



DEPARTMENT OF THE NAVY  
NAVAL HEALTH CLINIC  
3001A SIXTH STREET  
GREAT LAKES, ILLINOIS 60088-5230

IN REPLY REFER TO  
**NHCGLINST 51003J**  
Code 131

JAN 08 2010

NHCGLINST 5110.3J

From: Commanding Officer

Subj: TOBACCO-USE CONTROL AND PREVENTION

Ref: (a) SECNAVINST 5100.13E  
(b) SG Memorandum dtd 17 Jun 2009  
(c) OPNAVINST 6100.2A  
(d) NTCGLAKESINST 5100.29G

Encl: (1) Tobacco-free compound maps

1. Purpose. To provide policy and program guidance, per references (a) through (d), for the control and reduction of tobacco use within the Naval Health Clinic Great Lakes (NHCGL).
2. Cancellation. NAVHOSPLAKESINST 5100.3I
3. Applicability. All personnel; military and civilian, including appropriated and non-appropriated fund employees, as well as family members, visitors, volunteers, or contractors, while within buildings, government vehicles, and geographic boundaries of the NHCGL property. This policy applies to the use of all tobacco products including smokeless tobacco products.
4. Background. Per reference (a) tobacco is the single largest cause of preventable premature mortality, costs the Department of Defense nearly a billion dollars per year, and causes heart disease. Tobacco use causes several kinds of cancer and tooth loss. Tobacco is addictive, is associated with higher absenteeism, diminished motor and perceptual skill, and poor endurance. Smoking tobacco adversely affects low-light and night vision, reduces respiratory capacity and slows wound-healing rates. Tobacco users have a higher risk of cold-related injuries such as frostbite and statistics for tobacco users demonstrate higher accident rates than non-tobacco users.
5. Policy
  - a. NHCGL's objectives:

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(1) To reduce tobacco use, prevent initiation of tobacco use, reduce non-users' exposure to environmental tobacco smoke and tobacco residue, and promote quitting.

(2) Provide tobacco users with the encouragement and professional assistance needed to quit.

(3) Improve personnel health and maintain a high state of military readiness.

(4) Ensure a safe, healthy, and tobacco-free environment.

(5) To avoid tacit endorsement of tobacco by using these products while wearing a military uniform. This is in accordance with higher-level guidance, references (a) and (b).

b. Designated tobacco-use areas:

(1) NHCGL is a tobacco-free campus. There are no designated tobacco use areas. The boundaries of the compound, for purposes of this policy, are listed in enclosure (1). One tobacco-use area will be maintained off-campus at Building 81-H to accommodate visitors, contractors, and civilian staff.

(2) In keeping with the spirit of this policy and other workplace norms, command members should not be seen leaving the buildings numerous times throughout each day during short-duration courtesy-breaks.

(3) Tobacco is still widely used by our military community. Patients and visitors should be politely reminded of the tobacco-free status of the command. As a command we will together work towards 100% compliance.

(4) All members of this command should realize that the ethics of military tobacco-use is a volatile subject matter. Leadership in this area will be noted by mentoring, coaching, diplomacy, and conflict resolution.

6. Action

a. Directors will assist in giving this support for this policy and ensure wide dissemination.

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b. Department Heads and Supervisory Staff

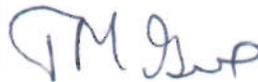
(1) Will train new department staff on this policy.

(2) Ensure equal break time is given to all staff members including tobacco-users and non-tobacco users.

c. Health Promotion Officer will promote prevention and cessation of tobacco use and promote current quit assistance initiatives.

d. Safety manager, Occupational Health manager, and Facilities manager will note tobacco use non-compliance on routine inspections.

e. All command members are to familiarize themselves with this instruction and be responsible for monitoring their own compliance.



T. E. MCGUE

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