

Activity Ideas to Support Employees Who Are Quitting Tobacco

Encouraging employees who use tobacco to quit improves your bottom line and their health and well-being. Below are some ideas to help make the difficult task of quitting tobacco a bit easier for your employees. The sky's the limit here! Feel free to generate your own ideas that might be better suited to your workplace. The important thing is to encourage your employees to quit using tobacco—for their health and the health and well-being of your business.

The images are available as jpgs for use in employee newsletters, emails or materials. Please email: dhs.tfn@nebraska.gov if you'd like to receive a jpg image ... simply indicate which image in the subject line.



The Biggest Quitter

- Divide employees into small teams (ideally, a pair that includes a tobacco user and a nontobacco user). The tobacco-using employee's role is to quit using tobacco, and the nontobacco-using employee is tasked with encouraging his or her teammate.
- Track progress daily on a scoreboard placed in a prominent location and award one point to each team that didn't use tobacco that day.
- At the end of each week, the team with the lowest score is "kicked off."
- The team (or teams) with the most success receives a prize at the end of the competition.



Breathe Easy Breaks

- Give employees something better to do on breaks, encouraging them to skip using tobacco.
- Create a fun break room environment with things like a foosball table, TV, gaming system, board games, playing cards and/or healthy snacks.
- Get employees active by organizing walking groups or pick-up games of soccer or football.



Cold Turkey

- Set aside a day (or series of days) where employees can trade their tobacco products in for a turkey sandwich from a local sandwich shop.
- Ideally, you would have the sandwiches available for immediate trade. But if that's not possible, think coupons or gift cards.
- Hand out informational materials on the benefits of quitting tobacco—available from the Nebraska Tobacco Quitline—along with the sandwich.



Quit and Win Raffle

- Hold an ongoing drawing for prizes to help encourage employees to remain tobacco-free.
- For every week an employee is tobacco-free, he or she receives one entry in the drawing.
- Periodically, draw out a name to win a prize.
- To allow for ongoing incentives for employees, vary the value of the prizes. Smaller prizes could be given out regularly, and larger prizes can be interspersed to help entice them to stay tobacco-free.



Cope Cupboard/Kit

- Create a stash of things to help employees who are either trying to quit tobacco or dealing with work stresses.
- Make sure it's in an easily accessible location for all employees, such as a break room.
- Stock the cupboard or kit with items such as straws, toothpicks, rubber bands, gum, candy and healthy snacks.
- Allow employees to access the cupboard or kit as needed throughout their shift.