

The Ohio State Senate Finance Committee Meeting
Wednesday, May 31, 2017
RE: 'Moms Quit for Two' Program

Chairman Oelslager, Ranking Member Skindell, and distinguished members of the Finance Committee, my name is Tara Tucker. I am here to share two success stories from the 'Moms Quit for Two' program of which I manage at Columbus Public Health. The objective of the program is to assist in the reduction of smoking or second hand smoke exposure of expectant women, infants, and young children to invoke positive outcomes in the reduction of infant mortality rates in Central OH. This program is based on the 5 A's Model-an evidence-based intervention for smoking cessation.

I want to share the stories of two mothers who, as a result of the program's interventions, have successfully quit smoking. First, Ms. Christina Hughes, a 30 year old mother of a month old infant, spoke with one of our Outreach Worker's about the dangers of smoking for both she and her baby. The Outreach Worker provided smoking cessation resources and encouragement in the initial visit, as noted in the 5 A's Model of 'Ask-Advise-Assess-Assist-Arrange.' It is important to note there are also five stages of change toward smoking cessation in this model, including precontemplation, contemplation, preparation, action, and maintenance. The Outreach Worker identified this mom's stage as 'Contemplation.' When offered the support of the program's cessation resources, Ms. Hughes became increasingly committed to quitting smoking. To date, Ms. Hughes remains smoke-free.

Ms. Jessica Schott shares a similarly positive experience with the 'Moms Quit for Two' program. As an expectant mom, she stated that the support she received from the program's monthly contact calls kept her motivated to stay smoke free for the sake of her unborn baby. Ms. Schott's quit date was April 25, 2017. Her baby is due December 29, 2017. She has asserted that the calls received from the Outreach Worker helped with her accountability toward her continued commitment to quit.

There is no question that with the rates of infant mortality are on the rise throughout Central OH. Smoking cessation programs such as these are vital to the health and well of our infants, young children, and the unborn. We implore our legislators to continue funding the work of tobacco cessation programs to save those incapable of the choice to smoke. Our babies deserve a fighting chance to grow up in as healthy an environment that we are able to accommodate, and we as public health officials must do everything possible to ensure that opportunity. On behalf of all of our OH babies, I would like to thank you for investing in tobacco cessation programs for expectant, post-partum, and breastfeeding moms. 'Moms Quit for Two' is an emerging and successful program that will continue to have a profound impact on Ohio's infant mortality and maternal health outcomes. For the sake of our most vulnerable demographic, please see fit to continue this crucial investment.