

SPRINGFIELD HOSPITAL CENTER: A TOBACCO FREE FACILITY

Springfield Hospital Center in Sykesville became a tobacco-free campus on January 7, 2008. At Springfield, one of Carroll County's largest employers, smoking and the use of tobacco products is not allowed anywhere on the hospital's campus. Paula Langmead, Chief Executive Officer of Springfield Hospital Center, states:

"We are committed to creating a healthy environment for our patients, staff, volunteers, visitors, and tenants. Becoming tobacco free was a concrete way that we could demonstrate our commitment to recovery and wellness."

- Paula Langmead, CEO

Jonathan Book, MD, Clinical Director for Springfield Hospital Center, acknowledges that the addictive nature of nicotine made it difficult for some patients and staff to make the change to a tobacco free environment, but staff worked diligently throughout 2007 to make the transition as smooth as possible. According to Dr. Book, smoking cessation counseling and nicotine replacement therapies have long been offered to patients who smoke.

"Our efforts increased as we neared the start of the tobacco free initiative. Fifty-five staff members volunteered to become trained Smoking Cessation Facilitators. They continue to be a resource for patients and other staff."

Jonathan Book, M.D.

Springfield Hospital Center is a member of the Carroll County Tobacco Coalition of the Cigarette Restitution Fund Program and continues to work closely with Carroll County Health Department to offer a wide range of support for staff and patients. In addition, **1-800-QUIT-NOW** is a national hotline which accepts calls from throughout the nation and directs them to the appropriate State's resources for help when trying to quit smoking.

For further information concerning Springfield's Tobacco-Free Initiative, contact:

Jonathan Book, M.D., Clinical Director

Springfield Hospital Center

6655 Sykesville Road

Sykesville, MD 21784

410-970-7006