

# Avoid tobacco to improve health

## Takeaways

- Most smokers want to quit, so creating a workplace that supports their efforts can have a positive impact on their lives. The first step is to create a smoke-free workplace.
- Tobacco is linked to 40% of all cancers and is the number one leading cause of preventable death in the U.S.
- Working to reduce stress is one key to helping smokers quit.

Smoking has lots of downsides. It makes your clothes smell bad, it stains your teeth, and it wrinkles your skin.

But those are all superficial things when you consider that smoking kills 480,000 Americans every year, according to the Centers for Disease Control and Prevention (CDC). If you do the math, that's one person every 55 seconds.

With all the negative impacts of smoking, it makes sense for businesses to support employees who want to quit – and there are a lot of them. The American Cancer Society estimates that 70% of all smokers want to quit. They give every reason for it, from improving health to saving money.

Whatever the reason, the best time is now to look for ways to quit. There are many resources out there to help. There are apps that help you remember why you want to quit. There are apps that help you calculate how much money you can save. Whatever the motivation, you can find resources that can help stay focused on the end goal.

Here are a couple aids for quitting:

- **800-Quit-Now** | Talk with a trained quit-smoking coach ([bit.ly/3La5DrK](https://bit.ly/3La5DrK)).
- **quitSTART app** | A smartphone-based tool with challenges, inspiration, and tips ([bit.ly/3BwMXzf](https://bit.ly/3BwMXzf)).



## Take action (Complete one or more activities as a team)

- A. Walk through your business and look for ways you can support employees who want to quit smoking. You can start by helping to draft a smoke-free workplace policy, using this resource from the American Cancer Society ([bit.ly/3L00QHR](https://bit.ly/3L00QHR)).
- B. Create a committee (or ask your safety and health committee) to look at ways to reduce stress in the workplace. Look for ideas on SAIF's stress and well-being page ([saif.com/wellbeing](https://saif.com/wellbeing)).
- C. Post information from Smokefree Oregon in your breakroom. They have materials in English and Spanish to help smokers quit ([smokefreeoregon.com](https://smokefreeoregon.com)).

