

Fact Sheet Regarding Tobacco and Tobacco Free Worksites

- Healthcare expenditures for Oklahoma state employees who use tobacco are estimated at nearly \$14 million per year. Productivity losses associated with state employee tobacco use are approximately \$22 million per year.
- In 2010, 58.4% of Oklahoma smokers tried to quit. Worksites that are 100% tobacco free offer the most support for employees trying to quit.
- The American Productivity Audit, a national survey of over 29,000 workers, found that tobacco use was a leading cause of worker lost production time—greater than alcohol abuse or family emergencies. Quitting smoking, or even just cutting back, improves a worker's productivity.
- The Institute of Medicine reviewed 100% smokefree policies and the associated reduction in heart attacks and concluded that there is a causal relationship between second hand smoke exposure and heart attacks.
- According to the Surgeon General, low level exposure to tobacco smoke, even secondhand smoke, leads to rapid problems with the cardiovascular system that increases the risk of heart attack or stroke.
- There are more than 7,000 chemicals in second hand smoke and at least 69 of them are known to cause cancer. Other approaches to protecting non-smokers, such as air ventilation systems and smoking rooms, do not eliminate exposure to second hand smoke.
- Smokeless tobacco contains at least 28 chemicals that cause cancer. The cancers known to be caused by smokeless tobacco use are oral cancer, esophageal cancer and pancreatic cancer. In 2010 alone, medical facility charges associated with these three cancers was more than **\$53 million** in the State of Oklahoma.
- Studies indicate that very few workers say fellow employees violate smoke free policies at work. In fact, most smokers come to support smoke free policies after they experience one.
- 80.9% of Oklahoma workers are already covered by smokefree workplace policies.