

# QUIT BRIEF



## USING ONLINE INTERVENTIONS TO QUIT TOBACCO

Service members may turn to internet-based options if they want help quitting due to the current COVID-19 restrictions limiting face-to-face contact and because of the military population’s unique needs around the world. The good news is the Community Preventive Services Task Force (CPSTF) recently found that online interventions are an effective approach to quit if users are interested in quitting tobacco.

What are online tobacco cessation interventions? They include one or more of the following:

- Interactive features that help users monitor their progress, while also providing feedback and support
- Personalized guidance that matches users with services and advice
- Support through coaching, counseling or social support from peers or trained professionals

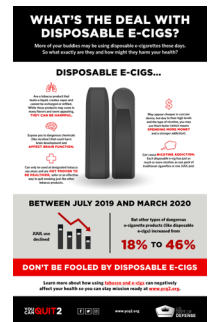
Here are some examples:

- [YouCanQuit2 24/7 Quit Tobacco Live Chat](#)
- [Smokefree.gov online support](#) and [interactive quit plan](#)
- [The Centers for Disease Control and Prevention’s Tips From Former Smokers® cessation resources](#)
- [The Truth Initiative’s BecomeAnEX](#)

Supplement your tobacco cessation efforts with internet-based options to provide Service members with extra support and motivation during their quit journey, especially when times get tough. Explore the [CPSTF’s recommendation](#) to learn how you can best incorporate online interventions with your existing tips and tools. Visit [ycq2.org](http://ycq2.org) for additional resources.

## The Campaign

Are more Service members using disposable e-cigs? Help them recognize the harmful impacts of these devices by sharing YouCanQuit2’s [disposable e-cigarette infographic](#). Stay up-to-date on tobacco product news and read the [FDA’s recent statement](#) about how some disposable e-cigarette companies are violating FDA requirements.



## The Latest In Tobacco

September 29 is World Heart Day. Although they may not see the negative effects right away, remind Service members that quitting tobacco today means putting their health, family and future first for tomorrow. Smoking causes one in four deaths from cardiovascular disease (think: heart disease, heart attack and stroke). Encourage Service members to protect their heart by not starting to use tobacco and if they already use, [it’s never too late to quit](#).