

## There is no safe amount of secondhand smoke:

- Nonsmokers who are exposed to secondhand smoke at home or work increase their heart disease risk by 25–30%.<sup>1</sup>
- Nonsmokers who are exposed to secondhand smoke at home or work increase their lung cancer risk by 20–30%.<sup>2</sup>
- If you can smell tobacco smoke you are inhaling toxic cancer causing chemicals.

## What tobacco use costs:

- Smoking related medical costs in Nebraska total \$592 million annually.<sup>3</sup>
- Businesses pay an average of \$2,189 in workers' compensation costs for smokers, compared with \$176 for nonsmokers.<sup>4</sup>
- The annual cost of smoking related lost productivity in Nebraska is \$506 million.<sup>5</sup>
- On average, current smokers are absent 2.3 more days per year due to illness than nonsmokers.<sup>6</sup>
- An employee taking four 10-minute smoke breaks a day is away from the job for more than one extra week per year than a nonsmoking employee.

## A tobacco-free work environment helps people quit:

- 70% of smokers say they want to quit.<sup>7</sup>
- Tobacco-free policies increase the rate at which smokers attempt to quite, reduce the numbers of cigarettes smoked per day and increase success rates of smoking cessation.<sup>8</sup>
- Fewer tobacco users mean lower operating costs for the county, which saves taxpayers money.

## Overall benefits of a tobacco-free campus:

- Decreases secondhand smoke exposure to employees, visitors and guests.
- Reduces number of employees who smoke.
- Saves you money.
- Promotes an environment that encourages health and well being.
- Cass County residents and businesses support a tobacco-free policy.
- Implementation is easy.

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<sup>1</sup> U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006 [accessed 2013 June 10].

<sup>2</sup> See Note 1

<sup>3</sup> Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses, 2000-20074. Morbidity and Mortality Weekly Report 2008, Centers for Disease Control and Prevention, 2008.

<sup>4</sup> TobaccoHurtsBusiness.ne.gov, Accessed: January 9, 2014

<sup>5</sup> See Note 3

<sup>6</sup> See Note 4

<sup>7</sup> U.S Department of Healthy and Human Services. Reducing Tobacco Use: A Rept of Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2000.

<sup>8</sup> National Cancer Institute. Population Based Smoking Cessation: Proceedings of a Conference on What Works to Influence Cessation in the General Population. Smoking and Tobacco Control Monograph No. 12. Bethesda MD: U.S. Department of Health and Human Services Public Health Service, National Institutes of Health, National Cancer Institute, 2000. <http://cancercontrol.cancer.gov/tcrb/monographs/12/>. Accessed March 20, 2006.