



# Good Health Is Good Business!

Improve the bottom line in business and in health.

## Smoke Free Restaurants Honored



(l to r) Emily DeMarse, Meghan Obsek, Aledandra Obsek, Michaela Ford and Meghan Akins.

Members of Teens Against Drug Abuse at Christ the Divine Teacher School presented a certificate of appreciation to Dave Giannilli, owner of **Gino's Homestyle Pizza of Latrobe**, for providing a smoke-free environment for employees and customers. Customer complaints about the smoke, increased maintenance, and new publicity about the health risks are the main reasons owners give for going smoke-free.

### Did you know....

There are over 220 smoke-free restaurants in Westmoreland County. For a free Guide to Smoke Free Restaurants, call Penn State Extension at 724-837-1402.

## Wendy's Supports Successful Quitters



Wendy's Restaurant of Greensburg donated Gift Cards to support local tobacco cessation classes. Wendy's Gift Certificates were given to all participants who completed a Penn State six week "How to Quit Tobacco" program and made strides to becoming tobacco-free. **Thank you Wendy's** for helping us create a healthy workforce!

## Westmoreland Companies Partner to Improve Employee's Health

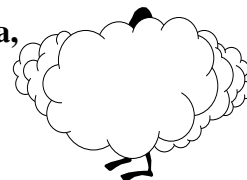
Dormont Manufacturing and Ventana, USA of Export and Redstone Highlands of Greensburg, partner with Penn State Extension to offer free "How to Quit" tobacco programs to employees. During one lunch hour a week for 6 weeks, employees who want to quit meet to learn how to identify their triggers, to develop a plan to handle the urge for a cigarette or a chew, and learn how to handle stress. The quit day occurs in week four.

A program, an informational display, or employee handouts are available to any firm in Westmoreland County. Call Amanda Iwinski at 724-837-1402 for information.

## Health Alerts on Tobacco Smoke

Illness affects everyone's bottom line.

- According to the American Respiratory Alliance, more than 432,000 residents of western Pennsylvania have a diagnosed lung disease. An estimated 63,000 students have asthma.
- Inhaling tobacco smoke increases episodes of **asthma, bronchitis, and ear infections** which often require medication and doctor's visits.
- Researchers at Cambridge University suggest that long, regular exposure to smoke-filled rooms is damaging to the eyes and increases the risk of **age-related macular degeneration**. Being a smoker triples that risk.



*Voice of the Diabetic, Spring edition, 2006*

*Penn State College of Agricultural Sciences research, extension, and resident education programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture. Where trade names appear, no discrimination is intended, and no endorsement by Penn State Cooperative Extension is implied.*

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## Changing Behavior Takes Practice

**STORE** cigarettes or tempting food in an out of the way place. (Tobacco in the trunk of your car or in a closet. Food out of sight. Buy snacks in small servings.)

**STEP** outside to smoke until you quit. Protect those around you.

**In Westmoreland County, call 1-888-664-2248 for more tips or to learn where and when the next group program begins.**



## Did you know?

*The Centers for Disease Control and Prevention estimates that companies spend \$3,856 per smoker per year in direct medical costs and lost productivity. Employers can combat the negative health and economic effects of tobacco use by integrating tobacco cessation treatment into their mix of employee benefits. In fact, paying for an employee's tobacco cessation treatment provides more return on investment than any other adult treatment or prevention benefit. Center for Prevention and Health Services*

# club 77

**It's a fact-77%\*  
of Pennsylvanians  
don't smoke.**

Why not join the club?

**For help to quit,  
call toll free**

**1-800-QUIT NOW  
(1-800-784-8669)**

\* 2007 PA Tobacco Facts

**[WestmorelandTobaccoFree.org](http://WestmorelandTobaccoFree.org)**