

JULY 2021

QUIT BRIEF



GOODBYE TOBACCO, HELLO HEALTHY SUMMER

With August's Preventive Health Month around the corner and World Lung Cancer Day on August 1, remind Service members about the importance of taking care of themselves by living tobacco free. Share the following tips on how to practice healthy, tobacco free habits this summer:

- **Protect your health for you, year-round.** As a Service member, staying on top of your health throughout the year is necessary for your annual PHA and PT test. Go the extra mile and use this [preventive health checklist](#) to be your best self without tobacco.
- **Keep your head up, even when things get tough.** As the weather warms up and the military eases COVID-19 restrictions, living tobacco free might have its tough moments. Learn how to [tackle tobacco challenges](#) when they come up so you can keep your health on track.
- **Prioritize your health for others.** Secondhand smoke and aerosol can cause serious health problems in those who don't use tobacco (even if you're using outside at a summer barbecue!). Keep you and your loved ones safe.
- **Find a new routine without tobacco.** Boost your well-being by replacing tobacco with a healthy activity. Instead of using tobacco when you're on a break, enjoy a short walk or a non-alcoholic beverage outside. Check out other ways to [revamp your routine](#).
- **Celebrate tobacco free successes with self-care.** Did you try new self-care strategies during the pandemic? Use those practices to reward yourself along your quit journey. Remember, [conquering a craving](#) is a huge accomplishment and something to celebrate!

Let Service members know that living a healthy lifestyle by being tobacco free now can help prevent health problems in the future.

The Campaign



Help Service members handle challenging situations once they quit tobacco by sharing these tips on [how to fight tobacco cravings](#). Remind them that triggers can happen, but being prepared to handle those tough situations is key and there are [tools to help!](#)

The Latest In Tobacco

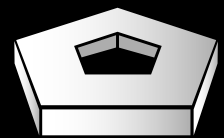
Did you know there's additional evidence showing that tobacco cessation texting interventions are effective? A recent *JAMA Internal Medicine* [study](#) found that a tailored and interactive text message intervention was effective in promoting vaping cessation among young adults. Consider using this information and including [free texting programs](#) in your installation's quit resources to help Service members quit for good.

YOU CAN QUIT²
www.ycq2.org

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