

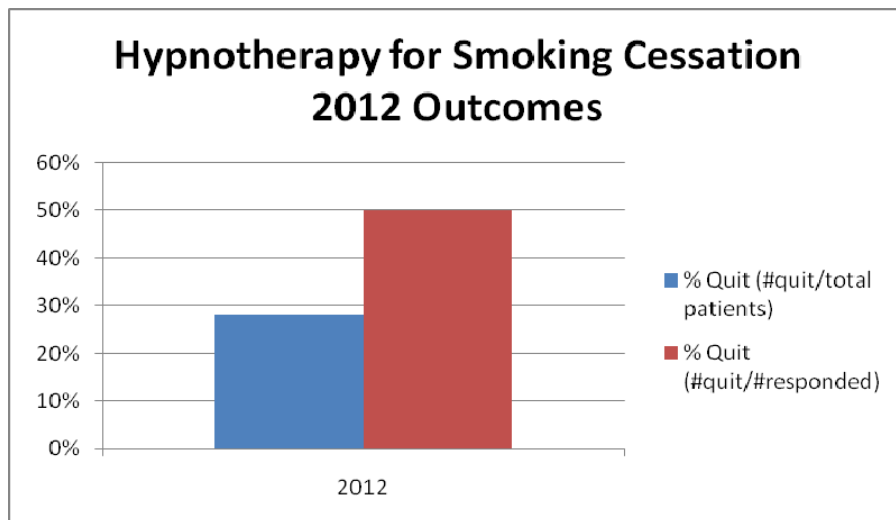


Report on Smoking Cessation program at Winchester Hospital 2012

Winchester Hospital is a smoke free site including all of our campuses since November 2011. We are also smoke free for a one mile radius from our main campus. We provide smoking cessation classes and hypnotherapy to our employees and community residents. We also provide stress management, weight management and fitness programs to help individuals with the quitting process and the negative effects they may have from the process.

Smoking is the leading cause of preventable death and disease in Massachusetts. There is a high prevalence of smoking in the eastern part of Massachusetts. The American Lung Association estimates 3,400 lung cancer deaths per year among non smokers who are exposed to second hand smoke. Smoking can impair the body's ability to heal.

In 2012, forty two individuals received hypnotherapy for smoking cessation, of these 12 (29%) of the respondents reported having quit smoking.



We also offer 2 sessions for the Freedom from Smoking program. We have only had 3 participants.

Additional events to encourage smoking cessation throughout the community included:

- Information and lung testing at the Winchester Town Day Annual Health Fair