



Smokefree Workplaces

Benefits of a Smokefree Workplace and Model Policy, American Cancer Society

http://www.cancer.org/docroot/PED/content/PED_10_2X_Smoking_In_The_Workplace.asp

Benefits of a Smokefree Workplace Fact Sheet, North Carolina Tobacco Prevention and Control Branch

<http://www.tobaccopreventionandcontrol.ncdhhs.gov/lgtoolkit/docs/BenefitsofSmokeFreeWorkplace.pdf>

Decreasing Tobacco Use in Worksite Settings: Smoke-free Policies to Reduce Tobacco Use among Workers, The Community Guide

<http://www.thecommunityguide.org/tobacco/worksite/smokefreepolicies.html>

Guide to Smoke Free Workplaces: A Plan of Action for Employees From Group to Alleviate Smoking Pollution (GASP)

<http://www.gaspforair.org/gasp/gedc/pdf/Smoke-FreeWorkplaceGuide.pdf>

Making Your Workplace Smokefree: A Decision Maker's Guide, Centers for Disease Control and Prevention (CDC)

http://www.cdc.gov/tobacco/basic_information/secondhand_smoke/guides/workplace/pdfs/fullguide.pdf

The Business Case for Investing in a Smokefree Workplace, Center for Tobacco Research and Intervention, University of Wisconsin Medical School

<http://www.ctri.wisc.edu/Employers/The%20Business%20Case%20for%20Smoke-Free%20Workplaces.pdf>

Smokefree Air Challenge, American Lung Association

<http://www.lungusa.org/stop-smoking/tobacco-control-advocacy/states-communities/smokefree-air-challenge.html>

Support Statement on Smokefree Workplaces, American Cancer Society

<http://www.americanheart.org/presenter.jhtml?identifier=3039906>

Why Should Workplaces be Smokefree? World Bank:

<http://www1.worldbank.org/tobacco/AAG%20SmokeFree%20Workplaces.pdf>

Smoking Cessation Resources

Action on Smoking and Health: A National Antismoking & Nonsmokers' Rights Organization, the nation's oldest and largest antismoking organization

www.ASH.org

The EX Plan: An online tool to help people quit smoking from The National Alliance for. They provide education, tools, resources, and exercises to assist in the quitting process.

<http://www.becomeanex.org>

Free Help to Quit Smoking: Information from National Cancer Institute (NCI) on tobacco facts, smoking and tobacco research and statistics, clinical trials and resources in Spanish.

<http://www.cancer.gov/cancertopics/smoking>

Smokefree Women: This CDC and NCI sponsored site covers smoking-related topics that are often important to women, such as weight management and stress, and provides linkage to smoking cessation counselors, among other resources.

<http://women.smokefree.gov>

Zero Smoke: Smoking aid based on Auricular Therapy that assists in eliminating cigarette cravings and withdrawal symptoms experienced with smoking cessation.

<http://www.quitsmoking.com/zerosmoke/index.htm>