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 polices supporting tobacco-free workplaces. Worksites can continue to play an important role in reducing tobacco use and creating environments that support a right to breathe clean air.

HOW to support this outcome

Education and Awareness:

• Promote free cessation resources (802Quits.org).
• Offer incentives or challenges to encourage quitting.

On-Site Support:

• Encourage physical activity or relaxation breaks as alternatives to smoking breaks.
• Host on-site, online or other tobacco cessation counseling.
• Move cigarette receptacles away from building entrances.

Policy 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.

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.