

Subject: GREAT AMERICAN SMOKEOUT DAY

Importance: Low

UNCLASSIFIED//

SUBJECT: GREAT AMERICAN SMOKEOUT DAY

TEXT:

UNCLASSIFIED//

PLS PASS TO ALL OFFICE CODES:

FM BUMED WASHINGTON DC//M09B1//

TO AIG 7783

INFO CNO WASHINGTON DC//N0931//

CMC WASHINGTON DC/HS//MRS//

BUMED WASHINGTON DC//00/09/M3B3//

UNCLAS //N06100//

PASS TO ALL MEDICAL COMMANDS, SHIPS FLEETWIDE, AVIATION COMMANDS, SHORE ACTIVITIES, NAVY HEALTH PROMOTION DIRECTORS AND COORDINATORS, AND SEMPER FIT COORDINATORS MSGID/GENADMIN/BUMED WASHINGTON DC/M3F/NOV07// SUBJ/ GREAT AMERICAN SMOKEOUT DAY// REF/A/DOC/OPNAVINST 6100.2/25FEB1992// REF/B/DOC//BUMEDINST 6110.13/06JAN1992// NARR/REFS A AND B PERTAIN TO HEALTH PROMOTION PROGRAM POC/DR. MARK LONG/PROGRAM MANAGER/NEHC/LOC: PORTSMOUTH VA

/TEL: COM 757-953-0959/TELFAX: 0668/TEL: DSN 377

/EMAIL:LONG.MARK@NEHC.MED.NAVY.MIL//

RMKS/1. THE GREAT AMERICAN SMOKEOUT DAY IS THURSDAY 15 NOV 07. THIS ANNUAL EVENT HAS BEEN VERY SUCCESSFUL IN HELPING AMERICANS TO QUIT SMOKING AND CHANGING CULTURAL AND SOCIETAL NORMS ABOUT TOBACCO USE. OUR GOAL IS TO HELP ALL OUR SAILORS, MARINES, FAMILY MEMBERS, AND CIVILIAN EMPLOYEES QUIT SMOKING OR USING ALL TOBACCO PRODUCTS. WE WANT EVERYONE TO BE TOBACCO FREE.

2. TOBACCO USE HARMS ALMOST EVERY ORGAN IN THE BODY AND THE U.S. SUFFERS 444,000 TOBACCO RELATED DEATHS PER YEAR. QUITTING TOBACCO USE IS ONE OF THE BEST THINGS YOU CAN DO TO IMPROVE HEALTH, QUALITY OF LIFE, AND IMPROVE MILITARY READINESS. THE COSTS OF TOBACCO USE ARE STAGGERING TO THE HEALTHCARE SYSTEM AND TO THE INDIVIDUAL.

3. THERE HAS NEVER BEEN A BETTER TIME FOR MEDICAL AND NAVY LEADERS TO ENCOURAGE AND HELP PATIENTS, SHIPMATES, AND FAMILY MEMBERS QUIT SMOKING AND CHEWING. THE GOOD NEWS IS THAT THE MAJORITY OF TOBACCO USERS WANT TO QUIT AND TREATMENT WORKS. MEDICAL VISITS OFFER A UNIQUE TIME TO INTERVENE, OFFER ASSISTANCE AND TREATMENT.

4. PARTICIPATION IN THE GREAT AMERICAN SMOKEOUT IS ENCOURAGED AT YOUR MILITARY TREATMENT FACILITY, SHIP, COMMAND, BASE, AND COMMUNITY. FREE RESOURCES ARE AVAILABLE THROUGH THE AMERICAN CANCER SOCIETY AT [HTTP://WWW.CANCER.ORG/DOCROOT/SUBSITE/GREATAMERICANS/SMOKEOUT.ASP](http://www.cancer.org/docroot/subsite/greatamericans/smokeout.asp) THROUGH THE CDC AT [HTTP://WWW.CDC.GOV/TOBACCO/MEDIA_COMMUNICATIONS/CALENDAR/2007/NOV_ACTIVITIES.HTM#MILITARY](http://www.cdc.gov/tobacco/media_communications/calendar/2007/nov_activities.htm#military)

AND THROUGH THE NAVY ENVIRONMENTAL HEALTH CENTER AT [HTTP://WWWNEHC.MED.NAVY.MIL/HP/TOBACCO/TOBACCO_AWARE.HTM](http://www.nehc.med.navy.mil/hp/tobacco/tobacco_aware.htm)

5. POINT OF CONTACT IS THE NAVY ENVIRONMENTAL HEALTH CENTER, DSN 377-0959, TOB@NEHC.MAR.MED.NAVY.MIL.

6. RELEASED BY VADM A. M. ROBINSON, JR., SURGEON GENERAL OF THE NAVY.

=====