

# 5 Actions to Protect Employees From the Harmful Effects of Tobacco

## REDUCE TOBACCO USE • INCREASE HEALTH & PRODUCTIVITY

### THE HEALTH PROBLEM

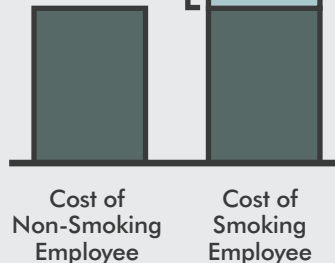


Smoking hurts the U.S. economy, costing more than **\$300 billion annually** in direct medical care and lost productivity.

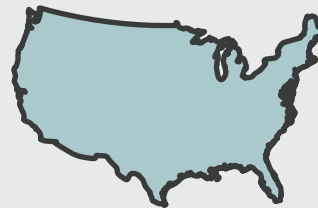


An employee who smokes costs an employer an additional **\$6,000 per year** over a nonsmoker because smokers miss work or need more time to recover and respond to health treatments.

**\$6,000**

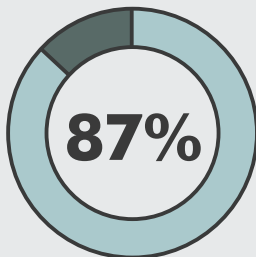


Employees of U.S. companies who live in developing countries are at **increased risk from death and illness** from tobacco use and second hand smoke exposure.

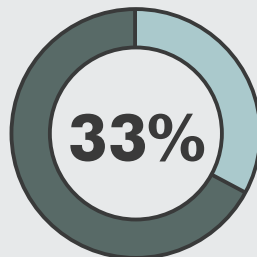


Cigarette smoking is the single-largest cause of preventable disease and death in the United States, killing **more than 480,000** Americans each year.

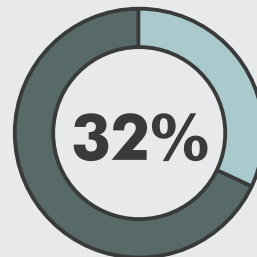
### SMOKING CAUSES



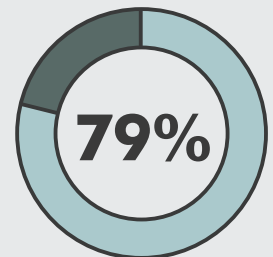
LUNG CANCER DEATHS



CANCER DEATHS



HEART DISEASE DEATHS



CHRONIC OBSTRUCTIVE PULMONARY DISEASE CASES



### THE GOOD NEWS...

Among adult smokers, **70% report** that they want to quit completely, and more than **40% try to quit** for at least 24 hours each year.

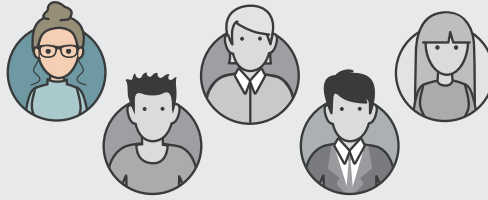


LEARN MORE AT: [http://www.cdcfoundation.org/businesspulse?utm\\_source=welcoa-tobacco-ig](http://www.cdcfoundation.org/businesspulse?utm_source=welcoa-tobacco-ig)

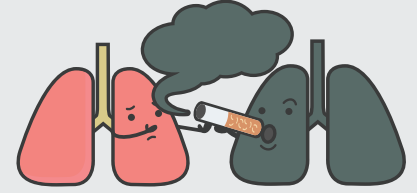
## THE SECONDHAND SMOKE PROBLEM



Adult employees that don't smoke but are exposed to nearly **70 cancer-causing chemicals** and there is no risk-free level of exposure.



Secondhand smoke results in **\$5.6 billion in lost productivity** each year because **1 in 5 U.S.** workers are exposed to secondhand smoke at the workplace.



Every year, **41,000 U.S. nonsmokers** have died from second hand smoke exposure.

## SECONDHAND SMOKE CAN CAUSE...



HEART DISEASE



STROKE

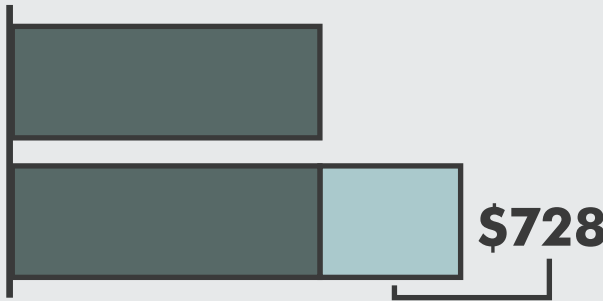


LUNG CANCER

## THE WORK ENVIRONMENT PROBLEM

1,000 square feet smoke-free facility

1,000 square feet smoking allowed



When smoking is permitted at a worksite, about **\$728 more per 1,000 square feet annually** is needed for maintenance costs than for smoke-free worksites

With commercial buildings averaging **12,000–19,000 square feet**, that's an extra **\$8,736 to \$13,832 per year**.



