



What you need to know about...

## Benefits to a Tobacco-Free Hospital Campus

A tobacco-free campus is a hospital, medical center or health care organization that prohibits all forms of tobacco and the use and sale of tobacco on hospital-owned or leased property. A tobacco-free campus reduces exposure to the health hazards of smoking and improves health of patients, employees and visitors. More than 2,700 state hospitals, healthcare systems and clinics in the United States have tobacco-free campus grounds.

### Smoking and patient health

Tobacco control policies can have many positive effects on patient health. Hospitals that implement policies to identify and document patient smoking histories and offer interventions are able to provide more consistent patient smoking cessation counseling. This ultimately results in higher quit rates and improved health.

Hospitals are in a unique position to reduce the alarming statistics related to tobacco use. A hospital visit provides a meaningful, teachable moment in the life of a smoker: the patient must abstain temporarily from tobacco use and is accessible to interventions.

### Smoking and employee health

Employee tobacco use results in many direct and indirect costs, including additional health care and insurance costs, lost productivity, absenteeism, property damage and maintenance costs.

Employee smoking prevalence decreases when the environment does not support or promote smoking. To ease the process, some hospitals provide employee smoking cessation classes and provide nicotine gum during work hours. Others provide low-cost or no-cost nicotine replacement treatment for smoking cessation.

### How we can help

The Chicago Tobacco Prevention Project (CTPP) is a collaborative effort between Respiratory Health Association of Metropolitan Chicago and Chicago Department of Public Health. The project's goal is to implement citywide policies designed to decrease tobacco use and exposure to secondhand smoke in Chicago.

CTPP can offer services to hospitals that pledge to go smoke-free campus-wide. Services include:

- Technical assistance with policy language, development and implementation planning
- Training for staff to deliver smoking cessation services to clients
- Materials including signage and literature
- Development of a site-specific cessation campaign to direct clients and staff to cessation resources

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