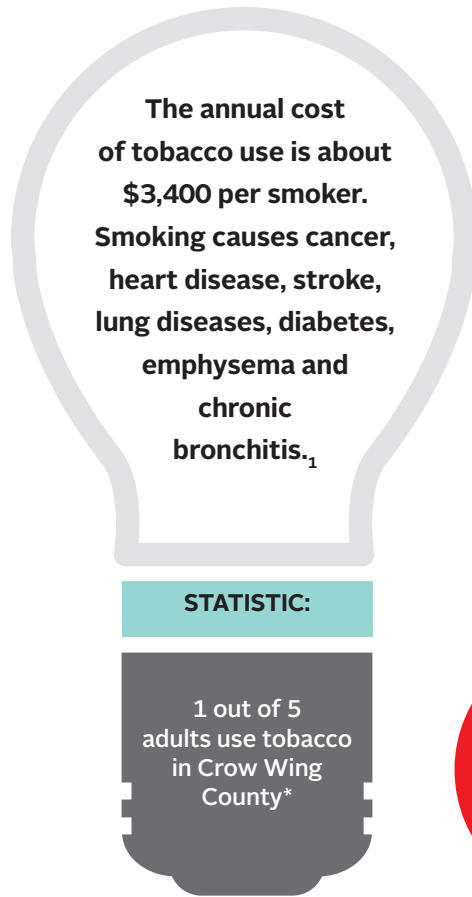


# Workplace Wellness. TOBACCO FREE.



Helping employees quit smoking not only saves lives, but it saves everyone money. Recent health statistics show that 20% of Minnesota adults are current smokers.

## Why encourage tobacco cessation?

Tobacco use is one of the greatest variables observed when determining worker lost production time (LPT). LPT increased in relation to the amount smoked; LPT estimates for workers who reported smoking one pack of cigarettes per day or more was 75% higher than that observed for nonsmoking and ex-smoking workers.<sup>2</sup>

## EXPECTED OUTCOMES FOR YOUR BUSINESS

- Achieve employee satisfaction
- Maximize productivity
- Minimize absenteeism
- Manage healthcare costs

## What have Crow Wing County businesses implemented to encourage employees to make tobacco free choices?

Area businesses have taken steps to help their employees make the healthy choice, the easy choice:

- Central Lakes College: Has implemented a tobacco free policy which includes all grounds, property and vehicles. There are no designated smoking areas or ashtrays provided and littering of tobacco related products is prohibited.
- Clow Stamping: Have installed smoking shelters in the parking lot that display smoking cessation program information.
- Essentia Health: Has implemented a tobacco free policy which includes all grounds, property and vehicles.

## Minimal cost ideas

- Promote free smoking cessation services such as Quitplan, Clearway MN and Crave the Change.
- Update and implement smoke free workplace policies.

For more information on how to implement smoke free workplace policies contact:

Minnesota QuitLine: **888-354-PLAN;**  
**www.quitplan.com**

Tips from Former Smokers™: **800-QUIT-NOW;**  
**www.cdc.gov/tobacco/campaign/tips/**

1 [www.cdc.gov/tobacco/quit\\_smoking/cessation](http://www.cdc.gov/tobacco/quit_smoking/cessation)

\*Crow Wing County Health Survey Results, March 2015

2 [www.stonehousesigns.com/news/smoking-workplace-statistics-legislation-and-more](http://www.stonehousesigns.com/news/smoking-workplace-statistics-legislation-and-more)

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