

MESSAGE FROM CHIEF EXECUTIVE OFFICER

On May 31, 2006, River Valley Health implemented a policy that bans smoking on all RVH properties. The decision to become a smoke-free property demonstrates our commitment to the health and well-being of our staff, physicians, volunteers, patients and visitors.

We therefore encourage all employees who smoke to make a personal choice to quit smoking. I encourage you, as a valued employee, to take this important step to protect your own health.

We provide many supports for employees through our EFAP *InConfidence* program, Addiction Services and Employee Health Services. You can receive additional support through the New Brunswick Smokers' Helpline and Health Canada to help you in stressful situations, and make it easier to stay motivated.

I hope that you will take advantage of these resources to help you reach the goal to stop smoking. There is no cost for River Valley Health employees to utilize these supports and resources.

The latest Canadian Tobacco Use Monitoring Survey (CTUMS) conducted by Health Canada in 2007, reported New Brunswick as having largest drop in the average number of cigarettes consumed daily; from 16.9 in 2005 to 15.3 in 2006. This is a positive sign as to the success of current smoking cessation programs that are available to smokers in our province.

I wish you success in your efforts to quit smoking.

John McGarry
Chief Executive Officer
River Valley Health