

## HEALTHY CHOICES- HEALTHY PEOPLE



82% of the residents of this province indicate support for smoke free perimeters for health care facilities. Evidence shows a direct link between smoking restrictions and smoking behavior. Fewer people smoke in areas with strong tobacco free policies. Our decision will:

1. Eliminate exposure to secondhand smoke.
2. Decrease the social acceptability of tobacco use.
3. Promote cessation from tobacco use.
4. Set the standard for other employers in the region.

## WHAT ELSE SHOULD YOU KNOW?

In 2005, 80% of adults between the ages of 12-65 in our region don't smoke.

Smoking is the biggest threat to the lung health of our residents. The diseases and deaths caused by smoking are totally preventable.

If you are thinking about quitting smoking you can get help and support. Please contact your family physician



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# Tobacco & Smoke Free Policy

EFFECTIVE SEPT. 1, 2007

Healthy Choices-  
Healthy People



SETTING THE STANDARD



## WHY IS THERE A POLICY?

To protect clients, staff and visitors from the health risks related tobacco use and exposure to second hand smoke.

It reinforces a tobacco free lifestyle.

## WHAT IS THE POLICY?

Tobacco products are no longer permitted in Five Hills Health Region owned buildings or on the grounds of these buildings 24 hours per day. This includes lighted cigarettes, cigars, pipes, bidis, clove cigarettes and any other smoking products such as spit (smokeless) tobacco, dip, chew and snuff in any form.

No tobacco will be sold in any health facility operated by the Five Hills Health Region.

Smoking will be actively discouraged in the homes of clients while receiving care from Five Hills Health Region employees.

The traditional use of sacred tobacco within the First Nations healing ceremonies will be supported within the region.

## TOBACCO FREE REGION

Medical experts agree that smoking remains the #1 preventable cause of death and disease. The Five Hills Health Region is a leader in the local effort to protect individuals from exposure to secondhand smoke and to reduce smoking by residents of the region. The establishment of tobacco free grounds demonstrates our commitment to reducing tobacco use in the region.

## POLICY EDUCATION

There will be distinctive signage posted near entrances and property perimeters. People need to understand and respect the health environment they are in. We will approach anyone found smoking on the property, inform the person about the policy and politely ask for their cooperation. We are confident people will respect the change once they have been made aware of the policy and the reasons for it.

A client, who receives home based services, will be asked not to smoke for at least an hour prior to the visit and during the service. We have a legal obligation to protect employees from the harmful effects of exposure to second hand smoke.

## WHY REDUCE TOBACCO USE?

**The two highest causes of hospitalization in the region are from respiratory and heart diseases.**

**Heart disease, cancer and respiratory diseases are the top causes of death in the region. These same diseases are the leading causes of premature death.**



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