

Sutter Solano to go smoke-free July 1

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Article Launched: 05/28/2008 06:38:36 AM PDT

Sutter Solano Medical Center goes smoke-free July 1.

To help its employees, patients and the community quit smoking, Sutter Solano will hold a tobacco cessation workshop Saturday. The class is open to the public.

Participants will receive information that includes tips for overcoming the physical addiction of smoking, stress management techniques, pharmaceutical resources and advice on breaking the smoking/tobacco habit.

The number of Californians who smoke is dropping, according to the California Department of Public Health. At 13 percent - well below the nation's 25 percent - California's adult smoking rate is the nation's second lowest behind Utah, the health department reports.

Sutter Solano officials are assisting the effort by making the hospital smoke-free, according to the announcement.

Starting July 1, all Sutter Solano building interiors, parking lots and outside break areas will be tobacco-free zones, the announcement said.

An employee task force has been providing employees with copies of the new tobacco policy, posting signs and making people aware of the variety of programs available for quitting tobacco use, the announcement notes.

"For staff, Cold Turkey Days will be held, during which gum, mints and turkey sandwiches will be substituted for cigarettes," said Sutter Solano's learning and development supervisor, La Tanya Hawkins. "Physicians will be on hand to help by prescribing medication or suggesting over-the-counter resources to help people quit smoking."