

MARCH 2022

QUIT BRIEF



TOBACCO: NOT ANOTHER FOOD GROUP

Do Service members know how tobacco affects their nutrition? In support of National Nutrition Month this March, remind them that nutrition plays a key role in their health and readiness, and that tobacco can stand in the way of that. Educate Service members on the importance of fueling their bodies without tobacco and nicotine by sharing this information:

- **Once you quit, say hello to your appetite!** Nicotine and the flavorings in some tobacco products can limit your senses (like taste and smell), which is why quitting can increase your enjoyment of different foods! Keep in mind that your new appreciation for foods may lead to more eating, but there are [ways to beat weight gain](#) during your journey.
- **Reduce your risk for obesity when you quit.** Nicotine might suppress your appetite in the short-term, but it's also linked to obesity (hint: smoking more cigarettes increases your risk of obesity). You may not be thinking about your long-term health now, but maybe it's time to start. Keep your body healthy and happy (today and for future you) by quitting all forms of tobacco and use the momentum to [boost other healthy habits](#) in your life!
- **Quit smoking, power up.** Smoking negatively affects the levels of vitamins and minerals in the body (like calcium and Vitamins C and D), which may impact your energy and performance. When you quit, your body can power up using the energy from these nutrients. Instead of reaching for a cigarette, grab a snack like an orange or sliced peppers.
- **Consider the impacts of smoking on those around you.** Children exposed to secondhand smoke are at a higher risk for obesity, high cholesterol and diabetes as they grow up. Protect your loved ones by living tobacco free and keep those [motivators](#) top of mind when the quit gets tough.

Is tobacco really a food group that Service members want in their diet? If they're making healthy choices in other areas of their life to stay mission ready, it may be time to look at the full picture. Share these [quit resources](#) with Service members to help jumpstart their tobacco free journey.

QUIT RESOURCES

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



24/7 QUIT TOBACCO LIVE CHAT



YOU CAN QUIT 2 QUIT PLAN



SUPPORT LOCATOR

THE CAMPAIGN

Be sure to [submit your resource\(s\)](#) for inclusion in the new YouCanQuit2 Support Locator. This tool allows Service members and others to find programs and support for tobacco cessation needs. Users can filter and locate resources by geographic location, Military Base, Military Service, type of support or type of tobacco product. [Contact us](#) if you have questions.

ONE LAST THING

Are male Service members aware that nicotine in tobacco products can negatively affect their sexual health? New research shows that daily [e-cigarette use can result in erectile dysfunction](#) among men ages 20 years and older. Similar effects are also seen with other tobacco products, like smokeless and cigarettes. Don't let tobacco be a downer. Remind them that quitting tobacco may improve their sexual performance.

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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