

AUGUST 2019

QUIT BRIEF



REASONS TO LIVE TOBACCO FREE

Do you have Service members [thinking about quitting](#) tobacco? August is [Preventive Health Month](#) so now is a great time for them to take the first step towards quitting. Help Service members define WHY they want to go tobacco free by asking if any of these reasons motivate them to kick the habit:

- **Quit for yourself.** Tobacco damages your teeth and skin. Breathe easier during your PT test, smile wider to show off those pearly whites and be proud of clearer skin without tobacco.
- **Be the role model.** Kids pick up on everything adults do. Quit tobacco for the kids in your life to show them that it's cool not to smoke and JUUL.
- **Quit for the extra time.** It can be tiring to always plan your next tobacco break or time your trip to the DTUA, not to mention all the time spent smoking instead of with family or friends. Take back control of your schedule by freeing yourself from tobacco.
- **Money, money, money, money.** Tobacco costs really do [add up](#). Jot down all the things you'd spend your extra cash on if you quit tobacco. Keep your eye on this new prize instead of another pack of cigs (aka money down the drain).

Quitting tobacco is hard. Help Service members decide what their reason(s) is to go tobacco free and [how to keep their reason top of mind with these quick tips](#). When they're ready to take that next step, share the [how to replace tobacco with healthier habits](#) activity.

The Latest In Tobacco



Proposed Bills to Raise Tobacco Age

There are two proposed federal bills under consideration to raise the minimum legal age to purchase tobacco from 18 to 21. If passed as is, the law would take effect nationally and would not exempt Service members. If Service members are under the age of 21 and use tobacco, now is the perfect time to quit by visiting [YouCanQuit2!](#)

Joint Statement on Tobacco

The U.S. Surgeon General and the Services' Surgeons General published a joint statement in [Stars and Stripes](#) addressing tobacco use among Service members. The article outlines recommended actions for both military leaders and Service members to support reducing tobacco use among the force. Please read and share this article with your leaders and Service members to support the effort and promote a ready and resilient force.

**YOU
CAN QUIT2**

[ycq2.org](#)

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

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