



SHOW TOBACCO THE DOOR IN 2024

The new year is almost here which means say goodbye to tobacco and hello to a healthier lifestyle! Encourage Service members to adopt a New Year's resolution to quit tobacco and stay quit. Professionals like you can complement your tobacco cessation efforts with the many resources available on the [YouCanQuit2 'For Professionals' webpage](#) and utilize the following ready-to-use messages to help Service members show tobacco the door in 2024:

- **Lay the groundwork for a successful quit.** Are you ready to quit tobacco and stay quit? The YouCanQuit2 Campaign is here to help every step of the way. [Prepare](#) for quit day by using the [Interactive Quit Plan](#) to get ready, track your progress and conquer your tobacco-free goals. You can also work towards quit success with the [Support Locator](#), a tool that helps Service members identify resources filtered by geographic location, base or installation, specific type of support and more!
- **Ring in the new year with extra money in your wallet.** The [cost of tobacco products](#) can add up quickly. Check out the [Savings Calculator](#) to see how much you can save by kicking tobacco to the curb. Put those savings to good use by paying off bills, reaching your 2024 savings goals or treating yourself to something special—a win-win for your health and finances!
- **End your relationship with electronic nicotine delivery systems (ENDS).** ENDS (think e-cigs, vapes, e-hookahs and pod mods) can be harmful to your health. And while you may think it helps with stress, [it's actually making it worse](#). Take the time to educate yourself on the [risks of these products](#) and don't let nicotine steal your thunder in the new year.
- **Remember your support system.** It can be motivating to celebrate the small wins along your quit journey—and who better to celebrate with than your loved ones? If you feel a tobacco craving, [refocus your energy](#) by trying a new activity with your buddies or family. You can also share [YouCanQuit2 resources](#) with your support system so they can better support you.
- **Cut out combustible tobacco products.** Let 2024 serve as a reminder that all forms of tobacco are harmful for your health, and combustible tobacco products (think cigars, hand-rolled cigarettes and hookah) are no exception. [Get your questions answered](#) about the risks of smoking tobacco and remember that the best way to protect your health is to be tobacco free.

Remind Service members that quitting all forms of tobacco is a gift that keeps on giving. With the help of the YouCanQuit2 Campaign, Service members can become the healthiest versions of themselves without tobacco in 2024.

DECEMBER 2023

QUIT BRIEF

QUIT RESOURCES

Let Service members know about these online interactive tools so they can make their future tobacco free.



YOU CAN QUIT 2 QUIT PLAN



SUPPORT LOCATOR

THE CAMPAIGN

It's normal to experience mood swings and heightened emotions as the body adjusts without tobacco. Take this opportunity to remind Service members how they can [manage their mood](#) on their quit journey and keep their eye on the prize. [Nicotine withdrawal](#) can be tough, so it's important they know how to help their bodies adjust to change.

ONE LAST THING



Stay tuned for upcoming [observances and events](#), including the annual Great American Spit Out (GASpO). Taking place on February 22, GASpO encourages people to quit [smokeless tobacco](#) (including dip, chew, snuff, and snus). Ensure Service members maintain mission readiness by utilizing [YouCanQuit2 GASpO Resources](#) to support your local cessation efforts.

All topics and resources highlighted in the e-Newsletter can be found at www.ycq2.org.

YOU CAN QUIT 2



www.ycq2.org

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