

Tobacco Prevention and Cessation Services for Young Adults in the Workplace through Wellness Policies



Tobacco Free for a Healthy NJ is continuing tobacco prevention in New Jersey with funding from the New Jersey Department of Health, Office of Tobacco Control, Nutrition and Fitness. The Working Well Tobacco-Free project focuses on Tobacco Prevention and Cessation Services for Young Adults in the Workplace through Wellness Policies.

Following best practices, the **Working Well Tobacco-Free** program will increase 100% Tobacco Free Worksites and increase the use of effective cessation with a focus on young adults age 19 to 29 year olds by:

- Providing worksite technical assistance
- Conducting direct outreach to businesses for recruitment
- Utilizing the “Tobacco-Free Worksite Policy Toolkit for Employers”
 - Visit to TobaccofreeNJ.com to download a toolkit
- Establishing a Working Well Network to bring together businesses and stakeholders
- Creating social media campaigns to direct young adults to cessation options
- Encouraging employers to consider the key components of a Tobacco Free-Worksite:
 - Awareness on the environmental and health aspects of tobacco and secondhand smoke including cancer, diabetes, heart disease, and stroke risks
 - Strategies to reduce or eliminate secondhand tobacco smoke in their worksites
 - Strategies for creating incentives for employees to quit tobacco use
 - Treatment options for employees and their families including NJ Quitline, as well as other NJDOH-approved tobacco use cessation resources for worksites.

For more information, please contact us at WorkingWellTFNJ@njpn.org