



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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IMPROVE YOUR BOTTOM LINE

Research says folks need to hear a message 99 times before taking action! J. Sibenaller, media consultant

- Remind employees that non-tobacco users have fewer health problems.
- Help employees obtain free resources to quit.

Call 724-837-1402 for free flyers to post or distribute in November, leading up to the Great American Smokeout and in December as folks make their New Year's resolutions.

HEALTH ALERT ON TOBACCO SMOKE

Indoor air pollution in a sampling of Lexington, Kentucky's public places dropped by more than 90 percent since the city's smoking ban took effect six months ago, according to an air quality study by the University of Kentucky.

Researchers expect that improvements in indoor air quality will lower the number of heart attacks and episodes of asthma. Tobacco smoke is considered a contributing factor in those diseases.

Other studies have shown that the negative effects of secondhand smoke on cardiovascular function take place within minutes of exposure. National Cancer Institute

For information on making your company smoke-free, call 724-837-1402.

LUNG CANCER IN WOMEN

The marked increase in the number of women who die each year from smoking—now accounting for 39 per cent of all smoking-related deaths—has led the Surgeon General to call smoking-related disease among women a full-blown epidemic. Lung cancer surpasses breast cancer as the leading cause of cancer death in women. Pennsylvania Alliance to Control Tobacco

Women get emphysema more than men because their lungs are smaller. Frank Vitale, MA, senior lecturer, School of Pharmacy, University of Pittsburgh

Smoking is the leading cause of fire-related deaths.

National Center for Injury Prevention and Control

For your family's safety:



CIGARETTES ARE THE NUMBER 1 CAUSE OF FIRE IN THE HOME.

U.S. Fire Administration

- If you smoke, smoke only outside.
- Store cigarettes, lighters, and matches out of reach of children, even in the trunk of your car.

CONGRATULATIONS TO WESTMORELAND COUNTY PRISON

Following several months of planning and a transition period, the prison went 100% smoke-free on October 1, 2004. According to warden, John Walton, "The most important reason for going smoke-free is that all people here will be healthier." During the planning period, *How to Quit* classes were provided by SPHS Behavioral Health to make the transition easier.

FREE WELLNESS PROGRAM

Call 724-837-1402 to schedule **Lunch & Learn about Quitting Tobacco** for your employees. A pack a day smoker spends about \$1551 a year on tobacco and is ill more often than a non-smoker.

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.