Smoke-Free Campus

July 1

In January, Eisenhower Medical Center launched Five Star Wellness, a new employee program focusing on the Five Pillars of Wellness: Exercise, Nutrition, Pulmonary Health/Smoking Cessation, Stress Reduction, and Weight Management. The goal of the program is to promote the health and wellness of Eisenhower employees by collectively encouraging healthy behaviors that can have a long-term impact on individual health.

One of the most serious and welldocumented health risks is the use of tobacco products, including cigarette smoking and chewing tobacco, and exposure to secondhand smoke. According to the National Cancer Institute, cigarette smoking remains the leading preventable cause of death in the United States. Approximately one out of every five deaths each year is attributable to smoking. Further, each year, approximately 38,000 deaths in the United States are caused by exposure to secondhand smoke (smoke from a burning cigarette, cigar or pipe, in addition to the smoke exhaled by a smoker).

Lung cancer remains the leading cause of cancer death among both men and women in the United States, with 90 percent of lung cancer deaths among men, and approximately 80 percent of lung cancer deaths among women, attributed to smoking. Smoking also increases the risk of other cancers, including cancers of the throat, mouth, pancreas, kidney, bladder, and cervix.

In order to provide a healthy and safe environment for employees, patients and visitors, and to promote positive healthy behaviors, Eisenhower Medical Center will implement a tobacco-free policy on all of its campuses effective July 1, 2010. The tobacco ban will apply to all patients, visitors, medical staff members, vendors and employees, and no tobacco use of any kind will be permitted inside hospital or campus buildings, in parking lots or on the grounds.

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