

# SMOKING BEHAVIOURS AND ATTITUDES TOWARDS TOBACCO MANAGEMENT POLICY AND PRACTICES OF WORKERS IN SPECIALIST ALCOHOL AND OTHER DRUG SERVICES IN THE ACT

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**Introduction and Aims:** Over the past 10 years, specialist alcohol and other drug (AOD) services in the Australian Capital Territory (ACT) have increasingly focussed on imbedding nicotine dependence treatment as core business, and supporting this with a range of tobacco management activities. A supplementary tobacco management and smoking cessation module, included in the 2017 ACT AOD Workforce Profile, aimed to provide a snapshot of smoking behaviours and attitudes of workers in ACT specialist AOD services, and to monitor progress on tobacco management activities within these services.

**Design and Methods:** All workers at nine government and non-government specialist AOD services in the ACT were invited to complete the tobacco management and smoking cessation module administered with the 2017 ACT AOD Workforce Profile.

**Results:** 164 workers completed the module, with 26.2% self-identifying as daily or occasional smokers. Smoking status was associated with income, education level, number of family/friends who smoke, and health and wellbeing. Among workers who smoked, levels of dependence were low, and while self-assessing that it would be moderately hard to quit, two-thirds intended to quit sometime in the future.

Other results include an examination of attitudes to workplace tobacco management policies, and facilitators, and challenges to providing smoking cessation support to clients.

**Discussions and Conclusions:** The smoking rate among workers in specialist AOD services is higher than in the general ACT community indicating further opportunities to provide nicotine dependence treatment and support to workers. Tobacco management strategies within these services have been successful at enabling AOD workers to provide comprehensive smoking cessation support to clients.

## **Implications for Practice or Policy:**

High rates of smoking among people accessing specialist AOD services require nicotine dependence treatment to be integrated into core AOD treatment. This requires providing a supportive environment (through tobacco management activities) and supporting the AOD workforce to effectively provide this treatment (including through nicotine dependence treatment for workers, and training).

## **Disclosure of Interest Statement:**

The authors have no interests to disclose.