

TOBACCO KILLS

- Lung cancer is the leading cause of cancer death in the United States for both men and women.¹³
- In the United States, tobacco use is responsible for nearly 1 in 5 deaths; this equals about 443,000 early deaths each year.¹³
- Breathing secondhand smoke at work increases chances of getting lung cancer by 20-30% and it damages the lining of blood vessels, changes which can cause a heart attack.¹⁴

Tobacco-free workplaces create a healthier, more enjoyable, and productive environment for everyone. Smoke-Free Indy encourages all businesses, schools, and organizations to consider adopting comprehensive tobacco-free worksite policies

TOBACCO-FREE WORKPLACES SAVE LIVES AND SAVE MONEY

- Smoking costs employers an estimated \$3,383 per smoker per year, comprised of \$1,623 in direct medical expenditures and \$1,768 in lost productivity.¹
- Employees who take four 10-minute breaks a day to smoke actually work about three weeks less per year than workers who don't take smoking breaks.¹⁵
- In an environment with no tobacco use indoors or outside, workers become healthier, miss less work, are more productive, and have lower health-care costs.¹
- Employers will see an almost immediate decrease of at least \$210 in annual medical and life insurance costs for each employee or dependent who quits smoking.¹⁶



EXAMPLES OF TOBACCO-FREE WORKSITE STRATEGIES

- Prohibit tobacco use indoors and outdoors on the property, including parking lots.
- Offer a health benefit plan that includes coverage for quit help at reduced or no cost.
- Offer free onsite support groups to employees who want to quit.
- Provide financial incentives to employees who do not use tobacco or who quit.
- Host regular lunch-n-learns to share the importance of quitting tobacco and where to go for free help.

NEED SUPPORT TO GO TOBACCO-FREE?

Smoke-Free Indy can help assist your organization on going tobacco-free!

Email info@smokefreeindy.com for more information



References

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14. Tobacco-Free Maine. (2013). *A smoke-free workplace: The best business move you ever made.*
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www.smokefreeindy.com