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| **Health and Economic Impact of a Multilevel Workplace Smoking Cessation Program** |
| **Background/Objectives**The objectives of the present study were to determine the needs for smoking cessation program at the work site, to develop a workplace smoking-free program from the ecological perspectives, and to evaluate its health and economic benefits**Methods**Focus groups were conducted to assess the needs for the program contents. The worksite smoking cessation program was provided at the organizational and the individual level. Organizational level intervention components included leadership enhancement, workplace smoke-free policies and structure, and establishment of smoke-free environment. Individual level intervention was composed of at least 9 coaching sessions where each session lasted 10 minutes, offered during the 4-5 months. The smoking cessation coaching sessions were based on the principles of Motivational Interviewing and behavior change theories. A total of seven worksites and 89 employees participated in the program. The evaluation was conducted in terms of smoking cessation and economic benefits. The economic analysis of the present study was conducted in two parts: productivity loss and medical expenses.**Results**We found through the FGI that employees mostly started smoking because of people around them inviting them to do so, as well as a mean to release stress and to take a time-off at work. By the end of the intervention, among the 89 participants 32.6% (n=29) showed a 6-week quit smoking rate, and 43.8% (n=39) were current non-smokers. Among current smokers, 68.0% had made attempts to quit smoking during the program period. We could estimate that if successful quitters continue abstinent for one-year period, the loss in productivity would be reduced by 92,101,358 Korean won per year. Health care costs after 5 years would be reduced by 15,275,228 Korean won. The ROI obtained based on the analysis of the amount of productivity loss was 3.8 points, while the productivity loss plus the medical expenses reduction was 4.55 points. **Discussion**Multi-level workplace smoking cessation program was proved to be effective in terms of smoking cessation and productivity plus the medical expenses reduction. For the recruitment of participating worksites, a promotion strategy emphasizing both the health and economic benefits for the workplace could be presented to the stakeholders to encourage voluntary participation.**Keywords**Workplace, smoking cessation, economic impact, ROI, multilevel approach |