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NAVY AND MARINE CORPS PUBLIC HEALTH CENTER  
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From: Commanding Officer, Navy and Marine Corps Public Health Center

Subj: COMMAND TOBACCO POLICY

Ref: (a) SECNAVINST 5100.13E  
(b) BUMEDINST 6200.12A

1. References (a) and (b) provide guidance for the control and reduction of tobacco use for all Department of Defense, Department of the Navy and Navy Bureau of Medicine and Surgery personnel.

2. The United States Surgeon General has determined that tobacco use is the single most preventable cause of illness and death. The use of tobacco products adversely impacts the health and readiness of the entire Navy. Research has consistently shown that the use of tobacco products increases the risk of cancer, heart disease, and other major illnesses. Recent studies demonstrate that second-hand tobacco smoke also causes an increase in heart attacks and stroke among non-smokers.

3. As members of the Navy and Marine Corps Public Health Center (NMCPHC) team, we all have the responsibility to promote a culture of health. As a result, I am committed to promoting a tobacco-free work environment.

4. Per reference (b), all Navy Medicine personnel are prohibited from using tobacco products (smoking, smokeless, electronic nicotine delivery system devices) while in their work spaces. Specifically designated tobacco use areas are the only sites where tobacco products may be used.

5. Per reference (a), time spent for tobacco use (while on duty) shall occur only during approved rest periods designated by supervisors based on staffing requirements, Federal law and personnel policy. Rest periods for tobacco users will be the same as for non-users. Should conflicts arise between the rights of tobacco users and non-users, the right to a tobacco-free space shall prevail.

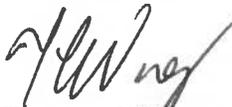
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6. Tobacco cessation information may be found at the following websites:

a. NMCPHC Tobacco Free Living at  
<http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx>.

b. TRICARE tobacco cessation benefit is found at  
<http://tricare.mil/HealthWellness/Tobacco.aspx>.

c. Federal employee health insurance tobacco cessation benefit for civilian employees may be found at  
<http://www.opm.gov/insure/health/nosmoking/index.asp>.

  
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Distribution is electronic only via the NMCPHC Intranet at  
<http://nmcpeh-spweb1/CS/Lists/CommandPolicy/AllItems.aspx>.