

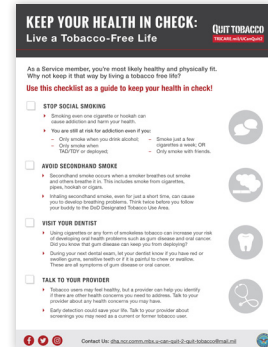
# AMERICA IS QUITTING TOBACCO TOGETHER!



More than 68% of current smokers want to stop smoking but many don't know where or when to start. If you know Service members who smoke or use tobacco, encourage them to quit with tobacco users across America during November's Tobacco Cessation Month. Share the following information and let them know how to make their quit goals a reality.

- ▶ Let Service members know that on Nov. 15, during the Great American Smokeout (GASO), smokers and all tobacco users are encouraged to quit for the day or to make a quit plan.
- ▶ Check out the attached GASO Guide for ready-to-use resources and information you can use with Service members and to promote GASO!
- ▶ Want to offer Service members healthy tobacco replacement options? Share the [Alternative Activities to Tobacco Sheet](#) so they can quit and stay quit.
- ▶ Do you know someone with an inspiring quit story? Encourage Service members to [share their quit success stories](#) on these social media channels to motivate peers to quit too.

## THE CAMPAIGN



Make sure Service members are keeping their health in check by sharing this quick and easy [Preventive Health Checklist](#).

Are you interested in ordering free promotional materials such as stress balls and gum for your Service members?

Get more information by emailing [dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil](mailto:dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil).

## THE LATEST IN TOBACCO



The FDA says e-cigarette use continues to rise. Most e-cigs contain the addictive substance, nicotine, and can harm brain development which continues through around age 25. Just one JUUL pod contains the same amount of nicotine as an entire pack of cigarettes. Make sure Service members know that e-cigs [could harm their lungs, are a safety concern due to explosions and fire, and can impact their readiness](#).



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

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