

Workplace Policy Study
April-September 2004

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 = 776 manufacturing facilities (73.3% participation rate) from 41 health department service areas, representing 97 counties.
- Mean number of employees = 234
- 72.5% Caucasian, 65.1% male
- 59.3% manufactured products with flammable materials
- 24.4% had unions
- 53.8% had community outreach or funding programs for community projects
- 49.7% had employee wellness or health promotion programs
- 4.7% sold cigarettes in vending machines on company property

Smoking Policy

- Over three-fourths (76.1%) had a written smoking policy, but only 49.3% banned smoking inside the company.
- Of those that allowed indoor smoking, 40.2% reported that all indoor smoking areas were separately enclosed and ventilated.
- 81.3% reported posting *No Smoking* signs at their company.
- Of those that allowed indoor smoking, over half (58.5%) permitted smoking in break rooms.
- 37.4% allowed smoking in company vehicles.
- Nearly all (95.4%) allowed smoking outside the company.
- 27.4% were somewhat or very interested in assistance to change their smoking policies.

Spit Tobacco Policy

- Although 58% had an official spit tobacco policy, only 45.3% banned spit tobacco in work areas.

Cessation Resources

- Less than half (48.0%) 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. Sixty-two companies (17.1%) provided the Cooper-Clayton Method to Stop Smoking group program.
- 36.9% provided health insurance coverage for all or part of the cost of pharmacotherapies for smoking cessation; only 26.3% covered all or part of the cost of behavioral counseling or classes for cessation.
- Nearly six in 10 companies (57.5%) 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 (35.6%)
 - Animal crackers (46.1%)
 - Fresh fruit (40.1%)
 - Low-fat cereal bars (45.7%)
 - Salad with low-fat dressing (30.5%)
- Most companies that had vending machines stocked pretzels (84.8%) and bottled water (82.2%).
- Only 29.6% of companies provided health insurance coverage for all or part of the cost of prescription drugs for weight loss, and 24.4% covered nutrition and behavior counseling or classes for weight control.

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