



Complete resources for tobacco free living.

We want to help you win the battle.

Tobacco fights dirty. It's a dangerous addiction that's expensive, deadly, and has a serious impact on readiness. Sailors who smoke get sick more often, which translates into more lost workdays and hospitalizations than nonsmokers.¹ Equally as bad are the effects of secondhand smoke on your shipmates and friends. To help you win the battle to quit tobacco and stay tobacco free, the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department offers you effective resources to end tobacco use and learn about the harmful effects of secondhand smoke and other types of tobacco products.

Visit www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx to learn more about:

- › 21st Century Sailor and Marine Initiative
- › Quitting Tobacco Use
- › Smoking
- › Tobacco Prevention
- › Spit, Dip, and Other Smokeless Tobacco
- › Cigars, Electronic Cigarettes, and Other Alternative Tobacco Products
- › Tobacco Policy and Guidance

To learn how our resources and tools can help keep you fit for service and improve your overall health, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION.

For more information on your local resources, contact:



NO DIPS. NO BUTTS. MORE GLORY.



Tobacco Free Living Overview



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PREVENTION AND PROTECTION START HERE



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Let's clear the air.

You're a warrior — strong and resilient — but tobacco makes you weak. If you smoke, you're more likely to sustain musculoskeletal injuries and perform poorly on fitness tests.² Smoking also delays healing, prolongs injury recovery, and hurts night vision.² Smoking increases fatigue and stress and may cause impotence.¹ In addition, smoking and alcohol use usually go hand in hand which may further derail readiness.³ Tobacco use is the leading cause of preventable death in the United States.⁴ It can reduce your life expectancy by more than a decade.¹ Any way you look at it, this stuff stinks. There's just no such thing as a safe level of tobacco use or a safe tobacco product.

Chew on this.

Smokeless tobacco and other alternative tobacco products are no exception. Chewing tobacco, dipping, packing a plug, or smoking a hookah or cigar can threaten your health in additional ways. Smokeless tobacco can make your gums recede and your teeth fall out.⁵ Using these forms of tobacco can cause cancer on your lips, tongue, and throat.⁵ Hookah tobacco smoking is associated with many health risks, including increased risk of cold, flu, and infections from shared mouthpieces; various types of cancer; and carbon monoxide poisoning.⁶ Bottom line, smokeless tobacco products are not a safe alternative to smoking. In fact, using smokeless tobacco products has been shown to make you more inclined to smoke cigarettes.⁷

Protect others.¹

Beyond weakening you and compromising your performance, tobacco use affects everyone around you. Exposure to secondhand smoke causes an estimated 34,000 heart disease deaths and 7,300 lung cancer deaths each year among adult nonsmokers in the United States. These include beloved family members, friends, and fellow Sailors. In children, exposure to secondhand smoke can cause ear infections, frequent and severe asthma attacks, and respiratory infections such as pneumonia and bronchitis. Newborns exposed to secondhand smoke are at greater risk of Sudden Infant Death Syndrome.

Breath of fresh air.

It's clear that living tobacco free helps you and the people you care about lead healthier lives. It reduces the risk of

developing heart disease, various cancers, chronic obstructive pulmonary disease, periodontal disease, and dying prematurely.¹ Living tobacco free smells better too. Your skin appears more radiant.³ You have more energy.⁸ You also burn through less money. Tobacco free living means avoiding the use of all types of tobacco products — such as cigarettes, cigars, pipes, hookahs, electronic cigarettes and products, and smokeless tobacco — and also living free from secondhand smoke exposure.

Get the upper hand.

If you don't use tobacco, don't start. Research shows that about seven in ten tobacco users want to stop.¹ NMCPHC knows how to end the tobacco epidemic and we can help you get the upper hand in fighting tobacco so that you can achieve and maintain a tobacco free lifestyle. Visit us at www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx.

Where to go for help.

- ▶ Visit your local health promotion office or health promotion personnel.
- ▶ Talk with your medical or dental provider at your military treatment facility.
- ▶ Call 1-800-QUIT-NOW to reach your state's quitline.
- ▶ Visit the Department of Defense's education campaign UCanQuit2.org or the Department of Health & Human Services' BeTobaccoFree.gov for more information and quitting support.

¹ 2014 Surgeon General's Report: The Health Consequences of Smoking—50 Years of Progress. U.S. Department of Health and Human Services. http://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/index.htm. 2014. Accessed April 2015.

² Institute of Medicine. *Combating Tobacco Use in Military and Veteran Populations*. Washington, DC: The National Academies Press; 2009.

³ Why You Should Quit. SmokeFree.gov. <http://smokefree.gov/veterans/why-you-need-to-quit-now>. Accessed July 2015.

⁴ Health Effects of Smoking. Centers for Disease Control and Prevention. http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm. Updated February 2014. Accessed June 2015.

⁵ Smokeless Tobacco and Cancer. National Cancer Institute. <http://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/smokeless-fact-sheetq4>. Reviewed October 2010. Accessed June 2015.

⁶ Hookahs. Centers for Disease Control and Prevention. http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/. Reviewed November 2014. Accessed July 2015.

⁷ Lund I, Scheffels J. Smoking and Snus Use Onset: Exploring the Influence of Snus Debut Age on the Risk for Smoking Uptake With Cross-Sectional Survey Data. *Nicotine and Tobacco Research*. Oxford University Press; 2014;16(6):815–9. Accessed April 2015.

⁸ Benefits of Quitting Tobacco. Medline Plus. <http://www.nlm.nih.gov/medlineplus/ency/article/007532.htm>. Updated November 2013. Accessed July 2015.

