

5 Action Steps to Creating a Tobacco-Church Grounds

1. Assess church readiness and determine the current policy.

- Complete the Tobacco Avoidance page of the Health Assessment Tool
- Have church members complete the tobacco opinion survey

2. Organize key church members (pastor, other ministers, deacons, first lady, a mother of the church, parish nurse, etc.) to support a Tobacco-Free Church Grounds policy.

- Provide information about the benefits of implementing a Tobacco-Free Church Grounds policy
- Work to create a group of church members who will support the Tobacco-Free Church Grounds policy adoption effort and sign the Tobacco-Free Resolution

3. Get the word out.

- Educate church members on the hazards of secondhand smoke, benefits of quitting and general tobacco education
- Organize activities such as, presentations, guest speakers, Tobacco-Free Sunday

4. Create a new Tobacco-Free Church Grounds policy with the key church members and inform the congregation.

- Utilize announcements, bulletin inserts, articles in the church newsletter to advertise the new policy
- Display signs in highly visible areas inside and outside of the building

5. Continue to provide church members with literature and resources about smoking cessation, secondhand smoke, etc.

- Set-up a resource area in your church to provide information on effective smoking cessation programs/resources and secondhand smoke
- Offer a support group for church members who want to quit and recognize those that are successful
- Encourage church members to adopt a Tobacco-Free policy in their home

