

Tobacco Use Among Soldiers

**Ft Riley, Kansas
1st Infantry Division**

Why Does the Army Care?

- **Tobacco use - #1 Preventable cause of death in America**
- **Over 400,000 die each year- more than car accidents, alcohol, homicides, AIDS, illegal drug, suicides, and fires all COMBINED**

Why Should Soldiers care?

- **Tobacco use hurts your strength, stamina and endurance**
- **Your body continues to suffer from the affects of tobacco for hours after your last puff or chew**
- **You will never reach your peak performance if you use tobacco**

Why Should Soldiers care?

**Tobacco use affects
READINESS**

How Does Tobacco Use Affect Readiness?

- Tobacco users get more training injuries
- Tobacco users have more cold weather injuries
- Healing time is longer for injuries
- Tobacco users have more sick call visits

How Does Tobacco Use Affect Readiness?

- Nicotine in tobacco makes you shaky and reduces hand-eye coordination
- Immediately after every puff, the airways leading to your lungs get narrower
- You get less oxygen with each breath you take. That hurts your physical performance

How Does Tobacco Use Affect Readiness?

- Your strength, endurance, and stamina suffer with every puff or dip
- Your body suffers for hours after you finish smoking or chewing

Tobacco Use in the Field

- **You give away your unit's position when you light up**
- **Tobacco use decreases night vision**
- **Even a small cigarette butt can identify you as an American soldier, and tobacco odors can be smelled from very far away.**

DOLLARS UP IN SMOKE

LEVEL OF SMOKER

WOULD HAVE HAD

1 PACK A DAY

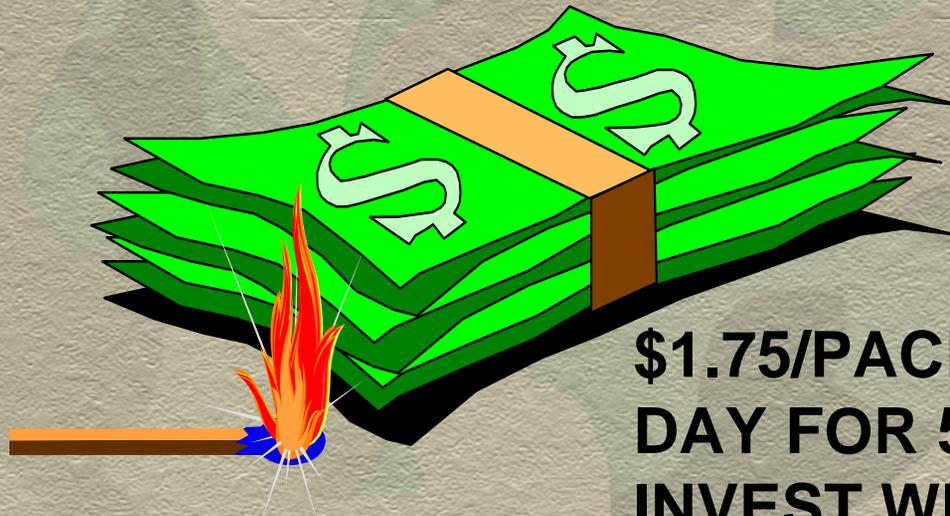
\$169,325

2 PACKS A DAY

\$338,650

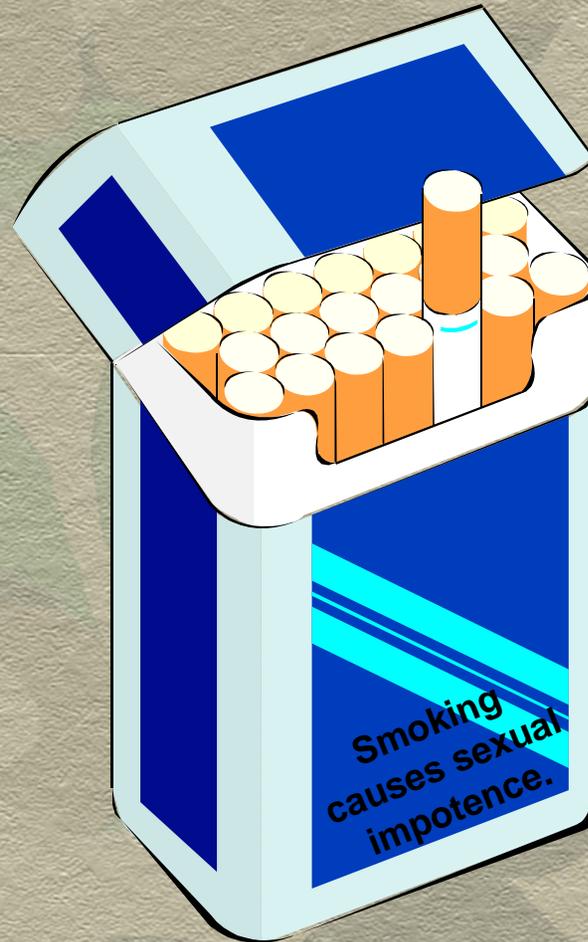
3 PACKS A DAY

\$507,976



**\$1.75/PACK EVERY
DAY FOR 50 YEARS
INVEST WEEKLY @ 5.50%
INTEREST (SAVINGS
ACCOUNT)**

**Warning: Smoking may damage
your sex life.**



Smoking causes sexual impotence.

Smokeless Tobacco: Just as Dangerous as Smoking

- **28 known carcinogens in smokeless**
- **Users 4 to 6 times more likely than nonusers to develop cancer of mouth, throat**
- **Fifty times more likely to develop cancer of the gums and lining of the cheek**

Smokeless Tobacco: Just as Dangerous as Smoking

- **Highly addictive due to high nicotine content — 3 to 5 times the nicotine in a pack of cigarettes**
- **Raises risk of high blood pressure, other cardiovascular diseases**

Tobacco Cessation Program

- **Tobacco Cessation classes – four weekly, one hour sessions**
 - **Classes during the day or evening**
 - **Small group support**
 - **Medications used to help with withdrawal symptoms**
- **Call Preventive Medicine Service (239 – 7323) for class enrollment**

Army Policy

- **Smoking of tobacco products is prohibited in all DA-occupied workplaces. The workplace includes any area inside a building or facility over which DA has custody and control where work is performed by military personnel, civilians, or persons under contract to the Army.**

Army Policy cont.

- **Smoking of tobacco products is prohibited in all military vehicles and aircraft and all official vans and buses.**
- **Indoor designated smoking areas are prohibited.**
- **Outdoor smoking areas will be at least 50 feet from common points of ingress/egress and will not be located in areas used by nonsmokers**

Army Policy cont.

- **Cadre and faculty of ANY military school will not use TOBACCO PRODUCTS in the presence or view of students while on duty.**
- **Commandants will evaluate their policies and practices to eliminate conflicting messages on tobacco.**

QUESTIONS

Contact

- **Preventive Medicine Service**
239-7323
- **Your health provider**
- **CTMC**
- **Kansas Tobacco Quit Line**
1-866-526-7867