

HEALTHY QUIT

ARE YOU TRYING TO ENCOURAGE YOUR STAFF
OR COMMUNITY GROUP TO QUIT SMOKING?

- Smoking is the single greatest cause of preventable death and disease in the world
- Tobacco Smoking costs Australia over \$30 billion a year. The cost to businesses alone is over \$5.7 billion
- Smokers have significantly more absenteeism, and they are significantly less productive than their non-smoking colleagues
- In real world settings quitting rates from other smoking cessation strategies are less than 10%



**HEALTHY[®]
TASMANIA**

THE DEAL

Based on the evidence of what works, Healthy QUIT has three key elements:

1. QUIT SURVEY

- Identifying how many people smoke in your organisation or community group and who is ready to QUIT.

2. QUIT PROGRAM (7 WEEKS, 60-MINUTE SESSIONS)

- 'Quit Chat' training - Brief intervention conversations
- Understanding nicotine addiction
- Physical activity
- Stress management
- Respectful relationships
- Healthy eating
- Mindfulness/relaxation

3. INDIVIDUAL QUIT SMOKING STRATEGIES

- Carbon monoxide monitoring
- FREE counselling
- FREE nicotine replacement therapy or quitting medication
- Financial reward for program completion



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