

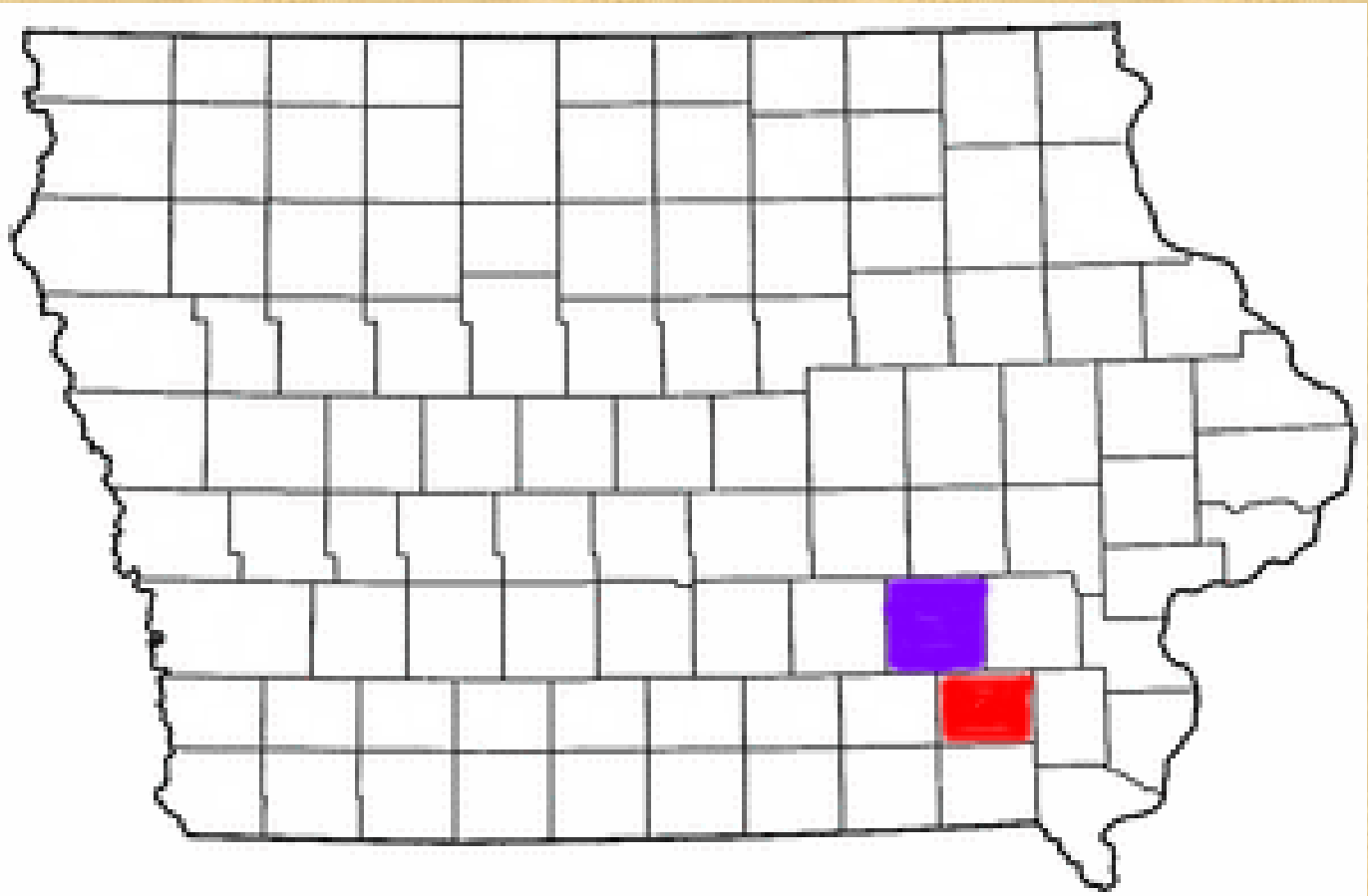
Leveraging community partnerships for employee tobacco cessation programs



