



# Good Health Is Good Business!

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

Penn State Extension – Westmoreland County

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## Particulates in Air Down 87% in Smoke-free Pubs

When Ireland became the first country to ban smoking in public places, nationwide, in March 2004, customers and employees no longer had to breathe polluted air. Researchers measured particles in 40 pubs before the ban and 1 year later. Particles that contaminated the air fell by 87.6% over the year. *European Respiratory Society*

**Secondhand tobacco smoke pollution increases the risk of heart disease in non-smokers by 30%.** Cardiovascular Effects of Secondhand Smoke, Barnoya, J. MD; Glantz, PhD.

For information on making your business smoke-free and improve the health of your employees, call Penn State Extension, 724-837-1402.

## Get Ready to Break Free of Nicotine!

Nicotine is an addictive substance. It usually takes more than one try to quit successfully. To get ready to cut down or quit:

- Store cigarettes or chew tobacco in an out of the way place, such as the trunk of a car.

## Numbers to Remember

For information on upcoming classes in Westmoreland County, to start a free class at your place of business, or for guest speakers, call:  
**Penn State Extension** – 1-888-NO-HABIT (1-888-664-2248).  
 For telephone counseling, call 1-800-QUIT-NOW (1-800-784-8669).

## Date to Remember

Kick Butts Day – April 5, 2006

## Join the Westmoreland Tobacco Free Coalition

The Coalition is a group of individuals, organizations, and businesses that are concerned about tobacco issues. Membership is free and open to smokers and non-smokers. *Active members* attend at least 4 meetings a year in Greensburg. All meetings are held the third Tuesday of the month, from 9:30 to 11 AM. *Informed members* receive newsletters and project announcements. To join, call 724-837-1402 or check our website, [WestmorelandTobaccoFree.org](http://WestmorelandTobaccoFree.org).

Penn State Extension is committed to affirmative action, equal opportunity and the diversity of its workforce.

This project is funded by the Pennsylvania Department of Health through Westmoreland Drug & Alcohol Commission, Inc.

## From Smoke-free New York

New York Mayor, Michael Bloomberg was interviewed one year after the state made all restaurants and bars smoke-free.

**Q:** Are restaurants and bars doing OK?

**A:** Employment in bars and restaurants is up 8%, so the city's hospitality industry has actually grown significantly over the last year.

Source: Joe Cherner, [www.smokefree.org](http://www.smokefree.org)

## Latrobe McDonald's, Pizza Hut & Arby's Are Smoke-Free!



Jillian Rowe, BUSTED! member, presents certificates of appreciation to McDonald's owner, Mary Jo Haines (L) and to Pizza Hut manager, Kathy Null (R).

## Pasquale's Pizzeria in Jeannette Is another 100% Smoke-free Restaurant!



L to R, Matthew Dickson, Samantha Sowa, Susan Shade, Kerri Giles

See [WestmorelandTobaccoFree.org](http://WestmorelandTobaccoFree.org) for a complete list of 177 restaurants and 14 chains that are smoke-free.

## Ventana, USA in Export Helps Employees Quit

Free lunch-time cessation classes began in January for 17 Ventana employees who want to quit smoking or using chew tobacco. Knowing that one year after quitting, the risk of coronary disease drops to half that of smokers, more employers are requesting cessation classes from Penn State Ext.

Susan Schade, owner of Pasquale's Pizzeria on Clay Avenue, Jeannette, was honored for being smoke-free by Jeannette Middle School students.