**19,000** SQUARE FEET = **\$13,832** COSTS EACH YEAR



**12,000** SQUARE FEET = **\$8,736** COSTS EACH YEAR

LEARN MORE AT: [http://www.cdcfoundation.org/businesspulse?utm\\_source=welcoa-tobacco-ig](http://www.cdcfoundation.org/businesspulse?utm_source=welcoa-tobacco-ig)

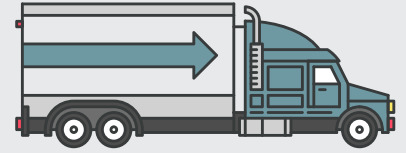
## SMOKING AT THE WORKSITE...



Increases health and building **insurance costs** by up to **30 percent**.

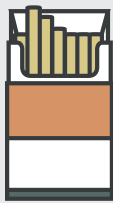


Increases costs for **cleaning and renovating** buildings.



**Lowers the resale value** of corporate property such as fleet vehicles.

## AND CIGARETTES ARE JUST PART OF THE PROBLEM...



Tobacco products come in a variety of forms, with cigarettes being used by almost **40 million adults in the U.S.**



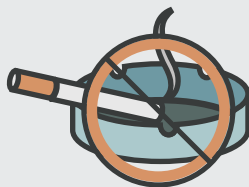
An additional **9 million adults** use electronic cigarettes, smokeless tobacco and cigars.



More than **three in four users** of e-cigarettes also smoke regular cigarettes.



Nicotine in any form can harm brain development.



All tobacco products are harmful to health.



Cancers of the mouth, esophagus and pancreas are associated with chewing tobacco.



Nicotine, heavy metals, ultrafine particulate and other harmful ingredients to health are emitted in the aerosol/water vapor from e-cigarettes.

## AND WHAT TO DO ABOUT IT...

LEARN MORE AT: [http://www.cdcfoundation.org/businesspulse?utm\\_source=welcoa-tobacco-ig](http://www.cdcfoundation.org/businesspulse?utm_source=welcoa-tobacco-ig)

## 5 ACTIONS YOU CAN TAKE TO PROTECT EMPLOYEES

## FROM THE HARMFUL EFFECTS OF TOBACCO

- 1 Adopt a comprehensive tobacco-free worksite policy. Prohibit use of all tobacco products on workplace property, including outdoors, in parking areas, and in company vehicles, by everyone at all times.
- 2 Offer all employees and their dependents health insurance that covers quitting through approved medications and counseling with little or no co-payments.
- 3 Promote the free national quitline, 1-800-QUIT-NOW, and [smokefree.gov](http://smokefree.gov).
- 4 Promote CDC's Tips From Former Smokers™ campaign website, for inspiration and help in quitting.
- 5 Consider locating your business in jurisdictions with comprehensive smokefree policies.

Learn how CDC can help business leaders protect employees' health by reducing tobacco use and secondhand smoke exposure in the new CDC Foundation Business Pulse:

[http://www.cdcfoundation.org/businesspulse?utm\\_source=welcoa-tobacco-ig](http://www.cdcfoundation.org/businesspulse?utm_source=welcoa-tobacco-ig)

## SOURCES

Berman, M., et al. – Tobacco Control, June 2013.

<http://tobaccocontrol.bmj.com/content/early/2013/05/25/tobaccocontrol-2012-050888.abstract>

Centers for Disease Control and Prevention.

Cigarette smoking among adults—United States, 2000. *MMWR* 2002;51:642–645.

<http://www.cdc.gov/mmwr/PDF/wk/mm5129.pdf>

Centers for Disease Control and Prevention.

Cigarette smoking among adults — United States, 2004. *MMWR* 2005;54:1121–1124.

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5444a2.htm>

U. S. Environmental Protection Agency.

<http://bit.ly/2lmpTdg>

U.S. Energy Information Administration.

<http://www.eia.gov/todayinenergy/detail.php?id=21152>

World Health Organization.

<http://www.who.int/mediacentre/factsheets/fs339/en/>

## RESOURCES AVAILABLE

CDC Programs that Help Reduce Tobacco use:

What is happening in Tobacco Control in your state:

[https://www.cdc.gov/tobacco/stateandcommunity/tobacco\\_control\\_programs/ntcp/index.htm](https://www.cdc.gov/tobacco/stateandcommunity/tobacco_control_programs/ntcp/index.htm)

Tips from Former Smokers™ Campaign:

<https://www.cdc.gov/tobacco/campaign/tips/index.html>

Promoting Health and Preventing Disease and Injury Through Workplace Tobacco Policies:

[https://www.cdc.gov/niosh/docs/2015-113/pdfs/fy15\\_cib-67\\_2015-113\\_v3.pdf](https://www.cdc.gov/niosh/docs/2015-113/pdfs/fy15_cib-67_2015-113_v3.pdf)

CDC Vital Signs Secondhand Smoke: An Unequal Danger:

<https://www.cdc.gov/vitalsigns/pdf/2015-02-vitalsigns.pdf>