoking has immediate as well as long-term benefits for you and your loved ones (CDC).

Objective: To identify the clients’ challenges to quit smoking and to provide local resources that would best help the clients of the BC/ACHA to quit smoking.

Design: Cross-sectional study.

Setting: Boise, Idaho.

Participants: 39 individuals who smoke and are clients of the BC/ACHA.

Measurements: Type of smoker, attempts to quit, willingness to quit and knowledge about the effects on the body.

Results: 71.8% of the participants expressed willingness to quit, 72.7% indicated that stress was the biggest barrier, 79.4% stated they had tried to quit “cold turkey” in the past, while 73.0% stated that they would be willing to try smoking cessation product if they were made more affordable.

Abstract: Working in collaboration with the Boise City/Ada County Housing Authority (BC/ACHA) the BSU Nursing Student research group conducted a study to find out how to best help their clients to quit smoking. BC/ACHA provides assistance and affordable housing to low income clients. BC/ACHA’s goals are to improve the health and socioeconomic well being of their clients. The future plans of the Housing Authority include making their housing smoke free. The research group constructed a survey to find the best methods to help this specific population quit smoking. A “smoking cessation” class was offered to the BC/ACHA clients providing relevant education and available community resources.