



Shape Up *Your* Workplace

A Monthly Series brought to you by Get Healthy CT

Workplace Wellness Idea #12: Become a Smoke Free Worksite

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we will provide a "Workplace Wellness Idea" each month that employers can implement at low or no cost.

Become a Smoke Free Worksite: Every year in the United States, over 392,000 people die from tobacco-related disease, making it the leading cause of preventable death. Tobacco use contributes to a long list of medical illnesses and diseases, such as heart disease, stroke, cancer, emphysema, COPD and bronchitis. Secondhand smoke exposure also causes 50,000 additional deaths per year.

Businesses can start creating a healthier workplace for every employee by becoming a smoke free worksite and helping employees who smoke to quit. Tobacco cessation continues to be one of the most worthwhile measures to lower health care costs and increase productivity at the workplace. According to the CDC, for every employee who successfully quits using tobacco, an employer can expect to see an annual savings of nearly \$3,500 (based on health care and lost productivity converted to 2007 dollars). It, therefore, makes sense (and cents!) for businesses to eliminate smoking in the workplace.

Specific smoking cessation strategies that your company can implement are on the next page.

If you want more information on how to carry out smoking cessation, please visit GetHealthyCT.org, the [CDC Healthier Worksite Toolkit](#), the [Florida Health Toolkit](#), or e-mail GetHealthyCT@gmail.com.

Let's work together to help make the healthy choice the easy choice in the workplace!



Become a Smoke Free Worksite

- Implement a smoke-free workplace policy for your buildings and/or entire campus. This will make your facilities more welcoming and safe for employees and visitors. You can find a sample policy on the American Lung Association website under Worksite Wellness.

Smoking Cessation Initiatives

- Provide on-site smoking cessation classes, counseling or access to online courses for employees. Resources can be found at:
 - The Connecticut Tobacco Quit Line at 1-800-QUIT-NOW (784-8669)
 - The American Lung Association's Lung HelpLine at 1-800-LUNGUSA (586-4872)
 - The National Cancer Institute's Quit Line at 1-877-448-7848 (1-877-44U-QUIT)
 - Services on all lines are free, in English or Spanish, and available as often as needed.
- Provide employees who smoke with incentives to stop smoking:
 - Ensure that your employee insurance plans cover smoking cessation classes and smoking cessation products such as nicotine patches.
 - Charge employees who use tobacco a higher health insurance premium.
 - Provide employees who successfully stop using tobacco a discounted health insurance premium.
 - Create smoking cessation support groups.
- Set up designated smoking areas outside of the building and away from main entrances so employees who do smoke have a designated place to go. This will protect visitors and other employees from second hand smoke exposure.
- Publish educational materials about the dangers of smoking in employee newsletters or other communications. Profile employees who have successfully quit as role models to other employees.

