

DECLARE INDEPENDENCE FROM TOBACCO



On July 4th, we celebrate America's Independence Day. This July, challenge your Military Service members to declare independence from tobacco. Tobacco impacts Military Service members' appearance, spending habits, PT test scores and even sex life. This month, share the tips below to remind Military Service members [how great life can be](#) when they declare independence from tobacco!

- ▶ The chemicals in tobacco can give you wrinkles, bags under your eyes and dry skin. Quitting tobacco will help protect your skin and keep you looking good.
- ▶ The money you spend on tobacco can go toward a nice dinner, a weekend away or paying bills.
- ▶ Quitting improves the strength of your bones, muscles and immune system—leaving you ready to face anything.
- ▶ Using tobacco can cause erectile dysfunction. Quitting can help your sex life.

THE CAMPAIGN

Check out the [UCanQuit2 website](#) for new resources to share with Military Service members:

- ▶ Look out for two new fact sheets about smokeless tobacco and other nicotine and tobacco misconceptions - [coming soon to our website](#).

THE LATEST IN TOBACCO



As part of its new [Youth Tobacco Prevention Plan](#), the Food and Drug Administration (FDA) is cracking down on retailers and manufacturers that sell or market e-cigarettes to youth. This is a step toward preventing nicotine addiction among new recruits prior to entering the military.

ONE LAST THING



Let Military Service members know about a great tobacco cessation tool:

[The Freedom Quitline](#)

Open to eligible TRICARE beneficiaries, this study provides smokers with personalized cessation telephone counseling and free nicotine replacement therapy delivered to their home. Have them call 1-844-I-AM-FREE (1-844-426-3733) to get started.



[Share](#) how you use our resources to promote tobacco cessation on your installation.

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