



**Tobacco**

*Prevention*

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Provide information on local tobacco cessation resources to employees who use tobacco. (See the list of resources included at the end of the tobacco resource section.)

- Refer employees or coworkers to agencies listed in the resource guide at the end of this section for smoking cessation programs and hotlines.
- Coordinate activities for employees for “World No Tobacco Day” in May or the “Great American Smokeout” in November (websites listed in the National Health Observance Calendar).

Encourage interested employees to patronize smoke-free restaurants. Stickers and smoke-free restaurant lists are provided by the Tobacco Prevention Program at the Southern Nevada Health District (702) 759-1270 or on the website at: [www.getthehealthyclarkcounty.org/tobacco/restaurant.html](http://www.getthehealthyclarkcounty.org/tobacco/restaurant.html).

Make your workplace smoke free. Download our free guide for valuable information on how to make your workplace smoke free.

For assistance in implementing a smoke-free policy at your worksite, contact the Southern Nevada Health District Tobacco Control Program at (702) 759-1270.

# **Tobacco Prevention**

Virtually everyone faces some risk of harm from exposure to secondhand smoke. This assessment is based on the fact that 99 percent of non-tobacco users in a Center for Disease Control and Prevention study were found with measurable levels of cotinine, a chemical the body metabolizes from nicotine.

Persons with chronic conditions are more likely than healthy people to suffer when exposed to secondhand smoke. It aggravates symptoms of asthma in adults and children. Persons with allergies, chronic obstructive pulmonary diseases, chronic heart disease, and peripheral vascular disease may be more susceptible to the ill effects of secondhand smoke and its constituents (e.g. carbon monoxide)



Most people spend 90% of their time in two types of environments, home and work. Populations at greater risk of harm from secondhand smoke are those that live with smokers and those who work where smoking is allowed.

For any environment, the harm from secondhand smoke depends on time spent in the environment and the concentrations of smoke in that air space. The concentration of smoke is affected by the size of space, the number of people smoking there and the ventilation rate.

## **Smoke-Free Workplaces**

As more and more scientific evidence is mounting about the dangers of secondhand smoke, workplaces nationwide are going smoke-free to provide clean indoor air and protect employees and customers from the harmful, life-threatening effects of secondhand smoke. According to the Centers for Disease Control and Prevention (CDC), involuntary exposure to secondhand smoke remains a common, serious public health hazard that is entirely preventable by adopting and enforcing appropriate regulatory policies. Smoke-free environments are the most effective method for reducing secondhand smoke exposure and decreasing business costs.



For more information on implementing a smoke-free policy in your workplace, download a Guide to a Smoke-free Workplace in English or Spanish on the web at [www.getthehealthyclarckcounty.com](http://www.getthehealthyclarckcounty.com)

## Our Business Our Health



Join the Southern Nevada Health District and the American Cancer Society's Nevada Tobacco Prevention Coalition in an effort to reduce tobacco use in Latino-owned businesses or those with a significant number of Latino employees by focusing on the implementation of smoke-free workplace policies.

This project will encourage business owners to provide clean indoor air and protect employees and customers from the harmful effects of secondhand smoke.

### Participate and Receive Free:



- A recognition poster thanking you for protecting the health of your employees and customers.
- A smoke-free workplace policy guide available in English and Spanish. Your business will be listed as a leader in protecting the health of your employees and customers on this website. List of businesses coming soon!
- Information and resources on how to quit smoking.

### Don't Expose!

Exposure to secondhand smoke remains a common, serious public health hazard that is entirely preventable by adopting and enforcing appropriate regulatory policies. Smoke-free environments are the most effective method for reducing secondhand smoke exposure.



Restricting secondhand smoke exposure at work is good for business reasons as well. Smoke-free workplaces report reduced costs for cleaning, maintaining facilities and improved employee morale.

For more information or to participate, please call (702) 759-1262 Monday through Friday 8 a.m. to 4:30 p.m. or email: [muniz@cchd.org](mailto:muniz@cchd.org).

## **Tobacco Prevention Resources**

1. American Lung Association \* [www.lungusa.org](http://www.lungusa.org)  
Information available in Spanish  
<http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=33214>
2. American Cancer Society [www.cancer.org](http://www.cancer.org)  
Information available in Spanish  
[www.cancer.org/docroot/ESP/ESP\\_0.asp](http://www.cancer.org/docroot/ESP/ESP_0.asp)  
Phone Number 1-800-227-2345
3. Clark County Health District's Tobacco Control Program  
[www.getthehealthyclarkcounty.org](http://www.getthehealthyclarkcounty.org)
4. Mayo Clinic Tobacco Quitline 1-888-823-2633  
[www.mayoclinic.org](http://www.mayoclinic.org)
5. National Cancer Institute <http://www.nci.nih.gov/>  
Quit Smoking Line \* 1-877-448-7848
6. Nevada Cancer Institute [www.nevadacancerinstitute.org](http://www.nevadacancerinstitute.org)  
Quit Smoking Line \* 1-800-332-8615
7. Nevada Tobacco Users' Helpline \* (702) 877-0684  
English [www.livingtobaccofree.com](http://www.livingtobaccofree.com)  
Spanish [www.livingtobaccofree.com/espanol.html](http://www.livingtobaccofree.com/espanol.html)  
Outside of Las Vegas 1 (888) 866-6642
8. Tobacco Free Kids (State specific information)  
[www.tobaccofreekids.org](http://www.tobaccofreekids.org)

\*Have smoking cessation programs