

SKIP THE DIP!



Service members use [smokeless tobacco](#) like dip or chew at a higher rate than civilians. Smokeless tobacco impacts readiness by [decreasing muscle strength](#), [raising a person's heart rate](#) and causing [oral health concerns](#). Share these talking points with Service members to remind them how their life and readiness can improve when they skip the dip:

- ▶ Can you use some extra cash? When you quit dip, you'll have more money to spend on food, bills or hobbies you enjoy.
- ▶ When you stop using smokeless tobacco, your breath will smell better and a surprise kiss won't catch you off guard.
- ▶ Smokeless tobacco might help you stay awake, but it also leaves you with a raw lip and bad taste in your mouth. Instead, get plenty of sleep (if you can) or try chewing caffeinated gum or drinking coffee [within limits](#).

ONE LAST THING

When a friend or family member decides to quit tobacco, it's important that Service members know how to support them. Share some [online resources](#) about being a good quit buddy so they know how to listen, stay positive and celebrate the small wins.

THE CAMPAIGN

Remind Service members to visit our [Resources to Help You Quit page](#) regularly for help quitting tobacco.

THE LATEST IN TOBACCO

- ▶ The Military Health System is promoting preventive health in August, and smoking is the [most preventable cause of death and disease in the U.S.](#) This month, remind Service members that TRICARE covers tobacco cessation services to help them quit.
- ▶ [Heat-not-burn tobacco products like IQOS and Glo](#) are gaining popularity around the world, especially in [Japan](#) and [Italy](#), but little is known about these products' health effects.

These products are not currently sold or available in the U.S. The Food and Drug Administration will soon decide if these products can be sold in the U.S. and marketed as less harmful tobacco products.

Learn more about [heat-not-burn tobacco products](#) and continue to remind Service members that all tobacco products come with risks.



Share how you use our resources to promote tobacco cessation on your installation.

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