

Smoke-Free Policies Reduce Smoking Fact sheet

Among Adults:

- Workplace smoking restrictions lead to less smoking among employees.¹
- Smoking bans and restrictions in workplaces lead to reductions in daily consumption of cigarettes and increases in tobacco use cessation among workers.²
- A 2002 review of 26 studies concluded that a complete smoking ban in the workplace reduces smoking prevalence among employees by 3.8 percent and daily cigarette consumption by 3.1 cigarettes among employees who continue to smoke.³
- A study conducted in 20 U.S. and 2 Canadian communities found that employees who worked in workplaces that maintained or changed to smoke-free policies between 1993 and 2001 were nearly twice as likely to have stopped smoking by 2001 as employees who worked in workplaces that allowed smoking everywhere.⁴
- Smoking prevalence among New York City adults decreased by 11 percent (approximately 140,000 fewer smokers) from 2002 to 2003 following the implementation of a comprehensive municipal smoke-free law, a cigarette excise tax increase, a media campaign, and a cessation initiative involving the distribution of free nicotine replacement therapy.⁵

Among Youth:

- By challenging the perception of smoking as a normal adult behavior, smoke-free policies can change the attitudes and behaviors of adolescents, resulting in a reduction in tobacco use initiation.²
- A national study found that adolescents who work in smoke-free workplaces are significantly less likely to be smokers than adolescents who work in workplaces with no smoking restrictions or a partial work-area smoking ban.⁶
- A Massachusetts study found that, compared to youth who live in towns with weak restaurant smoking restrictions, youth living in towns with laws making restaurants smoke-free were less than half as likely to progress to established smoking.⁷

References

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