



News Release

January 21, 2010

Central Health celebrates first anniversary of being smoke-free

Effective today, January 21, 2010, Central Health celebrates one year of being smoke free at all facilities and offices throughout the region. This means that patients, clients, residents, visitors and staff are not permitted to smoke indoors or on any exterior grounds including parking lots.

"We are pleased with the response of public and staff to the implementation of this *Smoke Free Properties* policy at Central Health," said Karen McGrath, CEO. "The implementation of this policy helps us achieve our vision of healthy people living in healthy communities."

"We are very pleased with the support we have received from managers in educating clients and visitors with regard to the smoke free policy," said Gail Huang, Director of Employee Wellness, Health and Safety. "The biggest challenge to ensuring the success of this initiative was to be consistent in reminding people of the change and we found that the majority of people were more than willing to comply once they were approached."

"Central Health staff treat people who are affected by illnesses caused by tobacco use, so it is beneficial that the organization put policies in place to support a healthy lifestyle, including one such as this," said Valerie Pritchett, Director of Cardio-Pulmonary Services and Chair of the Clean Air Committee. "We also want to remind people that not only are we smoke free on our properties, but clients who receive care in their homes are asked to refrain from smoking an hour before Central Health staff arrive and while they are there providing care."

People looking for more information on quitting smoking can call the Smoker's Helpline at 1-800-363-5864.

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