

Temiskaming Hospital

June 10, 2009

Temiskaming Hospital Going 100% Smoke Free as of July 1, 2009

When the **Calgary Health Region**, the **Mental Health Centre of Penetanguishene** and **Capital Health in Nova Scotia** declared their sites 100% smoke-free (both buildings and grounds) in May of 2002, May of 2003 and May of 2003 respectively, the change was considered radical and foolish by some. Since then, the move to 100% smoke-free healthcare facilities has become a national trend in Canada, with many facilities following suit and many others planning to make the change.

Effective July 1, 2009 Temiskaming Hospital will be joining this trend as it goes 100% smoke-free (both building and grounds). The decision to go smoke-free came about at the same time as some other healthy living initiatives adopted by the Hospital, specifically implementation of a healthy choice menu in the cafeteria to promote healthy eating and a lunch hour walking program to promote physical activity.

With tobacco use being the greatest preventable cause of illness, disability and premature death in Canada, it only makes sense that the Hospital promote health and go smoke-free.

The Hospital recognizes that the new smoke-free policy will be difficult for some patients, visitors and staff and for that reason has partnered with the Temiskaming Health Unit to provide support and counseling and to enhance training on smoking cessation techniques to clinical staff.

Ultimately, the goal of Temiskaming Hospital is to provide a healthier environment and a healthier population and implementation of a 100% smoke-free Hospital will help to make this happen.



Temiskaming Hospital
(705) 647-8121
www.temihosp.on.ca

Visiting Hours:

- 1000 to 2000 hours for medical patients, surgical patients and Long-Term Care patients;
- 1400 to 1600 hours and 1800 to 2000 hours for obstetrics;
- Visitors to the Special Care Unit (SCU) are restricted to immediate family and/or significant other(s).