



Smokefree Background Information



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 2021/2022](#) found that:

Smoking rates continue to decline

- An estimated 9% of adults smoke
- Smoking rates have decreased from 18.2% in 2011/12 to 9.2% in 2021/22
- Māori (20.9%) and Pacific (18.9%) adults have higher rates of smoking than Asian (3.5%) and NZ/European (9.2%) adults

Daily vaping/e-cigarette use has increased

- An estimated 8% of adults vape daily
- Daily vaping rates have increased 2.6% in 2017/18 to 8.3% in 2021/22



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- Daily vaping/e-cigarette use was highest among those aged 18–24 years (22.9%), Māori (17.6%) and Pacific peoples (16.8%).

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.