

HEALTHY QUIT

Project management by



**HEALTHY
TASMANIA**

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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 world¹.
- Tobacco Smoking costs Australia over \$30 billion a year. The cost to businesses alone is over \$5.7 billion².
- Smokers have significantly more absenteeism, and they are significantly less productive than their non-smoking colleagues³.
- In real world settings quitting rates from other smoking cessation strategies are less than 10%⁴.

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

General information

- Schedule adapted to meet the needs of each group
- Hands-on, creative and interactive sessions
- Delivered by a local Tasmanian company in partnership with multiple community partners
- This innovative program achieved a 64% short-term quit rate during the pilot phase



TO FIND OUT MORE

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¹ World Health Organisation 2015, Tobacco-free initiative

² Collins, D., Lapsley, H., 2008, The costs of tobacco, alcohol, and illicit drugs to Australian society in 2004-2005, Commonwealth of Australia, p. xi and table 33, p. 64.

³ Halpern, M., Shikhar, R., 2001, 'Impact of smoking status on workplace absenteeism and productivity', Tobacco Control, 10(3), pp. 233-238

⁴ Etter, J., Stapleton, J., 2006, Nicotine replacement therapy for long-term smoking cessation: a meta-analysis, Tobacco Control 2006;15:280-285. doi: 10.1136/tc.2005.015487



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