John Revolinski

Program Director

Healthy Life Services



Fairfield, Iowa



There's something about Fairfield

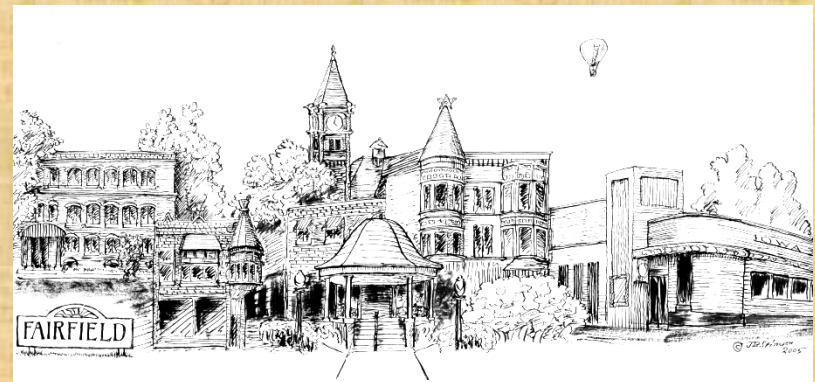


Top Rural Entrepreneurial Community

- 2003 Grassroots Rural Entrepreneurship Award
 - National Center for Small Communities and Kauffman Foundation
- 2004 Entrepreneurial Community of the Year
 - Community Vitality Center
- 2007 Great Strides Award Finalist
 - Northwest area Foundation



KAUFFMAN
Foundation



SAVE BIG \$\$\$ on Home Energy Improvements, p. 20

MOTHER EARTH NEWS

THE ORIGINAL GUIDE TO LIVING WISELY

ISSUE: SEPTEMBER 2006

SOLAR
Mowers
and
Tractors

Heat & Cool
Your Home
NATURALLY

12 GREAT PLACES
You've Never Heard Of

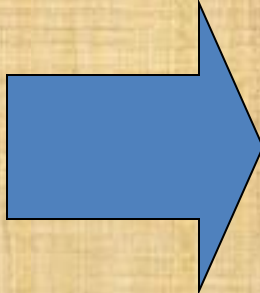
How to Find
Fresh, Flavorful Food

PLUS!

