

Section 14

STRIVE FOR WELLNESS 2009-2010

Tobacco Free Agreement 1 point

Smoking may cause problems to the heart and lungs. If you are a smoker, you can reduce the risk of these problems by quitting smoking for good. Hopefully you entered the Strive for Wellness program because you want to live a healthier life.

You can succeed in becoming smoke free by:

- Becoming AWARE of the health problems caused by smoking.
- Setting a quit date and PREPARING yourself for it.
- Getting help from your health care provider to QUIT.
- Knowing all of the BENEFITS of quitting and MAINTAINING a smoke-free life.

If you can attest to being smoke-free, please complete this form stating you are a non-smoker.

Please copy and paste the following into a WORD document. Complete the form with your information and email it to Laura.Self@stvhs.com

STRIVE Contact Information:

St. Vincent's Wellness Services
2800 University Blvd, Ste. 314
Birmingham, AL 35233

Phone: (205) 930-2453

Fax: (205) 930-2893

Email:

WellnessServices@stvhs.com



NAME:
TODAY'S DATE:
ST. VINCENT'S FACILITY:
DEPARTMENT:
EMAIL:

The dangers of smoking are well recognized. Secondhand tobacco smoke has been classified by the U.S. Environmental Protection Agency (EPA) as a known cause of lung cancer in humans; and in Alabama, approximately 1,240 adults, children and babies die annually from diseases caused by secondhand tobacco smoke. Approximately 7,400 adults in Alabama die each year from their own smoking. Not only does secondhand smoke increase the risk for cancer, it also poses other significant health threats including asthma, emphysema, heart attack, and stroke. This affects our family, children, coworkers, and clients.

Knowing all of this, and being committed to the wellbeing of myself and those I come in contact with, I (type name) attest to being 100% smoke free!

I am a non smoker. _____
I have been a non smoker since _____.