

FACT SHEET

How to Help Employees Quit Smoking

What works to quit tobacco?

- Nicotine replacement therapy
- Prescription medications to reduce nicotine cravings
- Counseling – telephone, individual, and group counseling
- Information about the benefits of quitting and how to quit
- Community-based resources



What should employers know?

- Quitting will protect your employees' health, reduce absences, and lower healthcare costs
- An unassisted quit attempt has only a 3-5% chance of success
- Your organization can offer different levels of support – all of the following have been shown to increase quit rates among employees:
 - Distribute free self-help materials for quitting smoking
 - Offer employees and their dependents free or reduced-cost quit smoking support
 - Provide information about community-based programs
 - Make your entire workplace smoke-free
 - Support smoke-free policies in your community

What should employees know?

- After quitting, you will breathe easier and have more energy
- Quitting won't be easy and it may take several tries to quit for good
- Quitting will reduce your risk for cancer and improve your long-term health
- You will benefit financially and have more spending money for other things