

are
you
ready?

NOVEMBER 2019

QUIT BRIEF

SOMEDAY IS TODAY: LET'S QUIT!

The time has come! November is Tobacco Cessation Month and November 21 is the Great American Smokeout. Now is the perfect time to help Service members prepare to quit.

Change does not happen overnight or even with one try. To increase the chances that Service members quit tobacco, make sure they are prepared and armed with helpful tools. Ask them the following questions and share these tips:

- **Why do you want to quit?** Understanding [your reasons for quitting](#) is key. Remind yourself what your personal goals are to help push you through the finish line. Keep those reasons top of mind like a mantra.
- **When do you want to use tobacco the most?** During your quit journey, you will be in situations that remind you of using tobacco or trigger a craving, whether it's a smoky bar or while driving. [Identify your triggers](#) and make a plan so that you successfully handle them without tobacco!
- **When are you planning to quit?** The [Great American Smokeout](#) is November 21 and is a great day to start your tobacco free life. And because quitting tobacco enhances your taste buds, that Thanksgiving turkey will taste even better on November 28!
- **Who knows you're going to quit?** Quitting tobacco is hard. That's why asking for help is necessary and encouraged. Talk to your support system about [how they can help you](#) on your quit journey. Also, make sure to ask your provider if [medications](#) can help support your quit.

If Service members are [thinking about quitting](#) or told others they are ready - remind them that someday can be today. Encourage them to use [resources](#) like the YouCanQuit2 Live Chat and [texting programs](#) to conquer tobacco.

The Campaign

New Resources and Articles!

Check out recently added [resources for health professionals](#) to include the new Tobacco Cessation Change Packet and the Stanford Tobacco Prevention Toolkit. Also - encourage Service members to check out a brand-new section of the website, [Tobacco & E-Cigarettes](#), to stay up-to-date on e-cig related news and the negative effects of these products.

The Latest In Tobacco



The widespread vaping and lung illness outbreak continues. As of [October 22, 2019](#), 1,604 lung injury cases associated with the use of e-cigarette, or vaping, products have been reported to CDC from 49 states, the District of Columbia and 1 U.S. territory. Thirty-four deaths have been confirmed in 24 states. At this time, there are 2 confirmed cases of lung illness from vaping in the DoD. Remind Service members to consider not using e-cigarette or vaping products.