

Inventory and Decrease Designated Tobacco Areas

Overview



- **Program Objective:** Identify and decrease total blueprint on the installation in which tobacco usage is allowed
- **MTF:** Yokota AFB
- **Implementation Dates:** May 2013 - Present
- **To reach local point of contacts, visit [Military Installations](#)**
- **Total Force Fitness Domains:** Behavioral, Psychological, Social, Environmental, Physical

Program Description



- A comprehensive, bi-lingual (English / Japanese) map developed in collaboration with the marketing team at Yokota clearly shows the location of Designated Tobacco Areas (DTAs) on the installation; each DTA has a sign designating it as a DTA and a Civil Engineering Approved Butt Can; tobacco use is prohibited outside of DTAs
- In coordination with the Civil Engineering squadron, Health Promotion is working to decrease the number of DTAs on the installation by 10% annually, thus improving air quality and discouraging tobacco use

Evidence of Program Effectiveness



- As of Nov 2014, **three DTAs (from a total of 23) have been eliminated** since the original map was published in May 2013; Change represents **13% reduction of DTAs** in 1.5 years
- Individuals enrolled in the tobacco cessation course report that **with fewer DTAs, it less convenient to use tobacco**, deterring them from taking a smoke break during the work day and thereby increasing productivity
- **Lower tobacco use rate on installation (16.9%) compared to Pacific Air Force (18.2%)**
- Team is starting by eliminating DTAs in close proximity to one another; then, will focus on targeting those areas with the highest tobacco usage rates

Costs and Required Resources



- Initial development of map: ~1 month coordination b/w Health Promotion, Civil Engineering and marketing
- Once map developed, oversight by HP staff and participation of Civil Engineering
- Additional costs: (Paid for by Civil Engineering)

Lessons Learned



- Training provided to facility managers on base, and also included in Facility AFI, to increase awareness about DTA initiative and promote responsible enforcement, in which facility managers direct those in violation of the policy to the closest DTA
 - Health Promotions should not be known as “tobacco police”
- Understand local context: Health Promotions received more pushback from Japanese nationals on base than from US service members, who largely understand and support the policy
- Initiative helps promote established culture of healthy outdoor activities at Yokota, already encouraged by bike lanes, running paths, athletic fields