



Becoming Tobacco Free!

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

Westmoreland County Cooperative Extension

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WHY BOTHER ABOUT TOBACCO?

- “Americans spend an estimated \$50 billion yearly on direct medical care for smoking related illnesses.
- Lost productivity and forfeited earnings due to smoking related disability account for another \$47 billion per year.”*
- Smoking cessation interventions can save costs by reducing health risks to those who use tobacco as well as to non-smoking employees and family members.
- Children who inhale tobacco smoke have more asthma episodes than those protected from smoke. Individuals who use tobacco are ill more often than those who do not.

*Agency for Health Care Policy and Research



GET READY TO BREAK FREE OF NICOTINE!

Nicotine is an addictive substance. It usually takes more than one try to quit successfully. For information or help to quit, call:

Westmoreland Quitline – 1-888-NO-HABIT.

PA FREE Quitline - 1-877-724-1090 Callers will receive information and up to five free telephone counseling sessions.

SPEAKERS BUREAU

To schedule a Lunch & Learn on Asthma, Second-hand Smoke, or Getting Ready to Quit Tobacco, contact program coordinator, Vickie Oles, 724-837-1402 or vao2@psu.edu.

BECOMING A TOBACCO FREE WORKPLACE

What Works/What Doesn't

If you have employees who smoke, your workplace can become the ideal environment for them to quit. After all, it's the place where they spend most of their time. A quit smoking program offered at work demonstrates your commitment to helping employees who smoke. Proven methods that work include:

- **Communicate** early with employees about changes in smoking policies and cessation support that will be available to them.
- Provide free **on-site smoking cessation group programs** so employees can support one another. Specially trained Cessation counselors from the Westmoreland Tobacco Free Coalition can provide programs during lunch or after hours.
- Provide **self- help cessation materials** on site. Material is available free from many organizations. Go to www.WestmorelandTobaccoFree.org for information.
- Provide **Nicotine replacement products** through health coverage or by reimbursing employees who use products in an effort to quit smoking.

What Doesn't Work?

When developing a smoke-free workplace policy or program, avoid:

- Using anti-smoker language that stigmatizes, blames, or is judgmental of smokers.
- Not creating opportunities for employees to participate in developing the policy.