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## BROWARD COUNTY WORKSITE, ARC BROWARD IS TOBACCO FREE



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**[Fort. Lauderdale], FLA.** – The Tobacco Prevention Program at the Florida Department of Health in Broward County congratulates Arc Broward on becoming tobacco free! The new policy was accepted by Arc Broward’s CEO and has been in effect as of January 2020. Arc Broward is a nonprofit community organization that provides opportunities for people with disabilities and life challenges in South Florida to reach their full potential. The organization operates at nine locations and provides 21 programs throughout Broward County, Florida.

This new tobacco grounds policy will help protect our children’s health, keep our community clean and support tobacco users who want to quit. Tobacco free spaces improves health by providing fewer opportunities for youth to start smoking<sup>1,2</sup> and reduces secondhand smoke exposure.<sup>3</sup> These policies also help lower cigarette litter,<sup>4</sup> encourage people to make healthy choices and increases quit attempts.<sup>5,6,7</sup>

“The choice to go tobacco free supports our goal of providing a safe and healthy environment not only for our staff and the community we serve, but to all guests that step foot on our campus,” says Dennis Haas, Arc Broward President/CEO.

Tobacco dependence is a chronic and relapsing condition. A tobacco free policy, like the one enacted by Arc Broward, creates a supportive workplace environment that encourages employees to quit tobacco products. By removing temptation and social pressure, these policies nearly double the chance that employees will achieve their goals to quit tobacco. Smoking harms nearly every organ of the body and affects a person’s overall health<sup>8</sup>. Most recently, studies have shown being a current or former smoker can increase your risk of severe illness from COVID-19. Thus, quitting smoking is one of the most important steps one can take to improve their overall health<sup>9</sup> and can add up to 10 years to life expectancy.<sup>10</sup>

Smoke free workplaces are also essential to protecting businesses from health care costs and productivity losses. Recent studies of the private sector in the United States have suggested that employees who smoke cost businesses, on average, more than \$6,000 per year when compared to non-smoking employees<sup>11</sup>. This cost to Florida businesses may come in the form of sick days, smoking breaks, distraction at work and healthcare premiums. We know the people who are influenced by Arc Broward’s efforts to support healthy, smoke-free lives will appreciate the benefits for many years to come.

If your business or organization is interested in a tobacco prevention initiative, Tobacco Free Florida can help. Contact Roldyne Dolce to learn more, at (954) 847-8024 or [roldyne.dolce@flhealth.gov](mailto:roldyne.dolce@flhealth.gov)

To learn more about Arc Broward, visit [www.arcbroward.com](http://www.arcbroward.com) or follow them on social media channels @arcbroward

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### **About the Florida Department of Health**

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).

### **About Tobacco Free Florida**

The Florida Department of Health's Tobacco Free Florida campaign is a statewide cessation and prevention campaign funded by Florida's tobacco settlement fund. Since the program began in 2007, more than 254,000 Floridians have successfully quit using one of Tobacco Free Florida's free tools and services. There are now approximately 451,000 fewer adult smokers in Florida than there was 10 years ago, and the state has saved \$17.7 billion in health care costs.<sup>12</sup> To learn more about Tobacco Free Florida's Quit Your Way services, visit [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com) or follow the campaign on Facebook at [www.facebook.com/TobaccoFreeFlorida](http://www.facebook.com/TobaccoFreeFlorida) or on Twitter at [www.twitter.com/tobaccofreefla](http://www.twitter.com/tobaccofreefla).

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<sup>1</sup> U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006. [accessed August 4, 2020].

<sup>2</sup> Siegel M, Albers AB, Cheng DM, Biener L, Rigotti NA. Local Restaurant Smoking Regulations and the Adolescent Smoking Initiation Process: Results of a Multilevel Contextual Analysis Among Massachusetts Youth. Archives of Pediatric and Adolescent Medicine 2008;162(5):477–83. [accessed August 4, 2020].

<sup>3</sup> U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006. [accessed August 4, 2020].

<sup>4</sup> U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006. [accessed August 4, 2020].

<sup>5</sup> U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006. [accessed August 4, 2020].

<sup>6</sup> Hopkins DP, Razi S, Leeks KD, Priva Kalra G, Chattopadhyay SK, Soler RE, et al. Task Force on Community Preventive Services. Smoke-Free Policies to Reduce Tobacco Use: A Systematic Review. American Journal of Preventive Medicine 2010;38(2 Suppl): S275–89. [accessed August 4, 2020].

<sup>7</sup> International Agency for Research on Cancer (IARC). IARC Handbooks of Cancer Prevention, Tobacco Control, Volume 13: Evaluating the Effectiveness of Smoke-Free Policies. Lyon, France: WHO, 2009. [accessed August 4, 2020].

<sup>8</sup> U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014 Accessed March 8, 2021.

<sup>9</sup> Centers for Disease Control and Prevention. [Certain Medical Conditions and Risk for Severe COVID-19 Illness](#). [Accessed March 12, 2021]

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<sup>10</sup> Prabhat Jha, M.D., Chinthanie Ramasundarahettige, M.Sc., Victoria Landsman, Ph.D., Brian Rostron, Ph.D., Michael Thun, M.D., Robert N. Anderson, Ph.D., Tim McAfee, M.D., and Richard Peto, F.R.S. *N Engl J Med* 2013; 368:341-350 January 24, 2013 DOI: 10.1056/NEJMsa1211128 Accessed March 8, 2021.

<sup>11</sup> Berman M., Crane R., Seiber E., & Munur M. (2013). Estimating the cost of a smoking employee. *Tobacco Control*. Advance online publication. doi: 10.1136/tobaccocontrol-2012-050888