



# QUIT FOR YOUR CAREER

To find resources on your campus, visit  
[pip.missouri.edu/resources](http://pip.missouri.edu/resources)



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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:

Make more expensive claims for health benefits

Are less healthy than nonsmokers

Take more sick days

Expose co-workers to secondhand smoke

### WHAT IMPRESSION DO YOU WANT TO MAKE ON POTENTIAL EMPLOYERS?

#### The smell is a problem.

Over half of employers say that smelling the smoke on the clothes of people interviewing adversely affected the employers' opinion of the potential employee.\*\*

#### It's inconvenient.

People who smoke have to take extra breaks during their work day, meaning less productivity overall.

Employees who smoked had approximately two times more lost production time per week than workers who never smoked.\*

Employees who smoke miss two more days on average than non-smokers for health reasons.\*\*\*  
It costs employers money to hire a smoker.

According to a study from Stanford University, **employees cost on average about \$5,800 more than their non-smoking counterparts.**

This is because of increased health and fire insurance premiums, absenteeism, lost productivity, and property damage.\*\*

### 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 FOLLOWING BENEFITS OF BEING TOBACCO FREE!

Save money

Increase your energy

Gain whiter teeth and fresher breath

Breathe easier

Remove tobacco smell from your clothes and hair

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: Americans for Non-Smokers Rights (ANR).

\*\* Data from: Prochaska, J. J., Shi, Y., & Rogers, A. (2013). Tobacco use among the job-seeking unemployed in California. *Preventive Medicine*, 56(5), 329-332.

\*\*\* Data from: Holt, S. (2004). Companies increasingly saying smokers need not apply. *Seattle Times Company Archives*.