



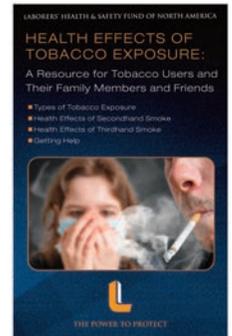
# HOW THE LHSFNA IS ADDRESSING TOBACCO CESSATION

Tobacco use can result in serious diseases and health problems, including cancer, heart disease, lung disease, reproductive complications and vision problems. Preventing tobacco use and helping people who use tobacco to quit can improve the health of many Laborers and their families by adding years to their life and improving the quality of those years.

## Publications

These educational materials can be presented at a worksite meeting or other organized event, distributed in person, included in new hire or new member orientation materials, incorporated into newsletters, added to a mailing or left out for display.

- ▶ *Health Effects of Tobacco Exposure: A Resource for Tobacco Users and Their Family Members and Friends* pamphlet
- ▶ *Health Effects of Using Tobacco: A Resource for Tobacco Users* pamphlet
- ▶ *Tobacco Cessation* toolbox talk



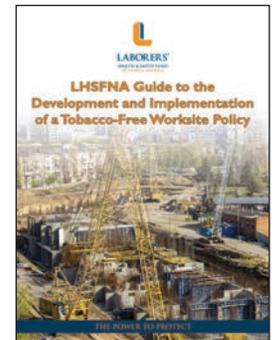
## Posters

Display these around the jobsite, in a work trailer, in meeting rooms, at a special event or in a training center, Local Union hall, health and welfare fund office or other LIUNA-affiliated location.

- ▶ Cancer in a Can
- ▶ Cigarettes Come with a Guarantee
- ▶ No Butts About It
- ▶ Secondhand Smoke

## Tobacco-Free Worksite Policies

The *LHSFNA Guide to the Development and Implementation of a Tobacco-Free Worksite Policy* describes the benefits of creating a tobacco-free environment in the workplace and provides sample policy language employers can use to implement various tobacco-free worksite policies. This guide serves as a comprehensive tool that can be used completely or in parts depending on the work environment and the joint needs of signatory contractors and members.



The LHSFNA is also available to review and provide feedback on an existing tobacco-free worksite policy or provide assistance with developing a policy.

## Tobacco-Cessation Program Consultation

The LHSFNA can assist LIUNA entities and affiliates with locating tobacco cessation programs and resources at the state and local level. These supports may be available through hospitals, health departments or local chapters of national organizations such as the American Lung Association.

## Quit Tobacco Kits

Kits contain educational materials, quitting tips, recommended smartphone apps and nationally recognized text messaging programs to help members with quitting tobacco products. Quit tobacco kits can be requested for distribution at a meeting, conference, health fair or other event or mailed directly to LIUNA members.

Each kit also includes a pack of gum to provide an alternative to the oral fixation from using tobacco products and a branded notepad that can be used to help set reminders, document tobacco use cravings and patterns, track tobacco-free days, write motivational messages or for any other use the member finds helpful.

### **Health and Welfare Fund Assistance**

The LHSFNA can assist health and welfare funds with incorporating tobacco cessation programs and initiatives into their benefit offerings. Examples of potential offerings include tobacco cessation classes, nicotine replacement therapy, a nurse line to assist members with cessation questions and references to available community programs.

### **Ordering Materials from the LHSFNA**

Publications and posters in both English and Spanish and the policy guide are available through the Fund's Publications Catalogue at [www.lhsfna.org](http://www.lhsfna.org). For more information, questions or to request quit tobacco kits, please contact Emily Smith, Health Promotion Manager, at [esmith@lhsfna.org](mailto:esmith@lhsfna.org) or 202-628-5465.