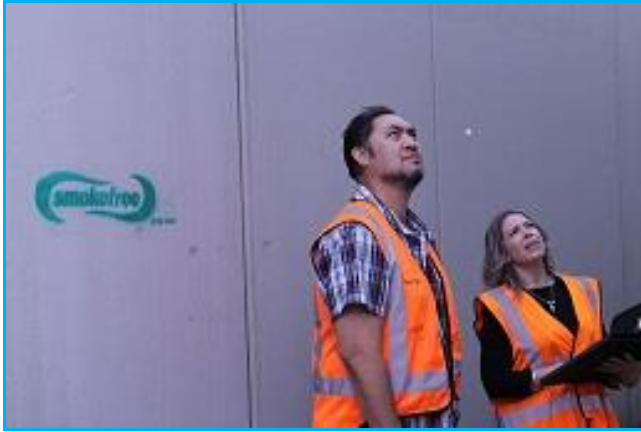




# Smokefree Background Information



The bottom line, smoking is bad for your business. Studies estimate that staff who smoke can cost employers more than \$2,000 per annum. There are many reasons to help your staff quit, it's good for their [health](#), their [finances](#) and their [whānau](#).

This is why your workplace should do more than meet the smokefree environment legislation but encourage staff to quit and stay smokefree.

## Why is it important?

Smoking in the workplace has adverse effects on both staff health and productivity. [Legislation](#) requires all workplaces to maintain a smokefree throughout indoor areas and designated smoking areas to meet particular standards to ensure minimal harm to those working or taking a break in close proximity.

- [People](#) who smoke take around 3 times more sick leave.
- If a person takes four extra 10 minute smoking breaks each day, they work a month less in a year.
- Studies estimate that employees who smoke can cost employers more than \$2,000 per annum.

The benefits for promoting a smokefree workplace include:

- Improved staff health and reduced sick leave
- Increased staff productivity - staff take fewer breaks
- Decreased risk of early death or early retirement due to smoking related illness
- Better corporate image

Giving up smoking is the single best thing anyone can do for their [health](#), the health of others and their [finances](#).

## Vapefree

Recently amendments to [legislation](#) requires all indoor workplaces to be vapefree. Employers must take all reasonably practicable steps to ensure no person vapes inside a workplace at any time. The following link provides further access to information, support and tools on [Vapefree in the workplace](#).

## Facts

[The New Zealand Health Survey 2022/2023](#) found that:

Smoking rates continue to decline:

- An estimated 8.3% of adults smoked in 2022/23
- Smoking rates have decreased from 17.9% in 2012/13 to 8.3% in 2022/23.
- Māori (20.2%) and Pacific (10.3%) adults have higher rates of smoking than Asian (3.7%) and NZ/European (7.7%) adults 2022/23.



# Smokefree Background Information

Daily vaping/e-cigarette use has increased:

- An estimated 9.7% of adults vape daily.
- Daily vaping rates have increased from 2.6% in 2017/18 to 9.7% in 2022/23.
- Daily vaping/e-cigarette use was highest among those aged 18–24 years (25.2%), Māori (23.5%) and Pacific peoples (18.7%).

## Key messages

- One of the most important things that someone can do for their health is to become smokefree.
- The benefits for promoting a smokefree workplace include,
  - improved staff health and reduced sick leave.
  - increased staff productivity - staff take fewer breaks.
- All indoor workplaces are required to be vape-free and employers must take all reasonably practicable steps to ensure no person vapes inside a workplace at any time.
- Providing support to quit smoking through a quit coach or access to a smoking cessation specialist nicotine replacement therapy (NRT) can increase quit success.