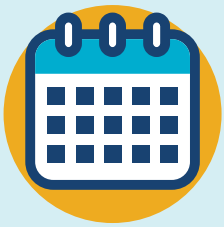
Whole Health *and Tobacco Cessation*

The Background

Smoking causes ***increased risk for many chronic diseases***, including hypertension, cardiovascular diseases, and chronic obstructive pulmonary disease (COPD).



Cessation is defined as a smoking status change from current to former and sustained for ***at least 12 months***.

1 Million

smokers using VHA
as of 2023

$2,500

Average annual health care costs *per smoker*

The Outcome

up to

23%

higher quit rates
than controls

Veterans using at least one Whole Health service — including meditation, health and wellness coaching, or acupuncture — saw ***11% to 23% higher quit rates than controls***.

A positive trend for clinical hypnosis in increasing quit rates.

Veterans who used meditation, health and wellness coaching, and clinical hypnosis reported a ***44% to 49% higher usage of cessation medications*** as opposed to controls.

Source and Citation

Zeng S, Coggeshall SS, Rosser EW, Taylor SL, Burgess DJ, Luo G, Zeliadt SB. The Role of Whole Health in Enhancing Tobacco Cessation Outcomes for Veterans: A Retrospective Cohort Study. J Gen Intern Med. 2025 Dec 19. doi: 10.1007/s11606-025-10063-1. Epub ahead of print. PMID: 41417447.