

# 100% Smoke Free Makes \$ense

## Smoke Free policies at work improve the bottom line

- **Healthier workforce**

The U.S. Surgeon General reports that **smoke free policies** lead to a **decrease in smoking** and the **elimination** of **exposure** to secondhand smoke, resulting in a healthier workforce.

- **Increase in productivity**

Cigarette smoking and secondhand smoke cost **\$92 billion** in **productivity losses** annually, according to the CDC.

- **Cost of maintenance decreases**

**Cleaning expenses** were **reduced** by an average of **10%** in smoke free buildings according to a survey conducted by Building Owners and Management Association (BOMA) International.

- **Lower risk of fire**

The National Fire Protection Association found that **smoking materials caused 17,600 fires** in non-residential structures in 2011, resulting in 490 deaths and **\$516 million** in direct property damage.

## Easy Steps to become Smoke Free

1. **Form** a smoke free task force.
2. **Develop** a smoke free policy.
3. **Announce** the policy change and the effective date.
4. **Educate** and **provide** cessation resources.
5. **Implement** the smoke free policy.
6. **Post** smoke free signs to notify patrons and employees.
7. **Remove** cigarette receptacles (or replace with planters if desired).
8. **Maintain** the policy with continuing education and resource efforts.

According to the CDC, nearly **85% of Nevadans** do **NOT** smoke.

Visit [SmokeFreeMeetings.org](http://SmokeFreeMeetings.org) for more information



## What is Secondhand Smoke?

Secondhand smoke is both the **direct smoke** from burning tobacco products and the **smoke breathed out** by smokers.

- This combination of smoke contains **70 known carcinogens**.
- According to the U.S. Surgeon General, there is **NO safe level of exposure** to secondhand smoke.
- An estimated **41,000 non-smoking Americans die each year** from diseases caused by **secondhand smoke** according to the CDC.

## Exposure in Nevada

With the passage of the **Nevada Clean Indoor Air Act in 2006**, indoor smoking bans protect residents from secondhand smoke in many public places throughout Nevada. However **stand-alone bars and gaming areas of casinos** are exempt from this law. As we move beyond the 10 year anniversary of the Nevada Clean Indoor Air Act, it is time to bring clean air to all of Nevada. **Nearly 85% of Nevada residents** are **non-smokers**, providing strong support for organizations with smoke free indoor locations.

## Physical Effects of Exposure

No matter how brief, **any exposure** to secondhand smoke causes **adverse health effects** to the cardiovascular system:

- **5 minutes** — aorta stiffens, equivalent to smoking 1 cigarette.
- **20-30 minutes** — excess blood clotting and buildup of fat deposits in blood vessels, increasing the risk of heart attack and stroke.
- **2 hours** — increased risk of arrhythmia (irregular heart beat) which can result in fatal cardiac event or heart attack.

## Economic Loss in Nevada

**Nevada's economy** is largely **driven** by the **hospitality industry**, which hosts many conventions and events. However, because the **majority** of **available convention** and **event space** is housed within **smoke-filled casinos**, **Nevada loses opportunities** for conventions and events to cities and venues that have **smoke free policies**.

More than **30 major organizations** have pledged to host meetings in **smoke free cities only**. Visit <http://www.no-smoke.org/document.php?id=348> for the list of organizations that would consider Nevada for their event if our biggest meeting venues were smoke-free.

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