

TOBACCO KILLS.

Tobacco use is the #1 preventable cause of death and disability. It is responsible for about 24,000 deaths in Texas and 800 deaths in Travis County each year. Austin Public Health (APH)

In Travis County, there are 15 deaths per week due to tobacco use. APH

Secondhand smoke kills both smokers and nonsmokers. In Texas, 4,300 nonsmokers die each year from exposure to secondhand smoke. APH

Tobacco-free workplaces protect workers and visitors from secondhand smoke and help tobacco users to quit or cut back. Other workplace programs and benefits support those who want to quit in taking their first step in living tobacco-free.

TOBACCO-FREE WORKPLACE POLICIES SAVE LIVES AND SAVE MONEY.

In a place with no tobacco use indoors or outside, workers become healthier, miss less work, are more productive, and have lower health-care costs. Centers for Disease Control and Prevention

The direct economic costs of cigarette use in Texas exceed \$20 billion per year, including health-care expenditures and productivity losses. Four 10-minute smoke breaks a day amount to a full month of work spent smoking. Pennsylvania State University, 2010

Business owners may negotiate lower health, disability, and life insurance rates. Action on Smoking and Health

FACTS ABOUT TOBACCO-FREE WORKPLACES



Tobacco-free workplaces create a healthier, more enjoyable, and productive environment for everyone. That's why Live Tobacco-Free Austin encourages all businesses, schools, and organizations to consider having comprehensive tobacco-free worksite policies.

EXAMPLES OF TOBACCO-FREE WORKSITE STRATEGIES

- Don't allow tobacco use indoors or 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 info sessions to share the importance of quitting tobacco and where to go for free help.

NEED SUPPORT TO GO TOBACCO-FREE?

SmokefreeTXT offers 24/7 free advice and tips to help smokers quit smoking and stay quit. Text the word AUSTIN to 47848 or sign up online at <http://smokefree.gov/smokefreetxt.gov>

Austin Public Health can assist your workplace with the tools and help needed to go tobacco-free. For more information, email info@livetobaccofreeaustin.org.

