



November Tobacco Free Living

Plan of the Day Notes

The Plan of the Day notes are intended to be used by health promotion coordinators and directors to provide current, relevant information to promote tobacco cessation and prevent initiation of tobacco use among Sailors, Marines, and civilians. They are intended to be small pieces of information that can be shared in daily or weekly emails, in monthly newsletters, or in the Executive Officers' Plan of the Day. The Plan of the Day Notes are broken down into five sections and categorized based upon the health benefits of quitting, motivation to quit, secondhand smoke, and alternative products.

"When I see kids with these little cans in their back pockets and know what baseball has done to influence this, it makes me mad as hell."
- Baseball Hall of Fame and Home Run King Hank Aaron.

NMCPHC Original Content

Below are some canned messages with NMCPHC original content. These materials were created by NMCPHC specifically for distribution, so please share! For more resources and information, please visit the [Tobacco Free Living web page](#)

Need a reason to quit tobacco? Here are 14: [Tips to be Tobacco Free](#)

Think smoking hookah is safe? It's actually the opposite: [Hooked on Hookah: Get the Facts](#)

Need step-by-step instructions for quitting tobacco? Check out our "how-to" guide: [A Very, Very Unofficial Military Manual for Quitting Smoking and Dipping](#)

Quitting tobacco will speed your recovery of other injuries: [The Health Benefits of Quitting Smoking](#)

Don't jeopardize the health of your family and friends, quit tobacco today: [Secondhand Smoke is harmful to everyone...including you, your loved ones, and your friends](#)

E-cigarettes are far from safe: [Think Alternative Tobacco Products are Harmless?](#)



Health Benefits of Quitting Tobacco

1. There are immediate health benefits when you quit smoking! After 24 hours, your body is free from carbon monoxide. After 8 hours your oxygen blood levels return to normal. After 20 minutes, your pulse and blood pressure return to normal. Check out this [infographic](#) for more information about how cigarette smoke affects your body.
2. Smokeless tobacco is addictive and harmful to your health and is not a safe alternative to smoking cigarettes. It has at least 28 known cancer causing chemicals. Check out this [fact sheet](#) for more information about how smokeless tobacco affects your health.
3. What are the benefits of being tobacco free? Improved and better health, more money in your pocket, enhanced quality of life, and better fitness and confidence that you can tackle anything! Here are [18 more ways](#) smoking affects your health.
4. Smokers have 50% more car accidents than nonsmokers. Smokers are more likely to be injured at work. We really want you back at work tomorrow!
5. There is no such thing as a safe cigarette. Low tar and light cigarettes are just as harmful as regular cigarettes. The [CDC](#) has the facts to debunk some myths about cigarettes and smoking.
6. Spit tobacco hurts athletic performance! The nicotine in dip and chew narrows your blood vessels, raises blood pressure, and makes your heart work harder. How much better could you do without the spit?
7. Did you know? Smokeless tobacco is made from the scraps and leftovers from the tobacco factory floor! The materials include trash, dead insects, rodents, animals and the waste from the animals. Do you really want to put this stuff in your mouth?

Motivation to Quit

1. If a young adult placed the money they spent on cigarettes or tobacco products in an account, they could be a millionaire when they retire. Want to see how much you'd save if you quit tobacco? [Check out this savings calculator](#).
2. Need a reason to quit? The CDC has [real stories and tips](#) from former smokers that will convince you now is the time to quit.
3. Find a quit method that works for you. [Smokefree.gov](#) has a comprehensive list of resources and information to determine the best way for you to quit.
4. Would a mobile app help you quit smoking? [NCI QuitPal](#) is a free smartphone app that supports smokers who are trying to quit. Check it out!



5. Sign up for [SmokefreeMIL](#), a text messaging service designed to help members of the military trying to quit smoking. The service sends you texts to provide encouragement, advice, and tips for being smoke free.

Secondhand Smoke

1. Secondhand smoke is dangerous and harmful. Thousands die each year from lung cancer caused by passive and environmental smoke. Protect yourself and your friends and family. Check out more [health risks](#) of secondhand smoke.
2. Each year, 4 million children are sick due to secondhand smoke. This includes middle ear infections, asthma, and bronchitis. Do you want to see your kid suffer?
3. Secondhand smoke carries particular risk for children. Smoking around children is a risk factor for Sudden Infant Death Syndrome, serious respiratory illnesses like bronchitis, asthma, and pneumonia, and other breathing problems. Do you really want to make your kids sick?

Alternative Products

1. Electronic cigarettes seem to be the newest trend, but you may not know all the facts about the health risks. [BeTobaccoFree.gov](#) has the information about the toxic ingredients in e-cigarettes.
2. Be smart! [Recognize tobacco products](#) in all the different forms.