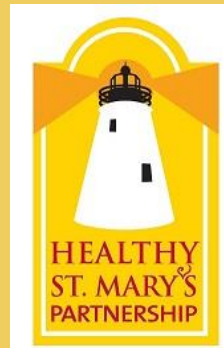


PREPARED BY THE TOBACCO FREE LIVING ACTION
TEAM OF THE HEALTHY ST. MARY'S PARTNERSHIP



BUSINESS CASE FOR TOBACCO FREE ENVIRONMENTS

PRESENTATION FOR THE COMMISSIONERS OF ST. MARY'S COUNTY
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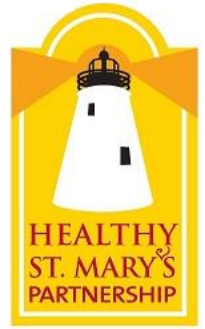
Significance of the Problem



- Tobacco use is the number one preventable cause of premature death and disability in the United States
- Smoking causes heart disease, stroke, cancer and lung diseases (including asthma, emphysema, bronchitis and chronic airway obstruction) and diabetes
- For every person who dies from a smoking-related disease, 30 more people suffer from at least one serious illness from smoking.

The leading causes of death in St Mary's County include heart disease, cancer, stroke, Chronic Obstructive Pulmonary Disease (COPD) and diabetes.

Significance of the Problem



- According to the Surgeon General Reports, between 2010 and 2014 smoking caused:
 - Nearly half a million premature deaths each year
 - More than 87% of all lung cancer deaths
 - 61% of all pulmonary deaths
 - 32% of all heart disease and stroke deaths

Lung cancers account for the highest percentage, 28% of cancer deaths in St Mary's County.

4 Secondhand Smoke



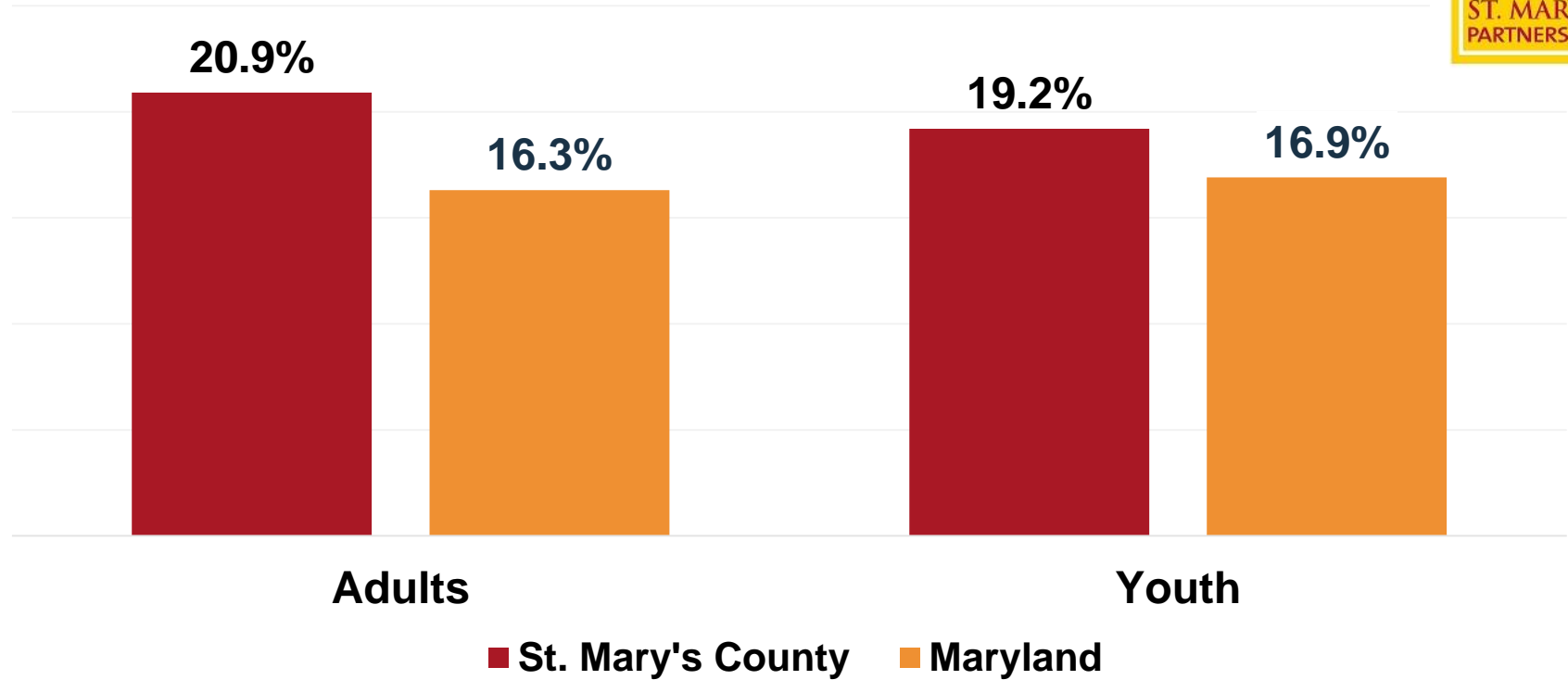
- Secondhand smoke causes premature death and disease in non-smokers
- Exposure of adults to secondhand smoke causes immediate adverse effects on the cardiovascular system and causes coronary heart disease, lung cancer and stroke
- Children exposed to secondhand smoke are at an increased risk for acute respiratory infection, ear problems and asthma

