

MAY 2021

# QUIT BRIEF



## REASONS TO QUIT FOR WORLD NO TOBACCO DAY

**E**ncourage Service members to join thousands of people around the world by giving up tobacco on May 31 for [World No Tobacco Day](#). Given the COVID-19 pandemic, understanding the dangers of using tobacco and making a commitment to quit is more important than ever. Share the following three reasons to quit with Service members to help motivate them to make their future tobacco free:

- **Stay mission ready.** Tobacco use can [threaten your readiness](#) by causing health concerns like shortness of breath, coughing or fatigue. BUT you can improve your lung capacity and lower your blood pressure when you quit all forms of tobacco. Stay healthy and in peak physical shape by preparing to ditch tobacco and [making a quit plan](#).
- **Improve your physical appearance.** Want healthier skin and a brighter smile? If you quit tobacco and stay tobacco free, the stains on your fingers and nails will disappear, your breath will be fresher and your red, sore gums from smokeless tobacco use will improve. Use this [checklist](#) as a guide for your dental health and consider talking to your health care provider so you can look and feel your best.
- **Protect your loved ones.** Remember that quitting tobacco helps to protect your loved ones, especially children, from the harmful effects of secondhand smoke and aerosol. When the quit gets tough, think about [what motivates you](#) (like protecting the health of your family, friends and pets) to push through.

Encourage Service members to consider what they might gain (in all areas of their life) from quitting tobacco. If they're [thinking about quitting](#), let them know the YouCanQuit2 website has [resources](#) to help them take that next step.

### The Campaign



Remind Service members about the importance of boosting their overall health while they quit tobacco. Share these [tips on building healthy habits](#), for both body and mind, so Service members can boost how they feel every day to help them quit and stay quit.

### The Latest In Tobacco

A new emerging tobacco product recently hit the market: oral nicotine pouches and lozenges. These products are not authorized by the FDA, come in various flavors, may contain high levels of nicotine and won't cause users to salivate, making it spitless (similar to snus but without the tobacco leaf). [Find out more](#) about the new oral nicotine products and why using them is unsafe for young adults.

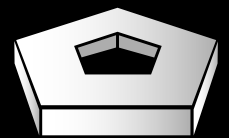
**YOU CAN QUIT2**

[www.ycq2.org](http://www.ycq2.org)

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