



November is Tobacco Free Living Month



KINGS BAY, Ga. (Nov. 18, 2010) Hospital Corpsman 1st Class Shawn A. Fisher, right, independent duty corpsman assigned to the Ohio-class ballistic-missile submarine USS Rhode Island (SSBN 740) shares information regarding nicotine gum with Petty Officer 3rd Class William Leach at Naval Submarine Base Kings Bay Medical Clinic. Sailors assigned to Submarine Base Kings Bay have been participating in smoking cessation programs since June 2010 in preparation for the smoking ban on submarines, which takes effect Dec. 2010. (U.S. Navy photo by Mass Communication Specialist 1st Class Erica R. Gardner/Released)

Tobacco use is the leading cause of preventable death in the U.S. In the 2011 Health Related Behaviors Survey of Active Duty Military Personnel, 24.4 percent of active duty Sailors and 30.8 percent of Marines indicated they were current smokers, while 9.3 percent of Sailors and 19 percent of Marines indicated they use smokeless tobacco.¹ Further, the initiation rates of service members beginning to use tobacco while on active duty are one in five. However, the majority of Sailors and Marines do not use tobacco and numerous surveys indicate that over 60 percent of current tobacco users want to quit.

Tobacco has a serious impact on readiness and is the best predictor of military training failure. Marines and Sailors who smoke are more likely to sustain musculoskeletal injuries, perform poorly on fitness tests, and have higher incidences of illness when compared to nonsmokers. Smoking delays healing, prolongs injury recovery, and hurts night vision. Bottom line: tobacco use

2015 Health Observances Calendar

It is never too early to plan ahead! That's why at NMCPHC HPW we are pleased to announce that the topics for the [2015 Health Promotion \(HP\) Toolbox](#) are now available.

Each month, HPW will focus on a primary health topic with some months also having a supplemental secondary topic. All topics include resources to help you promote health and wellness among Sailors, Marines, and their families. Stay tuned for more information on secondary topics.

Primary Health Topics:

Jan: Healthy Weight
Feb: Heart Health
Mar: Healthy Eating
Apr: Sexual Health
May: Physical Fitness
Jun: Safety
Jul: Fruits & Vegetables
Aug: Preventive Health
Sept: Mental Health & Suicide Prevention
Oct: Health Literacy
Nov: Tobacco Free Living
Dec: Impaired Driving Prevention

Explore the health observances for each month, choose the materials you would like to use, and check back often. We are constantly updating the HP Toolbox with new and innovative resources.





reduces individual and command readiness and decreases force health protection.

NMCPHC is committed to delivering Sailors and Marines with the tools they need to quit tobacco. NMCPHC provides a variety of resources to help understand the negative effects of tobacco use (including cigarettes, smokeless tobacco, and other new tobacco products such as those used in electronic cigarettes and hookahs) and tools to quit.

Resources You Can Use

Please consider distributing the following resources to your audiences throughout the month of November. If you reuse or reproduce any of these materials, we request you please include the following attribution: "Content courtesy of the Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department" and [email](#) to let us know so that we may track the reach of our materials.

Manual: A Very, Very Unofficial Military Manual for Quitting Smoking and Dipping

It's time to kick tobacco goodbye! [Click here](#) for a variety of step-by-step exercises and activities that your Sailors and Marines can use to quit tobacco and improve mind and body.

Factsheet: Tips to be Tobacco Free

Tobacco – whether it is in the form of cigarettes, cigars, or smokeless alternatives – is one of the hardest things to quit. Health information disseminators can encourage and support quitting by using these [tips and techniques](#).

Factsheet: E-Cigarettes: Harmful or Helpful?

E-cigarettes have become increasingly popular in recent years. But are they actually a healthier alternative to traditional cigarettes? [Click here](#) to debunk the myths and answer your questions.

Additional HPW Resources

Check out all the other resources available to you! These innovative and evidence-based health promotion and wellness resources and services were developed to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles for Sailors and Marines.

- [HPW Homepage](#)
- [HPW Partnership Factsheet](#)
- [HP Toolbox](#)
- [Archived Webinars](#)
- [Reproducible Materials](#)

To learn how our programs can help your service members, please visit our [November Health Promotion Toolbox](#).





