

Tobacco Free Communities: Glamorgan Spring Bay

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Incentivising Smoking Cessation

- Method is effective
- Positive reinforcement
- Immediate reward
- Autonomy to choose quit strategy



Project Outline

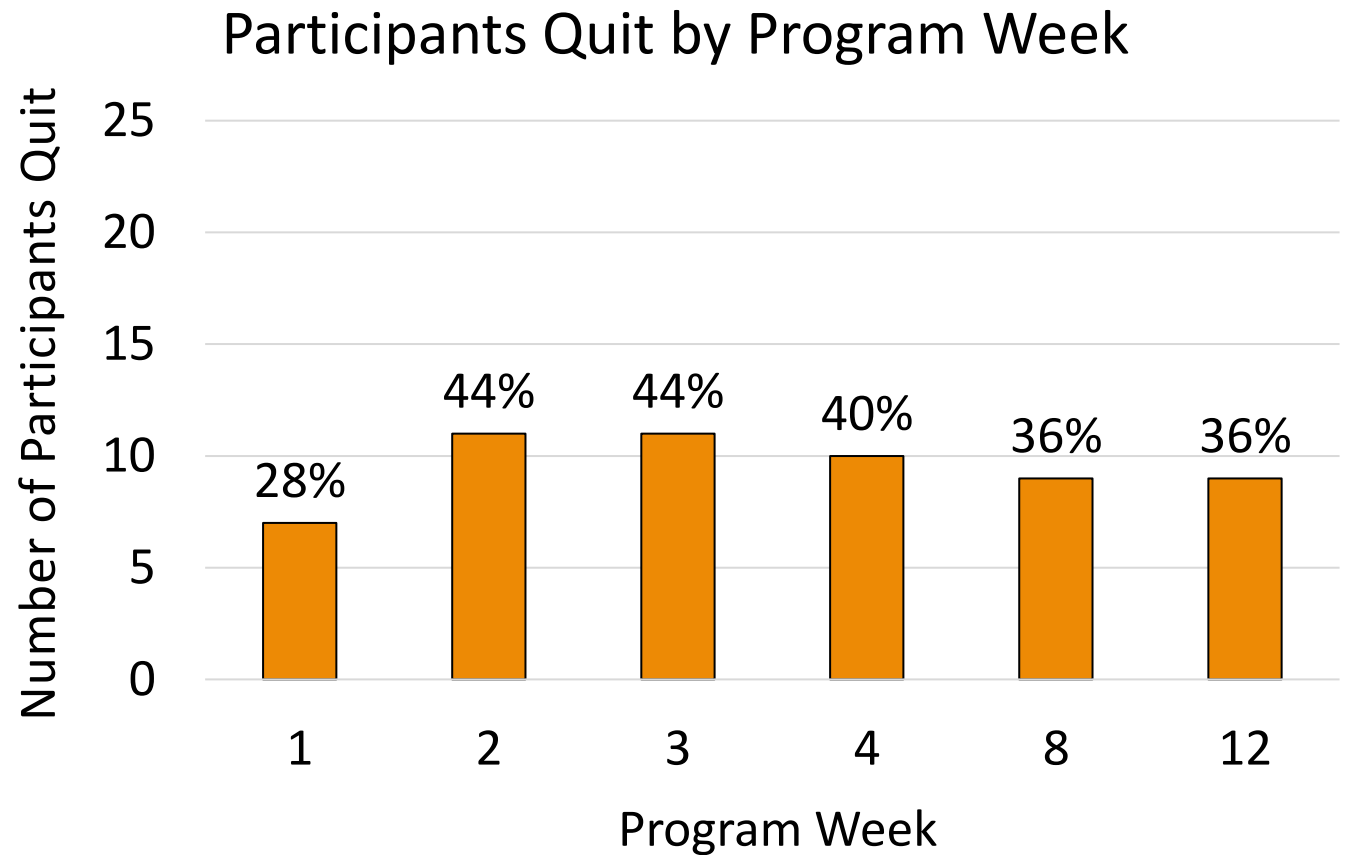
- Partnerships
- Community engagement
- Check-in schedule
- Carbon monoxide (CO) monitoring

Swansea pharmacist Suzanne Hickey and trial participant Olivia Ford. Image credit: Liam Mitchell



Results

- 35 enrolled
- 29 consented to data analysis
- 4 excluded as CO \leq 4 ppm
- Collected average of \$178 in vouchers
- 36% quit at end of program



Learnings and Challenges

- Working with pharmacies
- Smaller vouchers
- Shorten and digitise surveys
- Ask about recent smoking and conduct CO monitoring
- Follow-up at 6 and 12 months