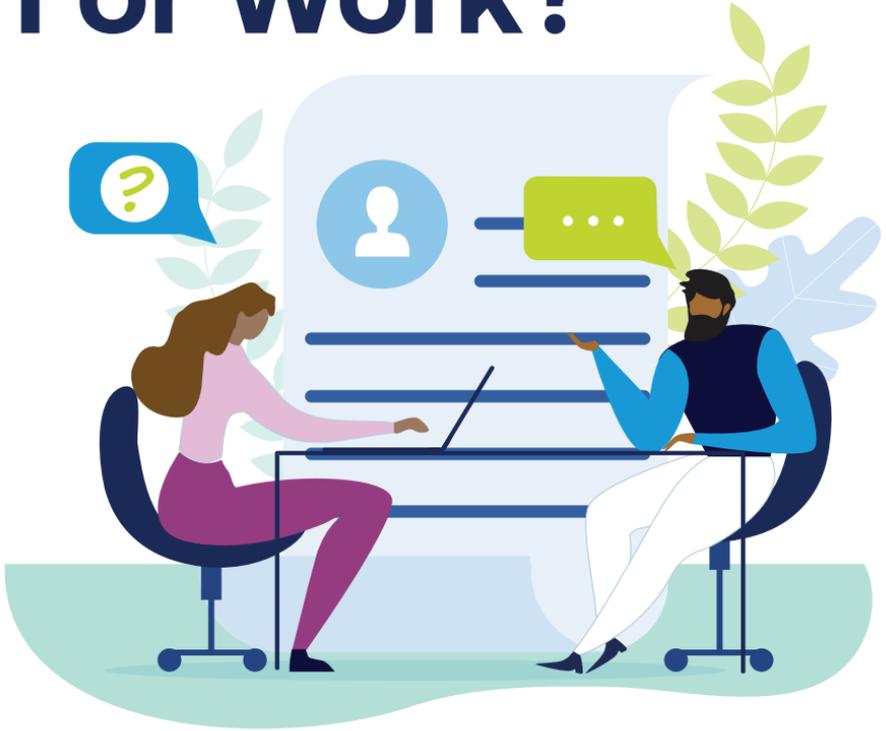


Looking For Work?



Did
You
Know

People who smoke have a harder time finding employment compared to people who don't smoke.



Only 7 out of 25

people who smoke find employment after 12 months of searching!³



People who smoke earn on average

\$5 less per hour

than their peers.³

Quitting smoking can help you be more productive at work and take fewer sick days, which employers appreciate.^{1,2}

We know your employment options may greatly affect you and your loved ones. People who use tobacco and seek help decreasing tobacco use through coaching and medication have a better chance at quitting.



Lung Mind Alliance

Your counselor or other health care provider is here to support you. Ask them for assistance quitting tobacco.

Tobacco in this document refers specifically to the use of manufactured commercial tobacco products, and not to the sacred, medicinal, and traditional use of tobacco by American Indians and other groups.

References:

1. Berman, M., Crane, R., Seiber, E., & Munur, M. (2014). Estimating the cost of a smoking employee. *Tob Control*, 23(5), 428-433. doi:10.1136/tobaccocontrol-2012-050888.
2. U.S. Department of Health and Human Services. (2014). *The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General*. Retrieved February 8, 2021, from https://www.cdc.gov/tobacco/data_statistics/sg/50th-anniversary/index.htm#report.
3. Prochaska, J.J., Michálek, A.K., Brown-Johnson, C., Daza, E.J., Balocchi, M., Anzai, N., Rogers, A., Grigg, M., & Chieng, A. (2016). Likelihood of Unemployed Smokers vs Nonsmokers Attaining Reemployment in a One-Year Observational Study. *JAMA internal medicine*, 176(5), 662-670. <https://doi.org/10.1001/jamainternmed.2016.0772>