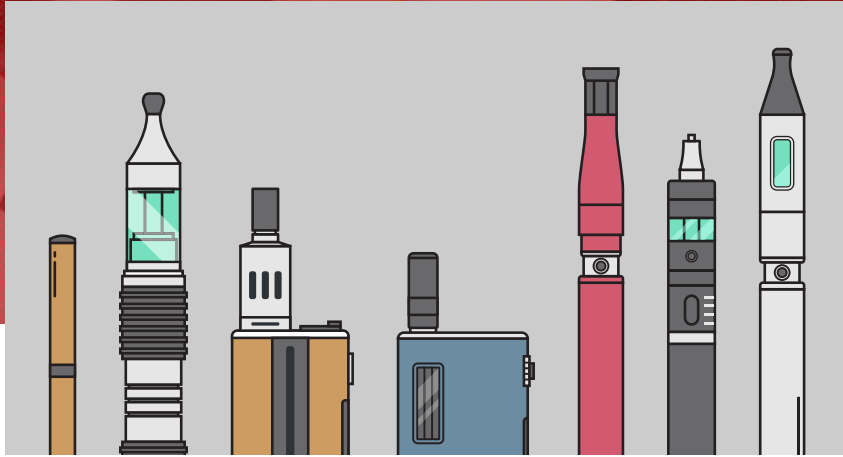


MARCH 2020

QUIT BRIEF



VAPING: IS IT SAFE?

Some say that e-cigarettes are a way to quit smoking, others say they are harmful. What's the truth?

E-cigarettes (also called vapes) are battery-operated devices that heat liquid into a vapor that users inhale. This liquid commonly includes nicotine. Over 12 percent of active duty Service members who were surveyed for the 2015 Defense Department Health Related Behaviors Survey said they were current e-cigarette users. More recent data indicates e-cigarette use is increasing in Service members, similar to the U.S. population. However, e-cigarettes are not a proven quit aid for tobacco cessation and are harmful. If Service members want to learn more about e-cigarettes (for themselves or their loved ones), share the following resources:

- [5 negative effects of e-cigarettes](#). Learn more about these popular products and how they can impact brain development, safety and addiction.
- [6 ways to quit vaping](#). If you want to quit vaping, you're not alone. This guide will take you step-by-step through the process.
- [Know the facts about e-cigs and vapes](#). These products come in many forms. Don't be fooled - they are all tobacco products and are harmful.

If Service members choose to vape, let them know about the associated risks. Encourage them to visit ycq2.org to learn more about vaping and how to quit all forms of tobacco.

The Campaign

The YouCanQuit2 social media channels share tobacco cessation tips, resources and information to support Service members, veterans and their families. Join YouCanQuit2's online community by connecting with us on social media:



Instagram: @youcanquit2



Twitter: @ucanquit2



Facebook: YouCanQuit2,
www.facebook.com/youcanquit2

The Latest In Tobacco

The 2020 [Surgeon General's Report](#) concluded that quitting smoking can be beneficial at any age, reduce risk of early death, improve health and can add as much as 10 years to life expectancy. Remind Service members that using smoking cessation medications and behavioral counseling together increases their chances of quitting for good.

ONE LAST THING

Take Down Tobacco National Day of Action (formerly Kick Butts Day) is on March 18. This event raises awareness about tobacco issues and encourages tobacco free living in youth and young adults. [Get involved](#) at your installation by reaching out to locations such as the youth center, child development center or a DoD school.

TAKE DOWN TOBACCO



YOU CAN QUIT 2
ycq2.org

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

[Contact Us](#) | [Email to Unsubscribe](#)

