



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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Great American Smokeout

Celebrate the Great American Smokeout on Thursday, November 17, by inviting a cessation counselor to your place of business to give a presentation or to set up a display with free information. A counselor from the Westmoreland Tobacco Free Coalition will be able to discuss:

- + Lunch & Learn about Quitting Tobacco
- + Nicotine Raises your Blood Pressure and Credit Card Balance!
- + Nicotine, Diabetes and You.

A pack-a-day smoker is ill more often than a non-smoker and spends about \$1550 a year on cigarettes.

To schedule your program for employees, call 724-837-1402.

Health Alert on Tobacco Smoke

More companies are requesting information on going smoke-free following national news coverage of smoking issues. Why bother about tobacco smoke?

- Secondhand tobacco smoke pollution increases the risk of heart disease in non-smokers by 30%.

Source: Cardiovascular Effects of Secondhand Smoke, Barnoya, J.MD; Glantz, PhD.

- The most common type of lung cancer in women is more closely linked to tobacco smoke than previously recognized.

Source: Yang, P. MD, PhD, Am. Jnl. Of Epidemiology, Dec. 15,2002.

For information on making your company smoke-free, 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. For information and upcoming classes in Westmoreland County, call:

Penn State Extension – 1-888-NO-HABIT.

For telephone counseling, call 1-800-QUIT-NOW.

Loss of Business Fails to Materialize

“The chances of success for Italy’s smoke-free workplace law looked uncertain nine months ago, when the country was preparing to follow the tobacco-free lead of Ireland, New York, and California. Frightened of losing customers, bar and restaurant associations were busy mounting challenges in the courts.”

“Then January 10 arrived, the clean indoor air law went into effect. The collapse in trade feared by bar and restaurant owners failed to materialize. Smokers continue to go their local bar and to enjoy a plate of pasta at their favorite restaurants. The only difference is that when they feel like a cigarette, they have to go outside.”

Source: Joe Cherner, www.smokefree.org

Pizza Hut Goes Smoke-Free!

Southwest PA Pizza Hut restaurants lead the way on July 1, 2005 when they went smoke-free. “We made our SW Pizza Hut restaurants smoke-free for the health and well-being of our employees and guests. While the change may be an adjustment initially for a few people, we believe it’s the right thing to do and our entire team is excited about it,” said Doug Ruffo, Pizza Hut region coach.



Teens working for smoke-free restaurants are pictured (l-r) Christina Potts, Lyndsey Androstic, Kyle Potts and General Manager, Jason Sirianni.

Jason Sirianni, General Manager of Mt. Pleasant Pizza Hut, accepted a certificate of appreciation for being among the first area Pizza Huts to go smoke-free. Three busy Greensburg Pizza Huts have been smoke-free since the mid-1990s! In August, Pizza Huts nationally went smoke-free! Pizza Hut joins 13 restaurant chains in Westmoreland County that are smoke-free. See the full list of 177 restaurants at WestmorelandTobaccoFree.org.

Penn State Extension is an equal opportunity employer.

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