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Kentucky has the fourth-highest percentage of adult smokers in the US which leads to increased costs and decreased employee health in our businesses.(1)



Worksite health promotion programs can:

Tobacco's Impact on Kentucky

People who smoke are

25 times

more likely to develop lung cancer.(3) Kentucky Spends \$1.92 billion

on health care costs caused by smoking.(4)

Kentucky has the **highest rate**

of new lung cancer cases in the U.S.(4)

What's in Tobacco Smoke?



Secondhand Smoke Exposure

Secondhand smoke is a mix of fine particles and toxic chemicals, 70 of which cause cancer. There is no risk-free level of secondhand smoke; even brief exposure can be harmful to health.

Among nonsmokers in the US, secondhand smoke causes:

approximately 7,300 and nearly 34,000

lung cancer deaths per year

heart disease deaths per year. (3)



Source: Centers for Disease Control and Prevention. (2021, April 2). Smoking & tobacco use: Cancer. Retrieved April 13, 2022 from https://www.cdc.gov/tobacco/basic_information/health_effects/cancer/index.htm

There were 51,755 new cases of tobacco-related cancer diagnosed in Kentucky between 2014 and 2018.(5)

E-Cigarettes

- E-cigarettes produce an aerosol by heating a liquid.(6)
- This liquid usually contains nicotine, which is the addictive drug found in cigarettes, flavorings, and other chemicals.⁽⁶⁾
- When a person uses the e-cigarette, they inhale this aerosol into their lungs and exhale it to other people around them.₍₆₎
- The e-cigarette aerosol that users breathe from the device and exhale is not just water vapor.⁽⁶⁾
- It contains substances that are known to cause cancer.(6)
- There is no evidence indicating that e-cigarettes will help individuals quit smoking or stay quit.⁽⁶⁾
- People who use e-cigarettes are more likely to use cigarettes in the future.(7)
- E-cigarettes are the most commonly used tobacco product among youth.(6)

What is in E-Cigarette Aerosol?



Smokeless Tobacco



Many smokeless tobacco products contain chemicals that can cause cancer. $\ensuremath{\scriptscriptstyle(8)}$



When people are exposed to higher levels of these chemicals, the risk of cancer increases.⁽⁸⁾



Smokeless tobacco causes cancer of the mouth, esophagus, and pancreas.⁽⁸⁾

Smokeless tobacco, like chew and dip, can cause CANCER of the MOUTH, ESOPHAGUS, AND PANCREAS.



You can quit. CALL 1-800-QUIT-NOW CDC.gov/quit

Source: https://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/health_effects/index.htm

Radon Exposure

- Radon is a naturally occurring radioactive gas and can enter any type of building (homes, offices, schools) through cracks in the basement or foundation.⁽⁹⁾
- You cannot see, taste or smell radon. The only way to know the level of radon in a building is to test for it.⁽⁹⁾
- Radon attaches to dust or tobacco smoke and gets carried into the lungs.



Source: https://www.cdc.gov/radon/toolkit/shareable_images.html

Radon is the **2nd Leading Cause** of Lung Cancer (10)

Everyone should test their home for radon. High radon can occur in a least or mild danger. Just because you might be in a low potential area, doesn't mean you don't have high radon in your home.⁽¹¹⁾



Be lung healthy

Smoking and vaping damage the lungs and expose users to chemicals that weaken the immune system and the body's ability to fight off infection.(12,13)



COVID-19 attacks airways making it difficult to breathe.(14)



Smoking increases the risk of severe complications of COVID-19. (12,13,14)





Smoking/Vaping & Coronavirus (COVID-19) Give your lungs a fighting chance



Lung Cancer

Anyone can get lung cancer.⁽¹⁶⁾ Kentucky has a higher rate of new cases and deaths from lung cancer than anywhere else in the US.⁽¹⁷⁾ Lung cancer kills more than breast, colon, and prostate cancer combined.⁽¹⁸⁾

Lung Cancer Screening

Screening is a test or exam to find disease in people with no symptoms.(19)

A screening known as a low-dose CT scan (LDCT) scan has been shown to find abnormal areas in the lungs among people at higher risk of getting lung cancer.⁽¹⁹⁾

A LDCT scan takes multiple pictures of the lungs while a person lies on a table that slides in and out of the machine. It does not involve needles, and lasts about 10 seconds. (20,21)



Who might benefit from lung cancer screening?

People who meet ALL of these criteria:(19)



Those who are 50 to 80 years old and in fairly good health;

Those who currently smoke or have quit within the past 15 years;

Those who have smoked an average of one pack a day for 20 years.

Lung Cancer Screening for Employees

As part of the screening process, it is important that employees:

Talk with their doctor about possible benefits, limits and reasons they may or may not want to be screened for lung cancer.(19)

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Go to a facility that is focused on providing quality lung cancer screening and treatment.(19)

Receive support for quitting smoking and strategies to help them to continue not smoking if they have quit.(19)

\$

Lung cancer screening is considered a preventive health benefit. Most insurance plans will cover the cost of a lung cancer screening at no additional out-of-pocket costs to patients.⁽²²⁾





Fire insurance costs are typically reduced by about

↓30%

when businesses go smoke-free. $\ensuremath{\scriptscriptstyle (24)}$

Employees who smoke are

more likely to miss work than employees who do not smoke.(25)

Employees who smoke are more likely to take unapproved breaks than employees who do not smoke. **These breaks result in 8 to 30 minutes a day in lost work time.**(23)



Kentucky employers are spending an estimated total of **\$262 million dollars** a month in costs related to employee cigarette smoking.(26)

One of the best investments in the health of your business and your employees is to help them quit smoking.

How to keep employees healthy



Invest in and incentivize quit opportunities

- Promote the Tobacco Quitline at 1-800-QUIT-NOW (784-8669) and QuitNowKentucky, <u>quitnowkentucky.org</u>
- Ensure your employer-sponsored health insurance covers medications and counseling for quitting smoking.
- Eliminate or reduce co-pays and other cost-sharing on medications and counseling.
- Provide onsite resources for counseling to help quit smoking, vaping, and using smokeless tobacco.

Prevent secondhand smoke exposure at work

- Enact a smoke-free policy that prohibits smoking and vaping within all indoor spaces of the worksite and within 10-20 feet of all doors, windows, and ventilation systems.
- Strengthen an existing smoke-free policy.
- Enact tobacco-free campus policy prohibiting all tobacco use on any part of the property, indoor and outdoor, including company vehicles.
- Advocate for a smoke-free ordinance in your community.





Reduce exposure to radon

- Consider testing the workplace for radon using a short-term test.
- Encourage employees to test their homes for radon.
- If levels are above 4.0 pCi/L, consider using a certified mitigation professional to test and mitigate for radon.

Support lung cancer screening opportunities

- Encourage employees to talk with their doctor about lung cancer screening to see if it is right for them.
- Provide paid time off for employees who meet the eligibility criteria to be screened for lung cancer.
- Incorporate lung cancer screening educational opportunities as part of worksite wellness efforts.
- Lung cancer screening is best when combined with quitting smoking and reducing exposure to secondhand smoke and radon.



The Kentucky Cancer Program can support your worksite wellness initiatives by:

- Provide statewide and national opportunities for quitting smoking, vaping and using smokeless tobacco.
- Sharing model smoke-free policies and referring to Kentucky Center for Smoke-free Policy.
- Connecting workplaces with local resources for radon testing.
- Linking workplaces to local lung cancer screening programs.
- Providing educational resources related to the topics in this Resource Kit to workplaces.

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Bridging Research Efforts and Advocacy Toward Healthy Environments





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