

# Health Promotion and Wellness Tobacco Cessation Newsletter



Welcome to the December 2014 edition of the Navy Tobacco Cessation Newsletter in support of Tobacco Free Living Month! As the front line person, you have a critical and vital role helping Sailors, Marines, civilians, and beneficiaries quit and prevent the initiation of tobacco use. We appreciate all that you do on a daily basis to address tobacco cessation and promote tobacco free living. Thank you for your time and effort in this important cause. –Mark Long, Ed.D., NMCPHC, Tobacco Program Manager

## LATEST NEWS ON TOBACCO

### ARMED FORCES GUIDE RELEASED FOR USE!

Partnership for Prevention and Action2Quit recently released a guide entitled “Help Your Patients Quit Tobacco Use: An Implementation Guide for the Armed Forces”. The purpose of the guide is to help military treatment facilities make tobacco cessation a routine part of care for all their beneficiaries and is meant to be a supplemental resource to the VA/DoD Clinical Practice Guideline on Management of Tobacco Use. The guide has tips, information, and model case studies from around the Armed Forces that have successfully implemented tobacco cessation services. The guide can be downloaded at the following site: <http://www.prevent.org/data/files/actiontoquit/armedforcetobaccocessationguide.pdf>.

### ARE YOU PARTICIPATING IN QUIT AND STAY QUIT MONDAYS?

Tobacco users may slip or lose confidence in their ability to quit as they work through the process. Mondays can be a day to recommit after a slip on the weekend or hard few days. Lots of people may use Monday as a fresh start. Check out this information from the Mondays Campaign to support those quitting at your command or in your programs: <http://www.mondaycampaigns.org/campaigns/quit-stay-quit-monday/>.

**THERE ARE 25% MORE  
QUIT  
SMOKING  
SEARCHES ON  
MONDAY**

### NMCPHC DEVELOPS NEW ARTICLE ON E-CIGARETTE MYTHS



For Tobacco Free Living Month, the Navy and Marine Corps Public Health Center's (NMCPHC) Health Promotion and Wellness Department released a new reproducible article debunking some of the myths surrounding e-cigarettes and their safety and use. The article can be found at: [http://www.med.navy.mil/sites/nmcpHC/Documents/health-promotion-wellness/tobacco-free-living/Frequent Questions about Electronic Cigarettes.pdf](http://www.med.navy.mil/sites/nmcpHC/Documents/health-promotion-wellness/tobacco-free-living/Frequent%20Questions%20about%20Electronic%20Cigarettes.pdf).

## DECEMBER 2014

### In this Issue

- Armed Forces Guide Released For Use!
- Are You Participating in Quit and Stay Quit Mondays?
- NMCPHC Develops New Article on E-Cigarette Myths
- Did You Miss the NMCPHC Sponsored Webinar on Countermarketing?
- Interesting Articles and News of Note
- Resources and Educational Materials
- Are There Additional Topics I Can Address to Help My Patients Quit Tobacco?
- Quitting Tobacco is a Top New Years Resolution
- Tobacco Program Metrics





## DID YOU MISS THE NMCPHC SPONSORED WEBINAR ON COUNTERMARKETING?

On 12 November 2014, the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center in collaboration with the U.S. Air Force and the U.S. Marine Corps, hosted a webinar entitled “Addressing Tobacco on a Military Installation: A Collaborative Approach to Reducing Use” in support of Tobacco Free Living Month. Please view the archived webinar at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx>.

