

Healthy Attitude

There's no 'smoking' in 'team'

Kicking the smoking habit isn't easy, and it's frequently lonely. A team approach might help – strength in numbers, and all that.

Workplaces often bring employees together on weight-loss efforts, for instance, so why not a team approach to smoking cessation?

Constance Green, a Suffolk County Community College associate professor of nursing, has been selected as an American Psychiatric Nurses Associ-



ation Champion for Smoking Cessation after developing anti-smoking group strategies in her "Let's Quit Together" program.

Among the ideas in Green's plan:

- Groups can track and report how many cigarettes they collectively smoke, helping both themselves and the team.
- Companies can create smoking-cessation support groups.
- Companies can also provide educational components and smoking alternatives.
- Groups can spread the word – and the positivity – by highlighting successes. "Ask me how I quit" badges can effectively promote good vibes.

