



Go Tobacco-Free

WHY is this important?

Tobacco use continues to be a leading cause of preventable death in Vermont. Sixteen percent of employed adults smoke regularly. Some groups of employed adults—including those working in food service, maintenance and construction-related occupations—have even higher rates of tobacco use.

The prevalence of adult smoking has decreased over the last decade, in part due to policies supporting tobacco-free workplace. Worksites can continue to play an important role in reducing tobacco use and creating an environment that supports a right to breathe clean air.

HOW to support this outcome

- Create a property-wide tobacco free policy and make sure employees are aware it exists.
- Move cigarette receptacles away from building entrances.
- Support tobacco cessation efforts by:
 - promoting free Quit Resources through 802Quits (**802quits.org**).
 - establishing a policy that allows employees to access smoking cessation support during the work day (i.e. flexing time).
 - providing an on-site group cessation class.
 - ensuring that tobacco cessation counseling and medication are offered through the organization's health insurance.

Highlighted activities offer the highest impact.

WHERE to go for resources

- Free cessation support for individuals: **802quits.org**
- For information on potential on-site cessation classes, contact your local Vermont Quit Partner, area hospital or insurance provider.
- Find a Vermont Quit Partner near you:
802quits.org/in-person-quit-help/find-a-vermont-quit-partner/
- Vermont 2-1-1 (dial 2-1-1)

Toolkit ▶ *Sample Tobacco-Free Campus Policy Template*

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