

Why tackle smoking in workplaces?

Gillian Mc Attackney

Workplace Smoking Cessation Specialist



Smoking

Fact or Myth



Smoking kills 1 in 2

Fact



Someone who smokes 20
cigarettes a day spends 50 days
per year smoking

Fact



Smokers are entitled to smoke-breaks

Myth



Rolling tobacco is less harmful
than cigarettes

Myth



1 million workdays are lost each year in Northern Ireland due to related smoking illness

Fact



Smokers continue to smoke
because they enjoy it

Myth



Why I'm interested

- Cancer, all circulatory diseases and all respiratory diseases accounted for nearly three-quarters (72%) of all deaths in 2010.
- smoking is the single greatest cause of preventable illness and premature death in Northern Ireland
- Manual workers smoking prevalence is 31%



Potential benefits to employers:

- Win/win situation
- Reduces cost for chronic diseases
- Decreases absenteeism
- Demonstrates concern for employees
- Improves staff morale



Potential benefits for employees

- Addressing an on-going health concern
- Improves their fitness and health
- Changes smoking culture within workplace
- Creates a common bond with workmates
- Role model to workmates and community
- Reduces absenteeism



Workplace Smoking Cessation Service

A suite of options for your business



Getting started

- Posters www.want2stop/workplace/posters
- Smoking Audit Tool
- Workplace Audit
- Policy Review
- Time lined Action Plan



Support for smaller sites

- Information, posters and leaflets
- Support to set up quit smoking events
- Brief Intervention Training key personnel within workplaces to signpost and support fellow employees to quit smoking
- Policy Review

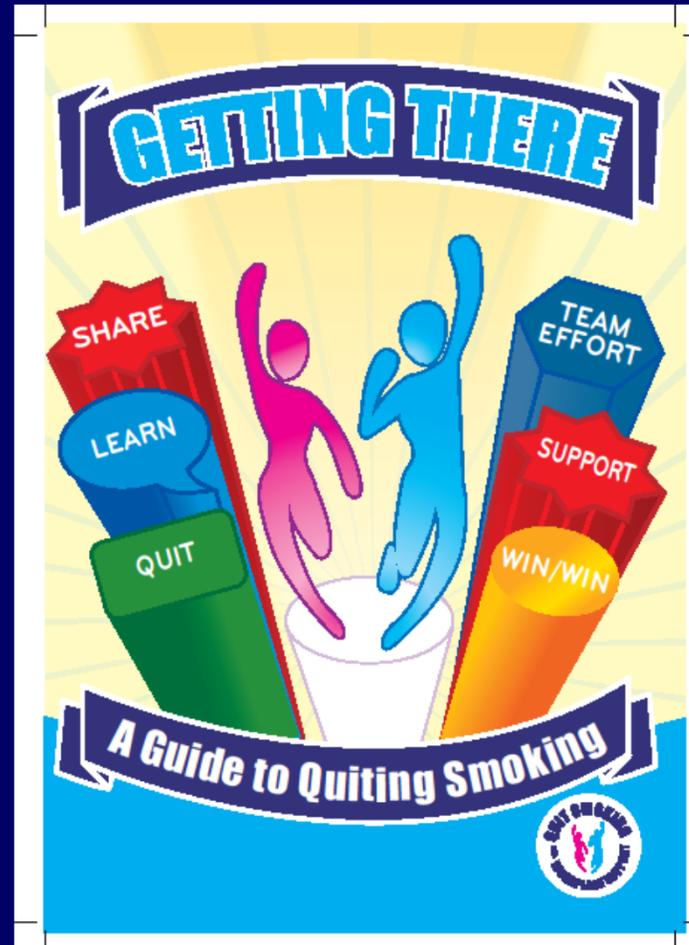


Support for Medium Multi-sites

- Tools for smoking audit
- Health MOT event
- Brief Intervention Training champions to take a lead
- Signpost and support fellow employees to quit smoking
- Buddy system



Buddy Pilot



Running a Quit Smoking Clinic

- A minimum of 10 interested quitters
- Shift patterns in workplace allows for everyone to be in the same place once a week
- Personnel are released to attend clinic



Workplace Smoking

A joined up approach



Do you have a
pro smoking culture?



Does your workplace have a smoking policy linked to disciplinary procedures?



Do smokers get extra breaks?



How do managers deal with
unofficial smoke breaks?



Do you have high levels of
smoking within certain
departments?



Have people taken up smoking
since starting work in your
organisation?



Hallmarks of a Pro smoking Culture

- Advantageous to smoke
- Non Smokers are disgruntled
- Employees who started smoking or relapsed since starting work in your organisation
- People who only smoke in work
- Employees find making quit attempts difficult as work 'pulls' them back



What about E – cigarettes?

- Grey area under current legislation
- Have been banned in some countries until safety trials are completed
- Variable levels of nicotine
- Little or no evidence that addiction to nicotine is reduced.
- Problematic in workplaces



Using WSC Service

- Free high quality service
- Tried and Tested model
- Good lead into other health & wellbeing issues
- Policy Review for workplaces
- When appropriate training an in-house cessation specialists



Council areas covered

Gillian Mc Atackney – Newtownabbey, Antrim, Ballymena, Ballymoney, Coleraine, Moyle, Carrickfergus, Larne, Magherafelt & Cookstown Council areas.

gmcatackney@ngs-ni.org.uk

Denise Stevenson – Belfast City Council area

StevensonDJ@BelfastCity.gov.uk

Ciara Burke – Dungannon, Armagh, Banbridge, Newry & Craigavon Council areas. c.burke@sgehc.com

Any other areas please contact me directly

Resources www.want2stop.info/workplace

