

# Smoke-free workplace law rings in the new year and starts today

As of midnight on New Year's Eve, Oregon's Smoke-free Workplace Law now protects nearly every Oregon employee from the health risks of secondhand smoke. The new law covers bars, bingo halls and bowling centers, as well as 75 percent of hotel and motel sleeping rooms and all employee breakrooms. In addition, every Oregon business will be required to maintain a 10-foot smokefree zone around doors, windows and ventilation systems.

"Every Oregonian benefits from this law," said Dr. Bruce Goldberg, director of the Oregon Department of Human Services. "Employees will be able to punch in without endangering their health, businesses will save money on maintenance and sick time costs, and the public will have more smoke-free choices. Laws like this are proven to help smokers quit. This is a monumental change for Oregonians."

Business owners are responsible for complying with the law and preventing smoking in and around their proper-

ty. Employees and the public can help ensure that the law is followed by reporting violations, beginning January 1, by calling 1-866-621-6107 or completing an online complaint form at [www.healthoregon.org/smokefree](http://www.healthoregon.org/smokefree). The Oregon Public Health Division will investigate complaints and give citations to business owners who are unwilling to comply with the law.

Oregonians strongly support the new law, passed by the 2007 Oregon Legislature. Surveys show that 90 percent of Oregonians, including 76 percent of smokers, prefer smoke-free indoor workplaces, and 86 percent say employees should be protected from secondhand smoke.

Many businesses support the new law as well. A recent survey showed that 66 percent of businesses affected by the new law are already smoke-free. Many other businesses have been preparing for the change all year, including some that opted to go smokefree in advance of the law and others that are ready to celebrate as the law takes effect.

All Oregonians benefit from cleaner air, but businesses have their own reasons to celebrate, as they are likely to reap the rewards of a productive workplace including healthier workers, fewer sick days and reduced cleaning costs. They also stand to gain new customers from among the 80 percent of Oregonians who don't smoke. Many businesses are using the new law as an opportunity to reupholster furniture and install new carpet to get rid of smoke damage.

The law provides an incentive for employees and customers who smoke to quit. Seventy-five percent of smokers in Oregon want to kick the habit, and a smokefree workplace is a proven way to help people go smokefree for good. Oregon's Quit Line is a free service available to all Oregonians at 1-800-QUIT-NOW or 1-877-2NO-FUME. Also, many private insurance plans cover cessation support, proven to make attempts to quit more successful. Smokers should ask their providers for information.

Tobacco takes a tremendous toll on Oregon. Tobacco contributed to 22 percent of all deaths in the state in 2005, making Oregon residents four times more likely to die from to-

bacco-related causes than from motor vehicle accidents, suicide, AIDS and homicide combined. The direct medical expenditures and the indirect cost of lost productivity due to premature death from tobacco-related causes costs Oregonians more than \$2 billion a year. Lawmakers believe that, through reducing secondhand smoke exposure and by making it harder to smoke in public places, Oregon can prevent tobacco-related illness and death

– something good for all Oregonians and Oregon businesses.

The Oregon Tobacco Prevention and Education Program (TPEP) works with local health departments, tribes, schools and community organizations to deliver a comprehensive tobacco prevention program to all Oregon residents. Program activities are based on evidence-based strategies to reduce and prevent tobacco use. For more information, visit <http://www.oregon.gov/DHS/ph/tobacco/>.

## Tips to fit exercise into lifestyle

Exercising every day really can be easy. You can do it right in your own home, whenever you have time. If your goal is 30 minutes of physical activity a day, all you need are two short 15-minute workouts.

Still not convinced that breaking a sweat at home is for you? Read on to find easy solutions to the problems that may be keeping you from trying it.

### Problem: It's hard to find space in your house

Solution: Depending on your workout, you may not need much space. A corner of a room may be enough. Or convert an office, part of the garage, or TV room temporarily

(or permanently!). Move furniture around if you need to. Make the space appealing by choosing a room with a view, hanging an inspiring picture, or playing upbeat music.

### Problem: Exercise equipment is too expensive

Solution: You don't need expensive equipment to work out at home. Here's a list of items (most under \$25) to help you get started:

- Aerobic exercise equipment
  - jump rope: great for a quick aerobic pick-me-up
  - exercise pedal: simulates bike riding (a great choice for those who need to improve mobility)

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## Evening Chat on internet health sites

Web Health – What's Good and What's Not is the name of a free 90-minute presentation on Wednesday, January 7,

starting at 6:00 p.m. at the Tuallity Health Education Center, 334 SE 8th Ave., Hillsboro, as part of their Evening Chat pro-

grams. The evening will start with light refreshments and a tour of the library at 5:30 p.m., followed by information on how to evaluate "trustworthy" websites on health and medical information.

If you plan to attend, please call 503-681-1700.

## Pet of the Month

Columbia Humane Society in St. Helens has a variety of wonderful pets available for adoption. Find the pet that's right for you in the shelter at 2084 Oregon Street. Phone 503-397-4353  
Open Mon - Fri 1 p.m. to 5 p.m. Saturday, 11 am. to 5 pm.

### About Pebbles

If you have ever walked a creek bed you would be able to envision how this pretty girl got her name. The browns, tans and gray coloring of the pebbles laying on that creek bed are exactly what you find on the coat of Pebbles the cat. Inquisitive, loving, and gorgeous are just a few words that describe this great cat. She is up to date with routine shots, is already house trained and has been spayed.



Pebbles

The Columbia Humane Society is a No-Kill non-profit shelter dedicated to helping friends find each other since 1985.

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