



Health Works

In Escambia

Creating a Culture of Health at Work

TOBACCO FREE WORKS

WHY?

Having a worksite that is tobacco free protects employees from the harmful effects of **secondhand smoke**, according to Tobacco Free Florida (TFF). TFF also explains that going tobacco free can also encourage current tobacco users to reduce their use and help those who are trying to quit.

Promoting a tobacco free worksite not only improves employee health, but it can also have a positive effect on a business's bottom line. Learn more by clicking on the links to the left and contact your TFF representatives at FDOH-Escambia for assistance with creating a tobacco free workplace!

RESOURCES

[Tobacco Free Florida in Escambia](#)

[Tobacco Free Florida](#)

[Tobacco Free Worksites](#)

[CDC Smoking & Tobacco Use](#)

[CDC Worksite Health Scorecard](#)

HOW?

Have a written policy banning tobacco

Check out Tobacco Free Florida's [toolkits](#) for going tobacco free at your worksite and contact FDOH-Escambia for assistance

Enforce your tobacco-free policy

If you already have a tobacco-free policy: post no-smoking signs, remove ashtrays, and communicate the policy throughout the worksite

Refer employees to tobacco cessation classes

Visit FDOH-Escambia's [website](#) for information about the "Quit Smoking Now" clinic and free quit counseling and nicotine patches

Share resources to help employees quit tobacco

Tobacco Free Florida's [Quit Your Way](#) program offers phone, group, web, and other services to help people quit tobacco

USING THIS INFORMATION

Strategies provided in this newsletter are just some ideas for creating a culture of health at your worksite. Not all strategies will work at all worksites or for all employees. Before beginning a worksite wellness program it's important to gain leadership support, [assess your worksite](#) to see what you are already doing to promote health, and conduct an employee interest survey. For assistance with getting started with your wellness program, contact FDOH-Escambia's Employee Wellness Coordinator.



Nutrition

Stay mindful when eating during the holidays with tips from [EatRight.org](https://www.eatright.org). They recommend not skipping meals in preparation for a big party, using a small plate, starting with veggies, and fitting in time for physical activity. Find more tips [here](#).



Share This!



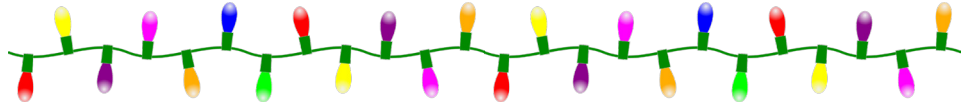
[Eat This, Not That: The Holiday Party Edition](#)



Physical Activity

12 Days of FITmas

Get moving this holiday season with the 12 Days of FITmas! Complete the exercise for each day. For a challenge, build onto each day so Day 1 do a plank, day 2 do a plank and a wall sit, and so on. On day 12 you will complete all exercises!



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
1 Minute Plank	2 Minute Wall Sit	30 Squats	40 High Knees	50 Crunches	60 Calf Raises
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
7 Push-ups	8 Lunges	9 Tricep Dips	10 Rear Leg Lifts	11 Jumping Jacks	12 Minute Walk

Adapted from Liv:Fit

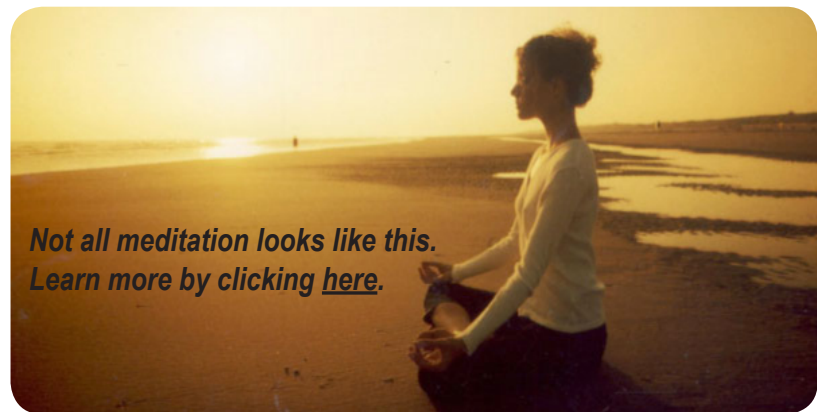


Stress Management

According to research from the American Heart Association, "**Meditation may help reduce the risk of heart disease** when it's added to proven approaches like lifestyle changes or drugs to lower blood pressure and cholesterol."

Benefits of meditation may also include "**decreased levels of stress, anxiety, and depression and improved sleep and overall wellbeing.**"

Read more about the study [here](#).



Not all meditation looks like this. Learn more by clicking [here](#).



Lactation Support

Does your organization offer **flexible breaks** for mothers to express milk or nurse her infant? If yes, then you're on your way to becoming a breastfeeding friendly workplace!

Learn more from the [Florida Breastfeeding Coalition, Inc.](#) and apply for the Breastfeeding Friendly Employer Award.



Tobacco Cessation

"Work time spent on smoking-related activities costs businesses **four weeks of non-productive time** per smoking employee each year." -FTCA

Learn about the benefits of going tobacco free and how to become a tobacco-free workplace with the [Florida Tobacco Cessation Alliance](#). Answer only 5 questions and apply for the FTCA [Worksite Wellness Award!](#)