

Nasomah wellness cessation rate success

The Coquille Indian Tribe is a self-insured organization providing insurance for Tribal Members and staff. The Tribe has a 5 county service area including Coos, Curry, Douglas, Lane, and Jackson counties. All employees and tribal members who live outside of the 5 county service district are eligible to participate in the Nasomah Wellness program. Our first success is that as of PY12-13 we are up to a 78% participation rate of eligible plan members, which is much higher than industry standard wellness program participation. A steady increase

Data that has been collected since the inception of the wellness program in 2007 illustrates the success of reducing tobacco usage through participation in wellness programming. The data set shows each group of participants from a beginning year point through until 2011-2012 fiscal year and only includes individuals who have stayed in the program the entire time.

	# of participants	beginning % usage	current % usage
2007	84	23.81	17.86
2008	208	25.96	22.60
2009	236	24.58	22.78
2010	297	23.91	23.23
2011	377	26.79	no end data

Every group shows a **decrease of usage** with **better rates corresponding to length of time in program** for the most part. Additionally this shows the increase in participation through the years. Participation began with carrot incentives of gift cards and other goodies and has increased to providing half off monthly insurance rate.