

## Health and Wellness Programmes in the Work Place

### Title: **QUIT SMOKING HELP**

**External/Internal Deliverer:** External delivery – local Quit Smoking Group run by Counties Manukau District Health Board (free to businesses in the South Auckland area).

**Company contribution:** Provide access for bus to park on site, close to break areas, and communication to employees of when the bus will be visiting.

### **How it works/Methodology:**

1. Company identifies and contracts the provider
2. Company identifies place on site to park, and advertises availability to employees.
3. Employees can sign up on the day. The Quit Smoking bus can provide employees with gums, patches, and spray to assist with quitting smoking. Bus was organised initially to come on site for one day. After the success of this initial visit, the bus comes back every 2 months to encourage new people to sign up and to support those already on the quitting journey.
4. Employees visit the bus during their breaks.
5. Feedback from program advisor on uptake.
6. Advisor also spent many hours texting and calling the staff who signed up to encourage their journey to quit.

**Uptake:** The one day visit resulted in 22 staff sign up to the Quit Smoking program, and of those 18 have successfully quit.

### **Implementation Issues resolved:**

None arose.

**Direct/Indirect costs:** Minimal

**Benefits:** A healthier life for those who have quit - fewer health issues in their future.

In March 2011 the New Zealand Government committed to a goal of New Zealand becoming smokefree by 2025, this is one small way of making a difference within our employees.

**Contact for more Information:** HR, Nestlé New Zealand 09-367 2800