

SOCIAL SMOKING HARMS!



Just one “social” cigarette a week can affect an individual’s readiness. Make sure Service members know about the dangers of social smoking by sharing these quick facts:

- ▶ Bumming a cigarette off someone can start a conversation, but **even one cigarette** can cause a nicotine addiction, leading you to become a daily smoker. Avoid smoke breaks and instead get to know someone over coffee or lunch.
- ▶ The **amount of alcohol you drink in social settings** can increase cigarette cravings, causing you to want to smoke more when you drink. To reduce this trigger, limit the amount of alcohol you drink during your quit.
- ▶ Beer goggles just hit a whole new level! Research shows that combining alcohol and cigarettes can affect how **attractive** you find others.
- ▶ Don’t let other forms of social smoking, like hookah, fool you. Hookah smokers may absorb even more toxic chemicals than cigarette smokers because the smoking sessions are typically longer.

THE CAMPAIGN

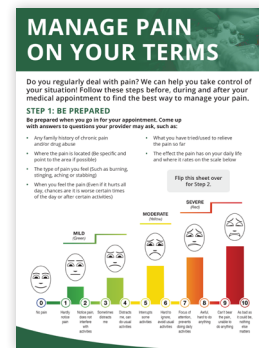


Not knowing isn’t an excuse. Make sure Service members understand how the Department of Defense (DoD) defines tobacco products by sharing the Tobacco Product Infographic.

THE LATEST IN TOBACCO

In a recent RAND study, 16.9% of Service members **self-reported** that they dealt with secondhand smoke at work (most likely in a DoD Designated Tobacco Use Area) in the past week. Secondhand smoke stays in the air for **several hours** after someone smokes. Make sure Service members know that smoking can impact everyone around them.

ONE LAST THING



People experiencing chronic pain use tobacco at higher rates compared to those without pain. However, using **tobacco** can make pain worse and slow the healing process. Encourage Service members to quit

tobacco and talk with their provider about other options for managing **pain**.



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

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