Plumbing Basics
Plant NOW for Great Salads
6 Natural Allergy Remedies

**FAIRFIELD IOWA NAMED
ONE OF THE 12
GREAT PLACES**

www.MotherEarthNews.com



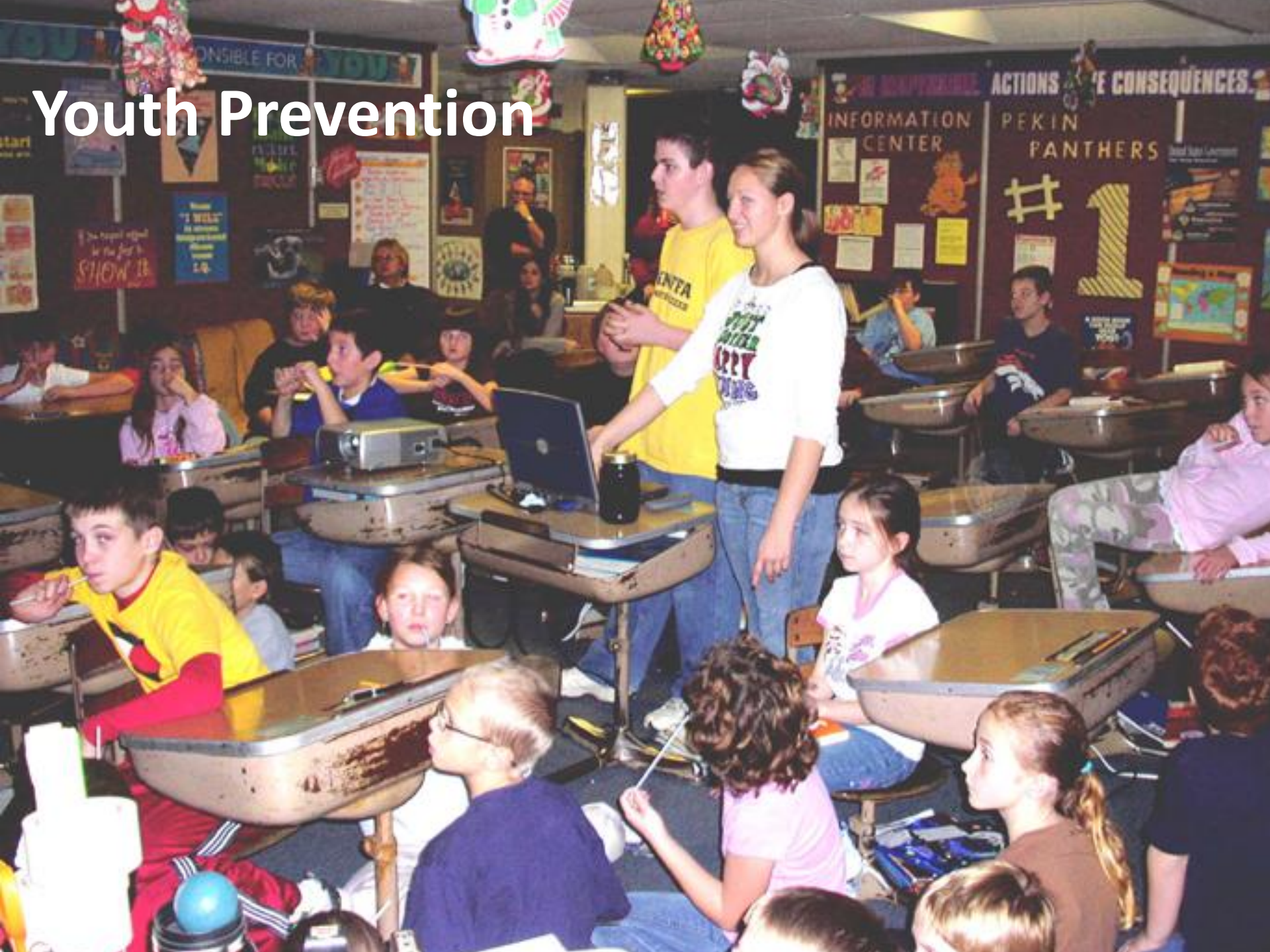
Tobacco Community Partnerships





Tobacco Free Coalitions

Youth Prevention





HOW LONG
DO YOU
Want to Live?

Tobacco-free

JEL
JUST ELIMINATE LIES
www.JELiowa.org



**TAKE A QUIZ
WIN A PRIZE!**

QUIZ 1: YOUR RISK OF HEART DISEASE

QUIZ 2: YOUR RISK OF STROKE

QUIZ 3: YOUR RISK OF COPD

QUIZ 4: YOUR RISK OF LUNG CANCER

**NICOTINE:
THE ONLY ADDICTIVE
IN TOBACCO**

**BIG TOBACCO
AMERICANS A**

SMATCHERS
A woman who can see through people's heads.

www.chokesmokes.com



CHOKE SMOKES!

Tobacco-Free Coalitions of Jefferson and Keokuk Counties, Iowa

[JEL Iowa](#)

[Iowa Quitline](#)

[Nicotine Anonymous](#)

[Quit Smoking Classes](#)

[Newsletter](#)

[Contact Us](#)

[2010-2011 Project Narrative](#)

[2010-2011 Action plan](#)

[Fairfield High School](#)

[Pekin High School](#)

[Sigourney High](#)

[Keota Schools](#)

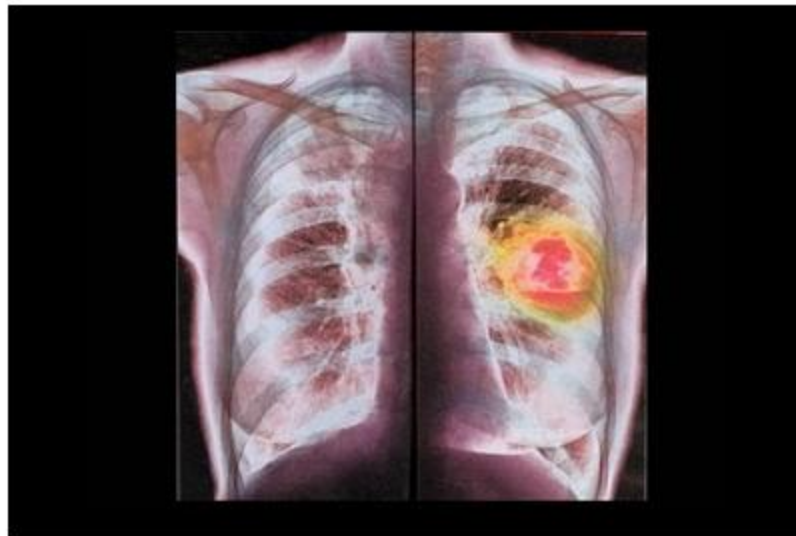
[Tri-County Schools](#)

[Interactive Tool: How Much Is Smoking Costing You?](#)

Next Tobacco-Free Coalition Meetings:

Fairfield: Wednesday, May 4, 3:00 pm, Jefferson County Public Health Office, 200 W Briggs.

