

Let's Talk About...

Tobacco-free campuses

Intermountain Healthcare's tobacco-free initiative prohibits (stops) tobacco use on all Intermountain Healthcare campuses. It also provides tobacco cessation support to those who want to quit.

Why is Intermountain Healthcare tobacco-free?

Intermountain Healthcare campuses are tobacco-free because:

- There is no safe level of exposure to secondhand smoke, so any encounter with tobacco smoke poses a health risk to patients, families, employees, volunteers, and visitors.
- Creating a tobacco-free environment helps keep everyone we serve healthier.
- Many other hospitals and healthcare systems across the nation are also tobacco-free, including Kaiser Permanente and Mayo Clinic.
- Children's healthcare facilities across the nation are becoming tobacco-free campuses.

What do parents, patients, and visitors need to know about tobacco-free campuses?

Patients, parents, visitors, volunteers, and employees are prohibited from smoking and chewing tobacco on all Intermountain Healthcare campuses. This includes using tobacco within the buildings or the grounds, and in or on hospital-owned sidewalks, streets, parking garages, and areas maintained by Intermountain Healthcare.

What are the facts about tobacco use?

- The Centers for Disease Control and Prevention estimate more than 1,300 Utahans die each year from tobacco-related causes.
- Nearly 9% of Utah adults smoke cigarettes each year.



- Utah spends \$542 million on smoking-related healthcare costs each year.
- Secondhand smoke is associated with an increased risk for lung cancer and heart disease in non-smoking adults. It's also associated with increased risk for sudden infant death syndrome (SIDS), asthma, bronchitis, ear infections, and pneumonia in children.
- Smokeless tobacco contains 28 cancer-causing agents (carcinogens).
- Secondhand smoke contains hundreds of toxic chemicals or carcinogens.

What should I do if I see someone smoking on the campus?

If you see visitors, family members, or patients using tobacco products on an Intermountain Healthcare campus:

- Politely ask them to put out or throw away the products and respect the facility's tobacco-free environment.
- Don't force them to stop if they continue using tobacco after you ask them not to.
- Walk away immediately and call security if they seem angry or you feel threatened.
- Let visitors know about the nicotine replacement products in the outpatient pharmacy if needed.

How can I get help quitting using tobacco?

Many free resources can help you quit using tobacco, including:

- Quit.com
- The Quit for Life® program (quitnow.net)
- SmokeFree.gov
- TobaccoFreeKids.org
- Utah Tobacco Quit Line (1.800.QUIT.NOW or waytoquit.org)

Notes

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