

FOR MORE ANSWERS, CONTACT:

Columbia College

Counseling Services - 573.875.7423
www.ccis.edu/counselingservices

Drury University

Counseling Services - 417.873.7419
www.drury.edu/counseling

Evangel University

Counseling Services/Wellness Center - 417.865.2815, ext. 7222
www.evangel.edu/offices/student-development/counseling-center

Harris-Stowe State University

Office of Counseling Services and Prevention- 314.340.5112

Lincoln University

Student Health Services - 573.681.5476

Maryville University of Saint Louis

Health & Wellness Services - 314.529.9520
www.maryville.edu/studentlife-health.htm

Missouri Southern State University

MSSU Wellness 417.625.9533
www.mssu.edu/wellness

Missouri State University

Taylor Health and Wellness Center - 417.836.4045

Missouri University of Science & Technology

Counseling, Disability Support, and Student Wellness - 573.341.4211
counsel.mst.edu

Missouri Western State University

Counseling Center - 816.271.4327

Northwest Missouri State University

University Wellness Services - 660.562.1348
www.nwmissouri.edu/wellness

Rockhurst University

Counseling Center - 816.501.4275

Saint Louis University

Student Health and Counseling Services - 314.977.2323

Southeast Missouri State University

Counseling and Disability - 573.986.6191
www.semo.edu/SAPE

State Technical College of Missouri

Student Services - 573.897.5110

Truman State University

University Counseling Services - 660.785.4014
ucs.truman.edu

University of Central Missouri

Office of Violence and Substance Abuse Prevention - 660.543.8338
www.ucmo.edu/VSAP

University of Missouri

Wellness Resource Center - 573.882.4634
wellness.missouri.edu

University of Missouri-Kansas City

Counseling, Health and Testing - 816.235.1635
www.umkc.edu/chtc

University of Missouri-St. Louis

Alcohol and Other Drug Prevention Coordinator - 314.516.6369
www.umsl.edu/swbs

Westminster College

Counseling & Health Services - 573.592.5361
www.westminster-mo.edu/studentlife/chs



<http://pip.missouri.edu>

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QUIT FOR YOUR CAREER

This publication is brought to you by **Partners in Prevention**,
a coalition of universities in Missouri.

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YOU HAVE WORKED HARD IN COLLEGE AND ARE READY TO HIT THE WORKFORCE. YOU ARE EXCITED TO INTERVIEW AND LEARN MORE ABOUT POTENTIAL POSITIONS AND CAREERS IN YOUR FIELD. AS A SMOKER, YOU MAY HAVE REASONS TO BE CONCERNED ABOUT YOUR JOB SEARCH.

EMPLOYERS OFTEN CHOOSE TO HIRE A NONSMOKER OVER A SMOKER. WHY?

SMOKERS...

- Are less healthy than nonsmokers
- Take more sick days
- Make more expensive claims for health benefits
- Expose co-workers to secondhand smoke

WHAT IMPRESSION DO YOU WANT TO MAKE ON POTENTIAL EMPLOYERS?

THE FACTS:

WHY COMPANIES PREFER TO HIRE NON-SMOKERS

- Smelling of tobacco smoke during a job interview can burn your chances of getting hired, especially if the interviewer is a non-smoker.
- 43% of sales professionals who have been in a hiring situation have smelled tobacco smoke on a candidate. More than half (52%) of non-smokers in this group said the odor adversely affected their opinion of the applicant.
- 75% of smokers and 95% of non-smokers agree it is important not to smell of smoke.
- 72% of sales professionals consider tobacco smoke odor offensive in the work place
- 37% reported that tobacco odor has negatively affected their relationship with a client, customer or coworker.
- Nearly three-quarters (72%) of respondents agree that regularly smelling of tobacco smoke odor could hurt a person's career. 48% of smokers and 78% of non-smokers share this view.
- Of the 22% of Americans who smoke, more than three-quarters (77%) light up during their work day.*
- The Congressional Office of Technology Assessment estimates that each of the approximate 15 million smokers in the United States costs that person's employer between \$2,000 and \$5,000 yearly. These costs show up in increased health and fire insurance premiums, absenteeism, lost productivity, and property damage.
- Smokers are absent from work two more days per year than non-smokers.**

INTERESTED IN QUITTING?

QUIT HELP LINE: 1-800-QUIT-NOW

CONTACT YOUR STUDENT HEALTH CENTER OR UNIVERSITY HEALTH SERVICES FOR RESOURCES FOR QUITTING TOBACCO.

The local health department in your community or your physician may also be able to identify resources to help you quit.

ENJOY THE BENEFITS OF BEING TOBACCO FREE!

- Breathe easier
- Increase your energy
- Gain whiter teeth and fresher breath
- Save money
- Remove tobacco smell from your clothes and hair
- No more spit cups or cigarette butts lying around
- Get fewer respiratory illnesses such as colds or bronchitis
- Decrease your risk of serious health problems such as heart disease or lung cancer
- Receive a higher resale value on your car and house
- Decrease the cost of insurance
- Increase your chances of getting a job
- Have healthier friends, family, and pets

**Data from: Action on Smoking and Health (ASH) Smoke Odor Survey of households and sales professionals.*

*** Data from: Warner, D. "We do not hire smokers:" May employers discriminate against smokers? Employee Responsibilities and Rights. 1994.*