



# Good Health Is Good Business!

A publication for employers in Westmoreland County to improve the bottom line in business & in health.

Penn State Extension

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## Great American Smokeout – November 16

Invite a tobacco cessation specialist to your place of business to give a presentation or to set up a display with free information. A specialist from the Westmoreland Tobacco Free Coalition will be able to discuss:

- + Tips to Cut Down or Quit
- + Nicotine Raises your Blood Pressure
- + Nicotine, Diabetes and You
- + Getting ready to Quit



A pack-a-day smoker and family members who inhale smoke are ill more often than non-smokers. Healthy employees are good for business.

Arrange your free program or display now. Call Penn State Extension, 724-837-1402.

## What Does Work?

When developing a smoke-free policy:

- Use language that describes nicotine use and inhaling tobacco smoke pollution as health issues.
- Involve employees in developing the policy.
- Provide information and help for those who want to quit using tobacco.

For a model policy or information on making your company smoke-free, call Penn State Extension, 724-837-1402, email [vao2@psu.edu](mailto:vao2@psu.edu) or check the website [WestmorelandTobaccoFree.org](http://WestmorelandTobaccoFree.org).

## Which of These is Safe to Drink?

- Ammonia also a household cleaner
- Butane also in lighter fluid
- Benzene also used in making dye
- Formaldehyde also embalming fluid

Would you consider drinking, even a little, any of these? How can it be ok to inhale them? These are just four of over 4,000 toxic substances found in tobacco smoke.

**Tips to Cut Down:** Store tobacco out of the way such as in the trunk of your car. Smoke outside.

## GET READY TO BREAK FREE OF NICOTINE!

Nicotine is an addictive substance. It usually takes more than one try to quit successfully. For information on upcoming classes in Westmoreland County, tips to quit, or handouts for employees, call Amanda Luther at Penn State Extension, 724-837-1402.



“How to Quit” smoking or chewing tobacco programs meet once a week for six weeks. The first three weeks involve preparing for a quit date in week four. **All participants earn a \$10 gift certificate to Pizza Hut.** The coupon will be



distributed at all Westmoreland cessation classes.

Congratulations to Pizza Hut who chose to go smoke-free last year.

## Support for Smoke-free Air Grows

Invited to talk at the Greensburg Kiwanis meeting, Anne Lail, Penn State Extension tobacco prevention educator, described the “Yes, I want Clean Indoor Air for Pennsylvania” Project. This project, co-sponsored by American Lung and American Heart Associations and the American Cancer Society, emphasizes that secondhand smoke has the same dangerous effects on nonsmokers as it does on those who smoke and invites individuals who believe everyone deserves to breathe smoke-free air in public places to complete a card to send to their legislators in Harrisburg.

The Pennsylvania Restaurant Association recently announced that they support a smoke-free air law.

## Ventana USA Offers 2nd “How to Quit”

**Class** Ventana USA of Export continues their progressive policy to help employees quit tobacco. Spurred by the success of six employees who quit in last year’s class, Ventana USA is offering another opportunity for employees to make health improvements. Participants who use chew tobacco or smoke receive an extended lunch hour once a week to attend the six week “How to Quit” program. provided on site by Penn State Extension.

**Tips to Quit:** Call toll free, 1-800-QUIT NOW (1-800-784-8669).

Penn State Extension is an equal opportunity employer.

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