



November Activity Ideas Tobacco Free Living

As a health information disseminator, it is important to ensure that the information and resources you distribute are relevant for your target populations. You want to provide tobacco cessation and prevention materials that are easy to understand and follow. Below are a few ideas that you as a health promotion coordinator or health educator can conduct throughout the month:

Provide materials with tobacco cessation and prevention information

- **Develop a Tobacco Rack of materials or set up a Tobacco Health Display.** Pack the rack with materials and resources from the NMCPHC [Tobacco Free Living Health Promotion Toolbox to include fact sheets, brochures, and handouts](#). The materials should be placed in high traffic and visibility areas such as entrances, heads, gyms, offices, and waiting areas. Resources are also available from the [DoD's Quit Tobacco- Make Everyone Proud Campaign](#), [Be Tobacco Free](#) and [Smokefree.gov](#) websites. Change the materials on a frequent basis, aiming for a weekly change, if possible. You can also get information from the [American Cancer Society \(ACS\)](#), the [American Heart Association](#), and the [American Lung Association](#). If setting up a health display, promote quitting by having command level support at the event. Ask your medical department to participate by having a medical provider there to answer questions. Lastly, have your health promotion staff or tobacco program manager there to provide information on quitting and local programs that are available to help people quit.
- **Send out Tobacco Free Messages.** Promote a tobacco free climate by delivering regular, consistent messages about living tobacco free. Visit the [NMCPHC Tobacco Free Living Web page](#) for sample tobacco cessation messaging. During command indoctrination, stand downs, and meetings, talk to your command about not initiating dipping or smoking (or any other tobacco use) and about the importance of quitting. Work with leaders so they can promote tobacco free living as well. Remind Sailors and Marines that refraining from or quitting tobacco can improve readiness, personal health, and save money.
- **Hang up posters or utilize POD/POW notes.** Find posters that promote tobacco free living on the [Toolbox](#).



Recognize those who are trying to quit

- **Develop a Wall of Fame** with pictures of Sailors, Marines, and civilian personnel who have quit dipping, chewing, or smoking. Consider acknowledging and supporting those who have recently quit.
- **Create a Quitting Competition** within the command or among departments. A tobacco free contest asks tobacco users to quit for the day, week, or month. Nonsmokers can support their colleagues during the preparation to quit and the quitting process. The winning team earns special bragging rights and a certificate from the command.

Sponsor tobacco cessation and prevention programs

- **Support the Great American Smokeout!** The 2014 Great American Smokeout is being held on Thursday, November 20th. Please visit the [American Cancer Society's Great American Smokeout](#) web page or [call your local/state ACS office](#) to inquire about resources and plans. Ideas for activities that work may be seen on the [NMCPHC Tobacco Free Living Web page](#), and also at [UCanQuit2](#). Promote quitting smoking and staying quit at your command!
- **Give Presentations About the Health Effects from Tobacco.** Ask medical/dental or your health promotion staff to give a presentation on tobacco. Former tobacco users may give a personal testimonial on their recovery and encourage others to beat the addiction.
- **Sponsor a Tobacco Cessation Program** at your command. Allow Sailors/Marines/civilians time to attend, and reward and acknowledge those who have quit!

For more information about tobacco cessation and prevention please visit [November Tobacco Free Living Month toolbox](#).