



**ACH is a  
NICOTINE-FREE  
facility.  
No smoking within  
25 feet of any  
building, parking  
lot or property.**



# Arkansas Children's Hospital is a NICOTINE-FREE Campus

**ACH recognizes the mounting scientific evidence of the adverse health effects of nicotine, tobacco, nicotine-based products like vapor or electronic cigarettes, and in particular, the health hazards of secondhand and thirdhand smoke. For this reason, ACH has established policies to protect our patients, families, employees and visitors.**

## USE OF NICOTINE PRODUCTS IS PROHIBITED

No employee, medical staff member, student, volunteer, vendor, contract worker, patient or visitor will be permitted to smoke or use tobacco or nicotine-based products, including vapor or electronic cigarettes, in or on ACH-owned or leased buildings, grounds, parking lots, ramps, vehicles and sidewalks adjacent to ACH properties.

**In accordance with the City of Little Rock Ordinance, Sec 14-2(b) (5), smoking is prohibited within twenty-five (25) feet of ACH-owned or leased property.**

## HELP FOR EMPLOYEES

Employees are offered free nicotine and/or tobacco cessation and counseling services through the ACH Employee Wellness Program. Employees may enroll in the programs by contacting Occupational Health Services ext. 4-1219.

## HELP FOR PATIENTS AND PATIENT PARENTS/GUARDIANS

Patients of any age will be prohibited from smoking or using tobacco related or nicotine-based products, including vapor or electronic cigarettes, while an inpatient or on the ACH campuses.

The ACH Social Work department will provide information to patients and parents/guardians of patients on tobacco cessation programs and resources available, including state and local community resources. Referrals should be made to the Social Work department at ext. 4-1406.

## RESOURCES AVAILABLE TO THE PUBLIC

Tobacco Prevention and Cessation  
Arkansas Department of Health  
4815 W. Markham Street, Slot 3  
Little Rock, AR 72205  
(501) 661-2953  
[www.healthy.arkansas.gov/programsServices/tobaccoprevent](http://www.healthy.arkansas.gov/programsServices/tobaccoprevent)



## INFORMATION FROM THE CENTERS FOR DISEASE CONTROL (CDC)

**Smoking is the leading preventable cause of death in the United States.**

- Cigarette smoking causes more than 480,000 deaths each year in the United States. This is about one in five deaths.
- Smoking causes more deaths each year than all of these combined:
  - Human immunodeficiency virus (HIV)
  - Illegal drug use
  - Alcohol use
  - Motor vehicle injuries
  - Firearm-related incidents

**Smokers are more likely than nonsmokers to develop heart disease, stroke and lung cancer.**

- Smoking is estimated to increase the risk—
  - For coronary heart disease by 2 to 4 times
  - For stroke by 2 to 4 times
  - Of men developing lung cancer by 25 times
  - Of women developing lung cancer by 25.7 times
- Smoking causes diminished overall health, such as self-reported poor health, increased absenteeism from work and increased health care utilization and cost.

## Quitting Reduces Your Health Risks

1. Quitting smoking cuts cardiovascular risks. Just one year after quitting smoking, your risk for a heart attack drops sharply.
2. Within two to five years after quitting smoking, your risk for stroke could fall to about the same as a nonsmoker's.
3. If you quit smoking, your risks for cancers of the mouth, throat, esophagus and bladder drop by half within 5 years.
4. Ten years after you quit smoking, your risk for lung cancer drops by half.

## PROTECT OUR CHILDREN AND EACH OTHER

1. Be a role model: Do not smoke or use nicotine products.
2. Protect our children and each other from secondhand smoke by taking the following actions:
  - Do not allow anyone to smoke anywhere near your child, in your home or in your car.
  - Look for restaurants and other places that do not allow smoking. "No-smoking sections" do not protect you and your family from secondhand smoke.
  - Do not come to work smelling of cigarette smoke. Third-hand smoke also causes health risks in children.
3. If you do smoke, seek information and help to better your overall health.

## FOR FURTHER INFORMATION

Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion  
Office on Smoking and Health  
Email: [tobaccoinfo@cdc.gov](mailto:tobaccoinfo@cdc.gov)  
1-800-CDC-INFO



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