

NIOSH/CDC

7 Points on Tobacco Cessation and Policy

NIHB Tribal Public Health Summit 2015

Kyla Retzer, MPH

1

50 Years

50% ↓

2

NIOSH CIB 67: Promoting
Health and Preventing
Disease and Injury Through
Workplace Tobacco Policies
(Released last week)

3

Health Hazard Evaluations
In Casinos

<http://www.cdc.gov/niosh/hhe/>

Smoke Free Casinos Website

4

More research needed on ENDS



A TIP FROM A FORMER SMOKER

I started using e-cigarettes but kept smoking. Right up until my lung collapsed.

Kristy, age 35, Tennessee

Kristy had smoker's cough and severe shortness of breath. She tried using e-cigarettes to cut down on her smoking. She thought cutting down would make her feel better, but it didn't. She kept smoking cigarettes until her lung collapsed.

Even smoking a few cigarettes a day is dangerous.

You can quit smoking.

CALL 1-800-QUIT-NOW.

 U.S. Department of Health and Human Services
Center for Disease Control and Prevention
CDC.gov/tips

#CDCTips



A TIP FROM A FORMER SMOKER

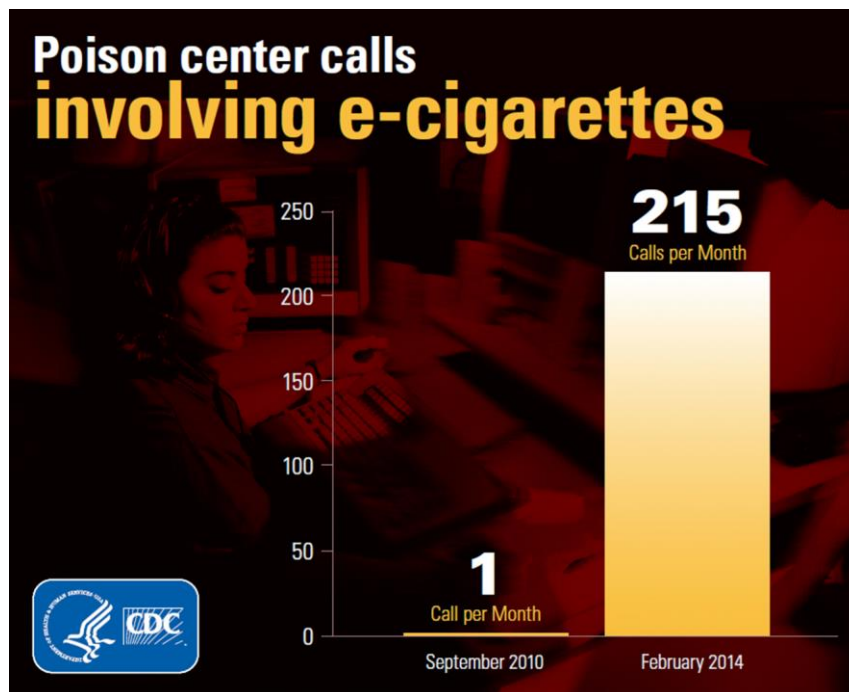
BE CAREFUL NOT TO CUT YOUR STOMA.

Mark, Age 50, Olympia, WA

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In summary

- NIOSH urges all employers to assure their workplace are made and maintained tobacco-free.
- Employees who use tobacco products are encouraged to quit and provided with cessation support.
- This will help fulfill employers' fundamental obligation to provide safe workplaces and improve health and well-being of workers.