

FEBRUARY 2020

# QUIT BRIEF



## QUIT FOR YOUR PEOPLE

Using tobacco isn't just a bad habit, it's an addiction that affects the tobacco user and the ones they love or care about. This February, encourage Service members to quit tobacco for the people in their life. Share these reasons to quit for extra motivation:

- **Look and feel great.** Tobacco stains your teeth, causes bad breath and damages skin. Your current or future significant other is going to love your tobacco free smile.
- **Look out for the little ones.** Secondhand smoke puts kids at risk of getting bronchitis, pneumonia and ear infections. Avoid harming the kids that look up to you most by putting down tobacco.
- **Give back to the people that gave you everything.** Your parent(s) or caretakers worked hard to give you the best life they could. In return, make them proud by protecting your [physical and psychological health](#).
- **Let them help you.** Your support system will appreciate your effort to quit and probably [want to help](#) you. Together you might even come up with creative [alternatives to using tobacco](#).

As cheesy as it sounds, Valentine's Day is right around the corner. Now is the perfect time for Service members to give their parents, kids, significant others, friends - and themselves - the gift of quitting tobacco.

## ONE LAST THING

Do Service members want to [quit using smokeless tobacco](#) like dip, snuff or chew? The Great American Spit Out (GASpO) on February 20 is a great opportunity to quit smokeless tobacco for 24 hours and beyond. [Order our print and promotional products](#) to support Service members quit efforts and encourage them to sign up for [DipfreeTXT](#).

## The Campaign



### Are Service members trying to quit tobacco while living with other tobacco users?

It's hard enough to quit tobacco, but living with a fellow tobacco user who is not quitting can present extra challenges. [Share these five tips](#) with Service members to help them create a safe, effective quitting space.

## The Latest In Tobacco

[A new study](#) shows that male Soldiers who use both e-cigarettes and smoke cigarettes had lower performance on all parts of the Army Physical Fitness Test (APFT) compared to those who never used. This is the first study to look at the effects of e-cigarette use on physical fitness performance like the APFT. Encourage all Service members to consider how tobacco products may affect their physical performance.



**YOU CAN QUIT<sup>2</sup>**

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

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

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