

IMPORTANT NOTICE

As of June 30, 2007, funding for the **built** project ended. Though this site will not be updated, we will continue to maintain the many great resources that were developed with funds from California's tobacco tax (Proposition 99). We hope you will continue to utilize them with organized labor and blue collar populations.

Hard copies of most of the materials may be obtained through the Tobacco Education Clearinghouse of California (TECC): www.tobaccofreecatalog.org.

built

BUILDING TRADES UNIONS
IGNITE LESS TOBACCO

union yes

tobacco no

Be Prepared to Quit

October 12, 2006

Be Prepared to Quit

Planning is the key to a well-run job. Having the right materials and tools means the job can get done. Yet we often approach the job of quitting tobacco use with no plan and no idea of the tools that will help. November 16 is the Great American Smokeout -- a day promoted by the American Cancer Society to help people stop using tobacco. A good plan will lead to success and a life free from tobacco.

--- **Decide.** Nobody can convince you to quit or quit for you. You have to make the decision yourself. Why do you want to quit? Do you want better health? Are you tired of spending the money on cigarettes or chew? Are you just tired of being a nicotine addict? Once you know why you're going to quit then you can decide to make an honest effort at it.

--- **Set a quit date.** Give yourself time to plan the job right and decide which tools you need. The Great American Smokeout is a good day to quit. So is your birthday or New Years Day. Make a strong personal commitment to quit on whatever day you choose.

--- **Plan.** There is no single way to quit tobacco. You probably have tried before and know what doesn't work for you. A good plan should include:

- telling family and friends-they can help you,
- stocking up on oral substitutes-something to reach for when that craving hits you,
- tools-are you going to use the patch, gum, Zyban or another aid?
- support if you are going to take a class. sign up for it. Talk to your doctor. If you have a friend who quit, make arrangements for that person to be there for you.

--- **Know what to expect.** Be prepared for the withdrawal symptoms, know what your triggers are, and pay attention to the good things that are happening to your body.

It is not easy to become tobacco-free. There is free, confidential help at the California Smokers Helpline at 1-800-NO-BUTTS.

Source: American Cancer Society, Guide to Quitting Smoking.

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Why Is It Harder For Construction Workers to Quit Smoking?

February 2002

Quitting tobacco is hard for everybody, but construction workers may have an even tougher time than others. Studies of American workers have shown that 37% of blue-collar men and 31% of blue-collar women smoke as compared to 21% of men and 20% of women in white-collar professions. A new study indicates that the work environment is a key factor as to why the smoking rate for white-collar workers is declining faster than for blue-collar workers. In interviews with more than 2,600 workers, researchers found:

F Blue-collar workers were 30% less likely than managerial/professional workers and 17% less likely than technical/clerical workers to agree that smoking was becoming "less and less acceptable to employees."

F Blue-collar workers experience less pressure to quit and less social support for quitting from their co-workers than do white collar workers.

F Smokers who were confident in their ability to quit smoking at the start of the study were more likely to have quit by the end of the study.

One researcher stated that, "blue-collar workers are less likely to work in an environment that bans or restricts smoking, and are also less likely to have smoking cessation programs available, particularly those that respond to their specific needs and concerns." The study's conclusion is that "blue collar workers need workplace health promotion programs that build support for nonsmoking among co-workers and supervisors, and provide support for quitting."

Source: *American Journal of Health Promotion*, Jan./Feb. 2002

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