

Smoke- and Vape-Free Lifestyle

Why This is Important

Tobacco and nicotine use continues to be a leading cause of preventable death in Vermont. Thirteen percent of adults currently smoke cigarettes, six percent use e-cigarettes, and three percent use smokeless tobacco products. Some groups of employed adults – including those working in construction, transportation, materials moving, buildings and grounds cleaning, and maintenance-related occupations – use tobacco at higher rates, as do people living in Vermont experiencing health inequities and access to care issues.

The prevalence of adult smoking has decreased over the last decade, in part due to policies supporting tobacco- and vape-free worksites. Worksites can continue to play an important role in reducing tobacco and nicotine use by creating supportive environments that support the right to breathe clean air and provide prevention information and education along with tobacco cessation resources.

How to Support This Outcome

Education and Awareness:

- Educate and provide resources on the harmful impact of smoking, vaping, and nicotine exposure, and the health benefits of quitting.
- Provide educational information and resources (from trusted resources such as CounterBalance, ParentUp, and the CDC) to parents, guardians, and adult influencers on the dangers to learning, the body, and the brain associated with youth vaping.
- Promote tobacco cessation resources, such as 802Quits, to employees who need support by phone, online or text. It's free and it works.
- Promote use of My Healthy VT resources.
- Request free educational materials to display at your worksite.
- Use the Quit@Work toolkit. This toolkit offers specific guidance and tools for creating a healthier worksite.

Behavior Change:

- Encourage physical activity or relaxation breaks as alternatives to smoking breaks.
- Host on-site, online, or other tobacco cessation counseling.
- Offer incentives or challenges to encourage individual or group quitting.

Policy and Environmental Change:

- Implement a tobacco- and vape-free property policy with signage.
- Develop guidelines for participation in tobacco cessation activities during the workday.
- Ensure that tobacco cessation counselling and medication are offered through the organization's health insurance.
- Become a 3-4-50 worksite.

Supporting Remote and Hybrid Employees:

- Encourage physical activity or relaxation breaks as alternatives to smoking breaks.
- Educate on the harms of secondhand smoke and vape emissions.
- Promote the use of My Healthy VT and 802Quits resources.

Considerations for Employers of All Sizes

Smoking is not only the leading cause of preventable death in the United States, it also leads to diminished overall health, increased absenteeism from work, and increased health services utilization and cost.

Worksites, schools, cities, towns, and health care providers all play an important role in shaping the health of people living in Vermont. Our common goal is to make the health choice the easy choice where we live, work, learn, and play. Regardless of your business size, you can promote healthy choices and reduce tobacco use amongst employees by implementing the simple strategies listed in this toolkit.

Where to Go for Resources

- Visit 802Quits for free individual tobacco cessation support, resources, and quit tools. Translation services are available: [802Quits.org/](https://802quits.org/)
- Visit My Healthy VT for information on upcoming in-person or online tobacco cessation workshops: MyHealthyVT.org/workshop_dates/?cat=4
- Your Office of Local Health can provide resources and support developing and implementing smoke- and vape-free policies: HealthVermont.gov/local
- Your community coalition can also provide resources and support: HealthVermont.gov/wellness/tobacco/our-partners
- Become a 3-4-50 worksite: HealthVermont.gov/wellness/3-4-50-prevent-chronic-disease

- Request free educational materials: 802Quits.org/health-professionals/order-materials/
- Order free signage:
HealthVermont.gov/sites/default/files/document/hpdp-tcp-smoke-free-sign-order-form.pdf
- Quit@Work Toolkit:
HealthVermont.gov/sites/default/files/documents/pdf/HPDP_Quit%40WorkToolkit.pdf
- Secondhand Smoke: HealthVermont.gov/wellness/tobacco/secondhand-smoke
- Health Benefits of Quitting:
802Quits.org/home/reasons-to-quit-tobacco/health-benefits-of-quitting/
- CounterBalance: CounterBalanceVT.com/
- ParentUp: ParentUpVT.org/
- Centers for Disease Control and Prevention:
CDC.gov/tobacco/basic_information/index.htm

For more info: The Vermont Department of Health is here to help. Contact the district office near you:
HealthVermont.gov/local

See the sample tobacco/vape policy in section 3