Infographic: Hooked on Hookah

Did you know that hookah smokers may inhale as much smoke during one session as a cigarette smoker inhales consuming 100 or more cigarettes? [Click here](#) for our infographic with facts and health risks associated with hookah use.

Factsheet, Brochure, and Poster: Tobacco Free Living

NMCPHC develops products and resources to help health information disseminators facilitate readiness and resilience. During the month of November, use the HPW Tobacco Free Living [factsheet](#), [brochure](#), and [poster](#) to increase awareness and understanding of tobacco use across the Navy and Marine Corps community.

Social Media Messages

The following social media messages will direct you to resources for Sailors and Marines. Please feel free to use the messages below to post to your local social media channels and share with your audiences. Like us on [Facebook](#) and follow us on [Twitter](#) and [Pinterest](#)!

Social media message 1:



Quitting tobacco isn't always quick and easy but we are committed to helping you during Tobacco Free Living Month in November and all year long! Join us in declaring yourself #TobaccoFree! <http://go.usa.gov/7jUJ>

Social media message 2:



Tobacco fights dirty. It's a dangerous addiction that's expensive, deadly, and has a serious impact on healing and recovery. We can help you win the battle and #QuitTobacco. <http://go.usa.gov/7jbc>

Social media message 3:



Have you picked your quit day? If not, there's no better time than the present to kick tobacco to the curb! These tips can help: <http://go.usa.gov/7iT4>

Social media message 4:



Did you know? Within 20 minutes of quitting smoking, your heart rate and blood pressure drop! <http://go.usa.gov/7jg3>

Social media message 5:



Did you know that the avg. cost of a pack of cigarettes is \$6.03? Smoking a pack a day (20 cigs) totals approximately \$2200 a year. Find out what tobacco is costing you and your family: #HPWTobaccoFreeTip <http://bit.ly/1xFyRl0>



HEALTH PROMOTION AND WELLNESS PARTNER OUTREACH

November 2014

Social media message 6:



With a little help, you can be #SmokeFree! Check out this texting program to receive encouragement, advice and tips to help you quit. With a little help, you can be #SmokeFree!
<http://bit.ly/1wK02wL>

Social media message 7:



Trying to decide if quitting tobacco is the best decision for you? Listen to these tips from former smokers, then decide.
@CDC <http://go.usa.gov/7jTG>

Social media message 8:



There's no Cigs, Cans, or Butts about it. Quitting tobacco is the best choice to keep you healthy and ready to serve!
#TobaccoFree <http://go.usa.gov/7jbd>

[Contact us](#) if your organization would like to collaborate with us on social media messages or if you would like us to share your messages on our [Facebook page](#).

Webinar Calendar

We host monthly healthy living webinars for health educators and other health professionals to create awareness of the health promotion and prevention resources, tools, and programs offered by the NMCPHC HPW Department to motivate healthy behaviors. On 12 November 2014, NMCPHC and guest speakers Col John Oh of the Air Force and Gary Miller, Anita Roberson and Cathy Ficadenti of the Marine Corps discussed various methods of reducing tobacco use on military installations. The webinar and audio presentation can be found [here](#) under the archived webinar directoy.

For many of our webinars we offer continuing education credit hours (CECH) for Certified Health Education Specialists (CHES). If you are interested in attending one of our webinars, click [here](#) for registration details.

References

¹ Barlas FM, Higgins WB, Pflieger JC, et al. 2011 Health Related Behaviors Survey of Active Duty Military Personnel. February 2013. Report prepared for the Assistant Secretary of Defense (Health Affairs) and U.S. Coast Guard under Contract No. GS-23F-8182H.

Upcoming Training

Our education and training courses equip Navy and Marine Corps command personnel with the tools, programs, and interventions to implement at the local command level. To learn more, visit our [Health Promotion training page](#).

Contact Us

Please let us know how we can help highlight your resources for service members, veterans, families, and health professionals. We welcome your [feedback and suggestions](#), and look forward to continued collaboration with your organization.