## INTERESTING ARTICLES AND NEWS OF NOTE

- Health.mil article on Impacts of Smoking on Women: <http://www.health.mil/News/Articles/2014/10/08/Hard-Hitting-Impacts-of-Smoking-on-Women>
- Smokers at Higher Risk of Oral HPV: <http://media.jamanetwork.com/news-item/tobacco-use-associated-with-increased-risk-of-oral-hpv-16-infection/>
- Trends in Awareness and Use of Electronic Cigarettes among U.S. Adults, 2010-2013: [http://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/adult-trends/index.htm](http://www.cdc.gov/tobacco/basic_information/e-cigarettes/adult-trends/index.htm)
- Study Estimates 14 Million Smoking-Attributable Major Medical Conditions in U.S.: <http://media.jamanetwork.com/news-item/study-estimates-14-million-smoking-attributable-major-medical-conditions-in-u-s/>
- New Study Looks at Air-Particle Levels in Smoking Households: [http://www.nlm.nih.gov/medlineplus/news/fullstory\\_149022.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_149022.html)

## RESOURCES AND EDUCATIONAL MATERIALS

- The Community Preventive Services Task Force updated their recommendations on reducing tobacco use and secondhand smoke exposure in Fall 2014. To find the latest information, visit: <http://thecommunityguide.org/tobacco/RRcomprehensive.html>
- Looking for information from the Military Health System or the Defense Health Agency on tobacco free living? Check out the Department of Defense’s Operation Live Well Initiative for more information: <http://www.health.mil/Military-Health-Topics/Operation-Live-Well/Focus-Areas/TobaccoFree-Living>
- UCanQuit2 also has new information and resources which can be found at: <http://www.ucanquit2.org/>

Other notable resources also include:

- The Centers for Disease Control and Prevention (CDC)’s 2-page fact sheet, “What You Need to Know About Smoking: Advice from Surgeon General’s Reports on Smoking and Health”: [http://www.cdc.gov/tobacco/data\\_statistics/sgr/50th-anniversary/pdfs/what-you-need-to-know.pdf](http://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/pdfs/what-you-need-to-know.pdf)
- Robert Wood Johnson Foundation- 50 Years of Tobacco Control: <http://www.rwjf.org/maketobaccohistory>
- CDC’s “Quit Smoking Guide” in association with the Tips From Former Smokers Campaign: <http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/>
- Tobacco Villains Infographic from Campaign for Tobacco-Free Kids: <http://www.tobaccofreekids.org/infographic/tobaccovillains>
- National Institute on Drug Abuse’s DrugFacts: Electronic Cigarettes: <http://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes>
- California Youth Advocacy Network has materials and information on New and Emerging Products to including Vapes and e-cigarettes: <http://cyanonline.org/new-and-emerging-products/>
- CDC’s Infographics Gallery: [http://www.cdc.gov/tobacco/data\\_statistics/sgr/50th-anniversary/infographics/index.htm](http://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/infographics/index.htm)



# TIPS FOR FACILITATORS

## ARE THERE ADDITIONAL TOPICS I CAN ADDRESS TO HELP MY PATIENTS QUIT TOBACCO?

Tobacco users may use tobacco as a coping mechanism for depression, stress, or other things going on in their lives. Work with your local mental health clinic or Fleet and Family Support Center to bring in a speaker to supplement your group tobacco cessation counseling. Know what services and classes are available at your installation to address stress management or anger management. If you are working at a Marine installation, collaborate with Marine Corps Community Services, your Division Psychiatrist, or your local Combat Operational Stress Control teams.

## QUITTING TOBACCO IS A TOP NEW YEARS RESOLUTION

It's never too early to work on a plan to help Sailors, Marines, and beneficiaries plan for their quit attempt in the New Year. Start putting out information on planning for a successful quit, assessing readiness to quit, and how to access medications and counseling.



## TOBACCO PROGRAM METRICS

The next metrics collection will occur via eKM tasker and will cover the time period of July- December 2013. The datasheet for collection will be the same as the one that occurred in Spring 2014, with only minor modifications to make it easier to use. Please be on the look-out for this from your chain of command. For more information on metrics, please visit the following page:

- Policy, Guidance and Metrics on the NMCPHC Tobacco Free Living page: <http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/Tobacco-Policy-Guide-Metrics.aspx>

For more information, visit the HPW Tobacco Free Living webpage: [www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx)

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