

Guymon DAILY HERALD

YMCA adopts tobacco-free workplace policy



Texas County Family YMCA

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By Miranda Fleming

The Texas County Coalition and TSET are proud to report, the Texas County Family YMCA has chosen to adopt a Tobacco Free Work Place policy.

Texas County Tobacco Coordinator, Kayla McCarter, told the Guymon Daily Herald, YMCA CEO, Rob Rixon, worked with the YMCA board to help get the tobacco free policy passed and it will go into effect on Oct. 15.

“We are extremely eager to partner with our local Texas County Family YMCA to promote a healthier lifestyle in Texas County, one way of doing this is by passing the tobacco free policy, which will help us establish smoke free environments,” McCarter said. “We are also hoping other businesses in Texas County will also take interest in helping us promote a healthier lifestyle.”

McCarter went on to explain, the YMCA’s adoption of the tobacco free policy makes it one step closer to becoming a certified healthy business, which is part of a program created to encourage healthy communities and ultimately a healthy Oklahoma.

Currently Oklahoma ranks very low at number 46 in the nation’s healthiest states. Grants to enhance wellness activities and policies for the community are great incentives to become a certified healthy community.

McCarter hopes other businesses, schools, restaurants and campuses will jump on board toward becoming a healthy community.

McCarter said, “We appreciate the YMCA Board and CEO Rob Rixon on taking interest in this topic and look forward to working with them to continue to make Texas County citizens healthier.”

For more about the free programs TSET offers, such as, how to get started adopting a tobacco free or certified healthy school, restaurant, campus, business or community, contact Kayla McCarter at the Texas County Health Department at 580-338-8544 or email her at KaylaM@health.ok.gov.

For anyone interested, Kayla also has access to valuable, living a healthy lifestyle resources available on tobacco/alcohol use, nutrition, physical activity, building healthy environments/transportation, health services and education/awareness.