Nearly half of high school students in St. Mary's County live with someone who smokes.

Tobacco Use in St. Mary's



CURRENT SMOKERS



Smoking and Other Drug Use by MD High School Students

Smoking Status	Currently Drink Alcohol	Currently Use Marijuana	Currently Abuse Rx Drugs	Ever Used Other Illegal Drugs
Non-Smokers	23.7%	12.6%	4.2%	8.9%
Smokers	79.4%	67.0%	37.9%	51.1%
Increased Likelihood for Smokers	3x	5x	9x	6x

DATA SOURCE: Maryland Behavioral Risk Factor Surveillance System (BRFSS), Maryland Youth Risk Behavior Surveillance System (YRBSS)

* The increased likelihood represents the relative risk of a smoker engaging in the behavior vs. that of a nonsmoker. Please note that the data above represent correlations in risk behaviors and are not presented as evidence of causality.

Evidenced-Based Approach: Policies for Tobacco-Free Environments



- Reduce exposure to secondhand smoke & prevalence of tobacco use
- Increase the number of tobacco users who quit
- Reduce the initiation of tobacco use among young people
- Reduce tobacco-related morbidity and mortality, including acute cardiovascular events
- Reduce healthcare costs substantially
- Evidence shows smoke-free policies do not have an adverse economic impact on businesses, including bars and restaurants



Cost of Tobacco Use for Employers



- Absenteeism
- Lost productivity
- Health insurance and life insurance costs and claims
- Worker's compensation payments and occupational health awards
- Accidents, fires & property damage (plus related insurance costs)
- Smoke pollution (increased cleaning and maintenance costs)
- Illness and discomfort among nonsmokers exposed to passive smoke



Cost of Tobacco Use for Employers



- Businesses pay an average of **\$2,189** in workers' compensation costs for smokers, compared with \$176 for nonsmokers
- Smoking costs employers an estimated **\$3,383** per smoker per year
- **\$1,623** in direct medical expenditures and **\$1,768** in lost productivity
- Cigarette smokers are absent from work **6.5 days** more per year than nonsmokers



Cost of Tobacco Use for Employers



- Smokers **miss 60% more days** of work per year due to illness than nonsmokers
- The average smoker spends **8% of working hours** on smoking breaks
- Adopting a tobacco-free grounds policy may also reduce:
 - health insurance premiums
 - fire insurance by **25% to 30%**
 - cleaning and maintenance costs (in a survey of 2000 companies adopting smoke-free policies 60% reported reductions)