Sigourney: Tuesday, May 3, Noon, Keokuk County Extension Office, 102 E Washington.



[Some help quitting](#)

Secondhand smoke

Smoke-free Home and Car Pledge



1-800-QUIT NOW



username log
 Remember me next time.
[Can't access your account?](#)

We know it's hard to quit tobacco. We're here to help!

Enroll now for free!
Our personalized tobacco cessation program can help you give up tobacco for life.

[Learn more about Quitline Iowa.](#)

Enroll Now!

Thinking About Quitting?

Learn reasons to quit and read success stories.

- [Smoking Calculator](#)
- [Health Consequences](#)
- [Success Stories](#)
- [Enroll Now](#)

Success Stories

Debbie's Success Story:

Because of Quitline Iowa, I have been motivated to change my old habits by replacing them with new ones such as exercise. I feel great now that I've quit!



[Read more stories »](#)

Smoking Calculator

Find out how much money you've wasted on tobacco products.



[Launch calculator »](#)

Tobacco & Your Health

Find out how tobacco products affects you and your health.



Select a health topic from

 **AMERICAN LUNG ASSOCIATION®**

Freedom

FROM SMOKING®



Meet the quitters:



- ▶ [Thinking About Quitting?](#)
- ▶ [About CHANTIX](#)
- ▶ [Important Safety Information](#)
- ▶ [How Your Doctor Can Help](#)
- ▶ [Getting Started with CHANTIX](#)
- ▶ [The GETQUIT® Plan](#)
- ▶ [Real People. Real Stories.](#)
- ▶ [Helping Someone Quit](#)
- ▶ [Sign Up for More Information](#)
- ▶ [For Healthcare Professionals](#)

Search



“Chantix is a non-nicotine product. And that intrigued me.”

Herb

▶ [WATCH HIS STORY](#)

▶ [WATCH QUITTERS INTRO](#)

Limited Time Offer Up to **\$40 off*** Ask your doctor about CHANTIX. If it's right for you, you could save up to \$40. **Offer ends 3/31/2011.** [GET COUPON](#)

Attend a FREE quit-smoking workshop

No guilt trips. Just honest information from a tobacco treatment specialist who wants to help you quit.

▶ [Sign up to attend](#)

[Real People. Real Stories.](#)
[Watch the TV ads](#)

Proven to Work

44%

In studies, 44% of CHANTIX users were quit during weeks 9 to 12 of treatment (compared to 18% on sugar pill).

▶ [Learn more](#)

How CHANTIX Works



CHANTIX is a non-nicotine pill. It targets nicotine receptors in the brain, attaches to them, and blocks nicotine from reaching them.

▶ [Learn more](#)

Quit-Smoking Support



Learn real-life strategies and do simple activities that may help you get past the urge to smoke.

▶ [Watch demo](#)

- Healthcare costs for smokers can be 40% higher than for non-smokers.
- Cigarette smokers are absent from work 6.5 days per year more than nonsmokers
- Approximately 8% of a smoker's working hours are spent on smoking.
- Smokers cost employers \$27 billion in productivity losses per year.

Beyond Tobacco



A complete program to help free you
from tobacco use
(for both smokers and chewers)

- Consultation with medical professional
- Medication such as Chantix, Zyban, or nicotine replacement products
- 4 group counseling sessions

There is a \$50 co-pay by the employee for this program, which is reimbursed if you remain tobacco-free at the end of 14 weeks.

Beyond Tobacco Clinic

Week 1: Group session 1: Turning the page

**Week 2: Group session 2: Getting ready
Start medication**

**Week 3: Group session 3:
Liberation day**

2 days later: Phone interview

Week 4: Session 4: Staying on the path (Stress Reducers)

Weeks 6 and 14: additional phone interviews

