



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 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.