

**Workplace Policy Study**  
May-December 2002

**Purpose**

**To assess the number and type of tobacco policies, tobacco prevention education and cessation, and nutrition policies and wellness activities in manufacturing facilities with 50 or more employees in Kentucky**

*Summary of State Highlights*

Descriptive Characteristics

- Sample size = 625 manufacturing facilities (66.5% participation rate) from 50 health department service areas
- Mean number of employees = 248.7
- 82.0% Caucasian, 63.6% male
- 58.1% manufactured products with flammable materials
- 23.8% had unions
- 56.7% had community outreach or funding programs for community projects
- 48.8% had employee wellness or health promotion programs
- 7% sold cigarettes in vending machines on company property

Smoking Policy

- Nearly three-fourths (73.6%) had a written smoking policy, but only 45.9% banned smoking inside the company.
- Of those that allowed indoor smoking, half reported that indoor smoking areas were separately enclosed and ventilated.
- 85.1% reported posting *No Smoking* signs at their company.
- Of those that allowed indoor smoking, over half (55.4%) permitted smoking in break rooms.
- 40.9% allowed smoking in company vehicles.
- Nearly all (96.1%) allowed smoking outside the company.
- Ninety-two companies (15.1%) were contemplating changes in their smoking policies; 27.6% were somewhat or very interested in assistance to change their smoking policies.

Spit Tobacco Policy

- Although 62% had an official spit tobacco policy, only 43.1% banned spit tobacco in work areas.

## Cessation Resources

- Less than half (46.7%) provided resources to employees who want to quit using tobacco.
- Of those that provided cessation resources, most manufacturers provided assistance through their employee assistance program or via self-help booklets or posters. Forty-one companies (14.2%) provided the Cooper-Clayton Method to Stop Smoking group program.
- 33.4% provided health insurance coverage for all or part of the cost of pharmacotherapies for smoking cessation; only 19.8% covered all or part of the cost of behavioral counseling or classes for cessation.
- Nearly six in 10 companies (59.5%) were somewhat or very interested in assistance on effective smoking cessation programs.

## Nutrition Policy

- Very few companies had policies or guidelines requiring heart healthy foods.
- Of those with nutrition policies, most related to vending machines. Less than half stocked the following food items:
  - Lite popcorn (41.0%)
  - Animal crackers (45.2%)
  - Fresh fruit (45.9%)
  - Low-fat cereal bars (45.4%)
  - Salad with low-fat dressing (33.3%)
- Most companies that had vending machines stocked pretzels (87.4%) and bottled water (78.5%).
- While 33.3% of companies provided health insurance coverage for all or part of the cost of prescription drugs for weight loss, only 19.8% covered nutrition and behavior counseling or classes for weight control.

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