

## WORKPLACE SMOKING CESSATION IMPLEMENTATION SUGGESTIONS\*

- Provide free smoking cessation information; quit kits, booklets, videotapes and audiotapes. Include information on quitting spit tobacco use.
- Print quit tips and information about the health and economic benefits of quitting in employee newsletters, on payroll stubs and in company emails.
- Provide speakers on quitting or the health effects of smoking and using spit tobacco for brown bag lunches, staff meetings or employee wellness seminars.
- Consider offering a telephone-based cessation program to employees. These programs may be offered through the company health plan or can be purchased through an outside vendor.
- Consider offering a web-based cessation program to employees. Give employees access to the program from the worksite, since not all employees may have access to a computer at home.
- Ask your Employee Assistance Program if they provide smoking cessation counseling or referrals.
- Ask your health plan provider(s) if they cover smoking cessation classes or medications.
- Send a member of your internal health promotion staff, wellness or fitness staff, nursing staff or union health & safety representative to a smoking cessation facilitator class.
- Offer an incentive program to those who have successfully quit smoking or using spit tobacco for 6 months or a year. Incentives could be a monetary bonus, a full or partial refund of cessation class fees or expenses, a prize or a gift certificate.
- Offer cessation assistance at low or no cost. It costs an employer between 10-40 cents per employee per month<sup>1</sup> to offer comprehensive cessation assistance while the cost per smoker per year costs an employer an average of \$3,383 in medical expenditures and productivity costs.<sup>2</sup>
- Offer on-site cessation classes, counseling or self-help groups.
- Conduct a seminar at least once each year to educate and assist smoking employees who have not yet decided to quit using tobacco or who are thinking about trying to quit again.
- Participate in the American Cancer Society Great American Smokeout each November. Offer special incentives or prizes for employees who quit smoking that day. Call your local American Cancer Society for event ideas and materials.
- Offer a health risk appraisal. These are confidential health questionnaires that assess each employee's health status and help them identify ways to reduce their health risks. These appraisals can also help an employer to determine the percentage of employees in their

company who are using tobacco. Your local health department or health plan provider may be able to administer a health risk appraisal for your company.

- Have a list of cessation referral resources available to your employee wellness staff, human resources staff, union health and safety representatives, and health promotion staff. Print referral resources in a company newsletter.
- Offer cessation programs to spouses as well as employees. It will be easier for the employee to quit or remain smoke-free if the spouse is smoke-free as well.
- Offer materials and classes on coping without smoking at work or stress relief for employees who are not ready to make a quit attempt.

\*Adapted from *Employers' Smoking Cessation Guide*. The guide is available online at [www.endsmoking.org](http://www.endsmoking.org)

## CESSATION RESOURCES FOR EMPLOYERS AND EMPLOYEES

- Your local health department
- Your local hospital
- The Michigan Department of Community Health offers free quit kits and toolkits for employers who want to implement a smokefree workplace policy. Call 1-800-537-5666 to order. [www.michigan.gov/tobacco](http://www.michigan.gov/tobacco).
- The Michigan Department of Community Health offers a free quit smoking coaching hotline called **iCanQuit** at 1-800-480-7848. It provides the caller up to seven phone sessions with a personal health coach who will work with the caller in the comfort of their home or office.
- American Cancer Society offers printed material and sponsors the Great American Smokeout on the third Thursday in November. Call 1-800-227-2345 or [www.cancer.org](http://www.cancer.org)
- American Heart Association offers printed material. Call 1-800-968-2425 or [www.americanheart.org](http://www.americanheart.org).
- American Legacy Foundation offers a telephone quit line for women (Circle of Friends) at 1-800-234-7000. They also offer a quitline for expectant mothers (Great Start) at 1-800-66-START.
- American Lung Association offers quit smoking classes, printed material, cessation website, cessation facilitator training. Call 1-800-586-4872 or [www.lungusa.org](http://www.lungusa.org). Telephone referral and cessation advice is available in Michigan at 1-800-548-8252
- National Cancer Institute offers a quit kit and telephone advice at 1-800-4-CANCER or at <http://cancer.gov/cancertopics/tobacco/information>
- Nicotine Anonymous at (415) 750-0328 or <http://www.nicotine-anonymous.org>
- QuitNet Online Smoking Cessation: [www.quitnet.com](http://www.quitnet.com). Basic services are provided free. Enhanced services can be purchased for employees.
- Try To Stop: A website offered by the Massachusetts Dept of Public Health. [www.trytostop.org](http://www.trytostop.org)
- U.S. Public Health Service offers a free booklet, *You Can Quit Smoking*. Call 1-800-358-9295 or [www.surgeongeneral.gov/tobacco](http://www.surgeongeneral.gov/tobacco).