Reduced Liability



- Having a tobacco-free campus may reduce or eliminate:
 - The risk of being sued by employees who become ill from breathing secondhand smoke
 - Disability lawsuits based on secondhand smoke exposure
 - Worker's compensation liability costs
 - Lawsuits filed by consumers exposed to secondhand smoke on business grounds
 - Property damage due to tobacco induced fires or pollution

Improve Employee Health and Morale

- Reduce risk of cancer. Employees exposed to secondhand smoke on the job are **12% to 19%** more likely to get **lung cancer**.
- Reduce **heart attacks**. Exposure to secondhand smoke increases the risk of a heart attack by **25% to 35%**.
- Reduce heart and vascular disease.
- Reduce upper respiratory infections.
- Enhance the positive image of your business.



Legality



- Employers in Maryland are not barred from voluntarily adopting campus-wide tobacco policies.
- People exposed to secondhand smoke on business premises can sue businesses. Adopting a broader policy can prevent this.
- A number of Maryland businesses have already adopted tobacco free campus policies. Maryland does not restrict hiring decisions based on tobacco use.
- Maryland does not prohibit an employer from terminating an employee for violating a tobacco-free policy, and some policies have employee termination provisions based on repeat offenses.

Employees do not have a legal “right” to smoke if their employers have a tobacco-free policy. Smokers cannot sue for discrimination under the ADA.

Costs



- Establishing a Tobacco-free grounds policy: **Free**
- Tobacco cessation is more cost-effective than most other covered disease prevention interventions.
- It only costs **10 to 40 cents** per employee per month to provide a comprehensive tobacco cessation program if desired.
- Studies show that offering a tobacco cessation benefit is **cost neutral** by year three and cost-saving **by year five**.

*BOTTOM LINE:
Tobacco-free policies are free to establish
and can save organizations money.*

Examples of Maryland businesses that have tobacco-free campus policies

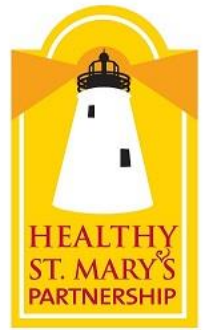
- Thirty-three hospitals in Maryland Health Care & the Maryland Department of Health
- Lockheed Martin Corporation Aeronautical Engineering
- International Truck and Engine Corp. Truck Manufacture
- Nike, Inc. Athletic Apparel
- Eli Lilly and Company Pharmaceuticals
- Four Maryland colleges Education
- Lowe's Companies, Inc. Home Improvement



Local Government Authority & Regulation

A local government may adopt and enforce ordinances, board of health rules and policies restricting or prohibiting tobacco use that apply to:

- Local government buildings
- Local government grounds
- Local government vehicles
- Enclosed public spaces



Which Maryland counties have smoke-free outdoor laws, ordinances & regulations?

- Allegany (Cumberland)
- Anne Arundel
- Baltimore City
- Baltimore
- Caroline
- Carroll
- Charles
- Dorchester
- Frederick (Frederick, Mount Airy)
- Garrett (Oakland)
- Harford
- Howard
- Kent
- Montgomery
- Prince George's
- Queen Anne's
- Washington (Hagerstown)
- Worcester (Ocean City)



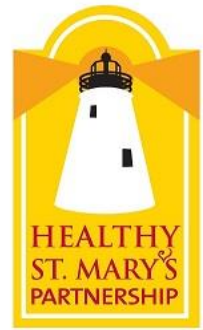
18 Helping Employees Quit



- **FREE** tobacco cessation classes, resources and medication to quit offered through the St. Mary's County Health Department
- Self-help educational materials
- Medications - nicotine replacement therapy, others
- Incentive programs for quitting
- Health Dept can provide **free classes** on site during business lunch hours - has already done this with the CSM and Pathways transition to smoke-free campuses

*24/7 FREE Maryland Quit line
(1-800-QUIT-NOW)
Plus text options!*

MedStar St. Mary's Hospital experience



26.8% % Hospital Associates who use tobacco **1.7%**
(2012) (2016)

*BOTTOM LINE:
Tobacco free environments work!*