

The Town of Mansfield's Tobacco Free Campus Policy:

*About the Policy and How We
Can Help You Quit Tobacco*

Presented by Maria Capriola and Ana Zeller

Today's Objectives

- ▶ Understand why Mansfield's Town campuses are going tobacco free
- ▶ Learn about the details of the policy
- ▶ Learn about cessation resources available to people who want to quit
- ▶ Question and answer session



Why a *tobacco free* campus?

- ▶ Tobacco Free Campus: emphasizes the health of all, including the user
 - ▶ Smokeless tobacco products contain over 28 chemicals that have been found to lead to esophageal, mouth and pancreatic cancer
- ▶ Smoke Free Campus: only focuses on the health of the people affected by second-hand smoke
- ▶ The Town of Mansfield is committed to creating a healthy environment for its employees, residents, visitors and contractors
- ▶ Tobacco Free campuses help change the overall societal norm about the acceptability of tobacco products



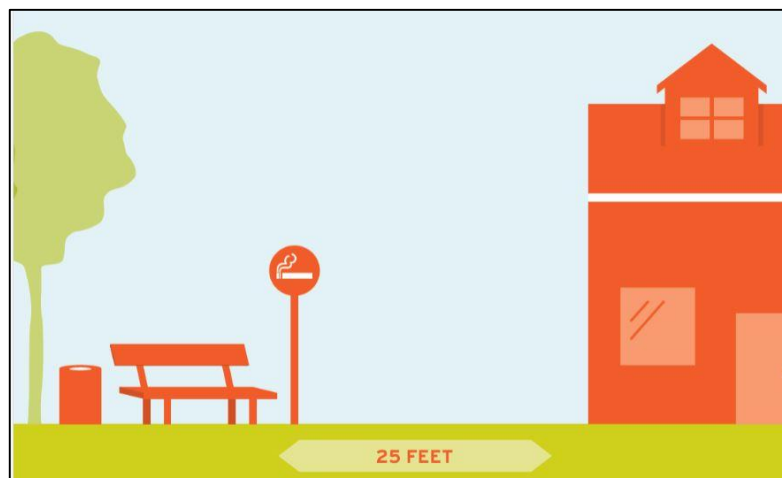
Mansfield's Tobacco Free Policy: Effective June 1st, 2016

- ▶ **Purpose:** to promote a safe and healthy environment for everyone who works on or visits any of the Town of Mansfield's campuses
- ▶ **Who policy is for:** all employees, volunteers, contractors/vendors, customers and visitors
- ▶ **Where:** Town Hall, Animal Shelter, Fire Stations, Community Center, Senior Center, Library, Transportation Center, Parking Garage, Pavilions at Bicentennial Pond and Lions Club Park, Public Works Garage, Transfer Station, and all storage buildings, concession buildings, and restroom buildings owned by the Town



Mansfield's Tobacco Free Policy: Effective June 1st, 2016

- ▶ **Prohibited Conduct:** smoking or use of tobacco products are not permitted in any indoor (buildings) or outdoor (grounds) space owned by the Town of Mansfield, including its parking lots
- ▶ **Prohibited Substances:** includes all tobacco products, such as lighted or unlighted cigarettes, cigars, pipes, bidi, hookah, and other non-combustible tobacco free products such as e-cigarettes



Tobacco Cessation: Where to Start

- ▶ **Step 1: choose a cessation method** (*you might need to try more than one and that's okay!*)
 - ▶ Phone counselling
 - ▶ In person or group counselling
 - ▶ Web-based resources
 - ▶ Other: phone Apps or nicotine replacement therapy



Other Resources: Phone Apps

▶ Smart Phone Apps

- ▶ **NCI QuitPal:** supports smokers working to become smoke-free using proven strategies and tools to help you quit
- ▶ **QuitGuide:** tracks cravings and moods, monitors progress, identifies smoking triggers and strategies to deal with them, helps you become and stay smoke-free
- ▶ **QuitStart:** created for teens but good for adults. Tracks moods and cravings, tracks goals and achievements in quitting, and provides personalized messages



Tobacco Cessation: Where to Start

▶ Step 2: Prepare to Quit

- ▶ Set a quit date
- ▶ Tell family and friends you plan to quit
- ▶ Anticipate and plan for challenges and cravings while quitting
- ▶ Remove cigarettes and other tobacco products from your home, car and work
- ▶ Talk to your doctor and/or pharmacist about quitting



Tobacco Cessation

- ▶ **Be Well, your employee wellness program, can help**
 - ▶ Discuss what quitting option may be best for you
 - ▶ Establish accountability with a Be Well team member as you go through your cessation program
 - ▶ Discuss a sound, individualized nutrition plan with Be Well's dietitian
 - ▶ Weight gain is a common fear amongst quitters. Don't let this stop you from quitting!
- ▶ **We are here to support you! Please let us know how we can help**





Questions?



- ▶ **To view the policy please visit the Town's employee intranet site**
 - ▶ Department Pages\Human Resources\Policies\Personnel Policies
- ▶ **Contact us for more information:**
 - ▶ On the policy: Maria Capriola (CapriolaME@mansfieldct.org)
 - ▶ On tobacco cessation resources: Ana Zeller (zellerae@ehhd.org)
- ▶ **Thank you for your time and Be Well!**