

# It's Never Too Late to Quit Tobacco!

Tobacco use is heavily embedded in military culture. It may have seemed like tobacco use was just the norm for you while serving in the military.

Historically, active duty military and veterans have had higher rates of tobacco use in comparison to the civilian population.

In fact, nearly 40% of active duty started using tobacco products after enlisting. Sound familiar? Or maybe you took it up during a deployment?

Quitting tobacco use is not easy. It's normal for someone to make several quit attempts before quitting tobacco for good. But it's possible! Tobacco use doesn't have to be a tradition you need to carry on from your time in the military.



# Effects of Quitting Over Time



**WITHIN 20 MINUTES**  
Your heart rate and blood pressure drop.



**WITHIN 12 HOURS**  
The carbon monoxide level in your blood drops to normal.



**WITHIN 2-12 WEEKS**  
Your circulation improves and your lung function increases.



**WITHIN 1 TO 9 MONTHS**  
Coughing and shortness of breath decrease.



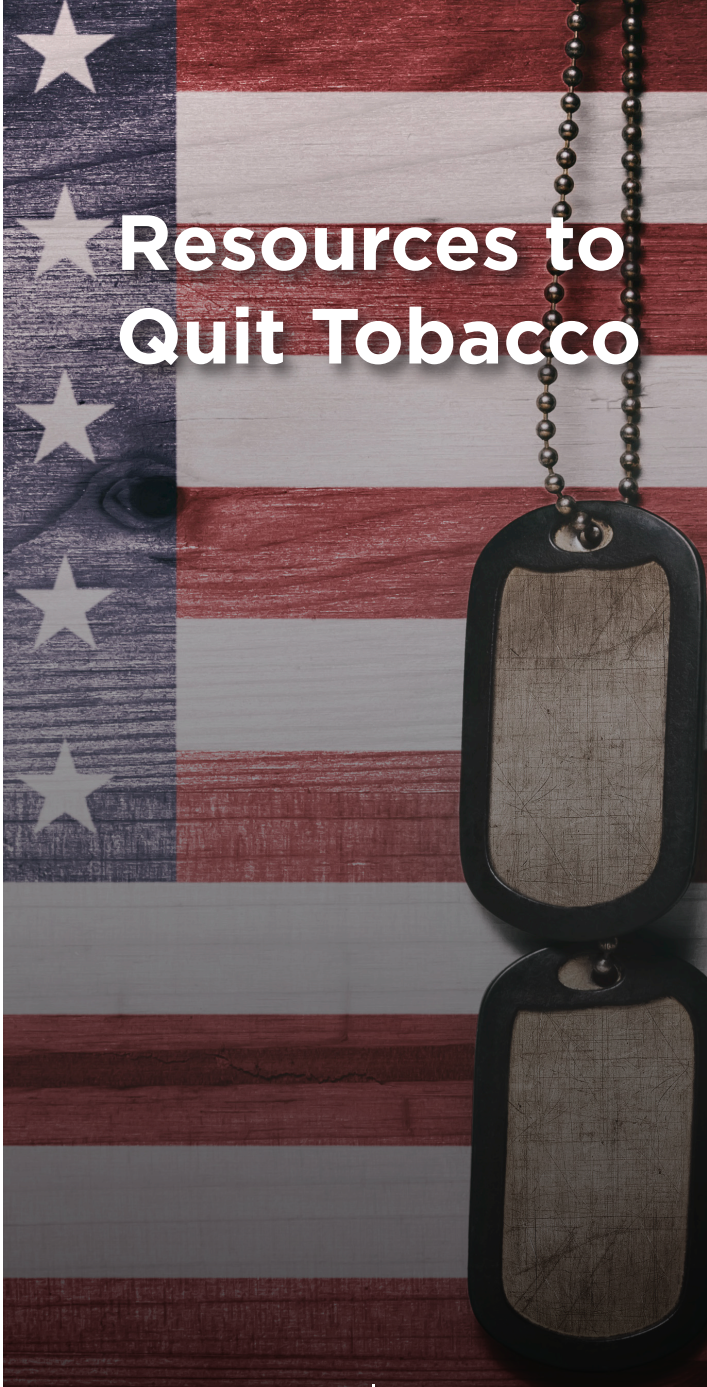
**WITHIN 1 YEAR**  
Your risk of coronary heart disease is half that of someone who still smokes.

PROJECT  
**UNIFORM**

[www.ProjectUniform.org](http://www.ProjectUniform.org)



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[www.cyanonline.org](http://www.cyanonline.org)



# Resources to Quit Tobacco

**VA**



**VA**U.S. Department of Veterans Affairs  
Veterans Health Administration

There is a range of free treatment options readily available for you to choose from based on your experiences and preferences that can help you become tobacco free.

## VETERANS ENROLLED IN VA HEALTH CARE HAVE ACCESS TO:

- Tobacco Cessation Counseling
- FDA-approved tobacco cessation medications (i.e. Nicotine patch, gum, Bupropion, etc.)
- The Veterans Administration QuitLine 1-855-QUIT-VET where you can speak with a Quit VET counselor and get:
- Help developing a quit plan
- Individualized counseling
- Strategies to prevent relapse
- Follow-up calls to help you stay quit

You can also Talk to your VA health care provider to customize a quit strategy.

For more information and to find out if you may be eligible for QUIT VET, visit: [mentalhealth.va.gov/quit-tobacco/](http://mentalhealth.va.gov/quit-tobacco/)

### VA FACILITY LOCATOR:

[va.gov/directory/guide/home.asp](http://va.gov/directory/guide/home.asp)

## Telephone & Chat Counseling

Helpline counseling is free, easy, convenient, and has been proven to double your chances of quitting for good. Create a personalized quit plan, learn coping skills, and receive follow up calls from a tobacco treatment counselor.



1-800-300-8086  
1-800-844-CHEW

### KICKITCA.ORG

Visit [kickitca.org](http://kickitca.org) for more information on their texting and chat programs.

### CENTER FOR DISEASE CONTROL QUITLINE:

1-800-QUIT-NOW

## Texting Programs

### SMOKEFREEMIL

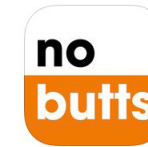
Offers a free texting program to help you quit, fight urges, and stay tobacco-free. Text MIL to 47848 or visit: [ycq2.org/resources/smokefreemil/](http://ycq2.org/resources/smokefreemil/)

### DIPFREETXT

A free text message service to help you ditch the dip. Text SPIT to 333888 or sign up at [smokefree.gov/become-smokefree/dipfreetxt-signup](http://smokefree.gov/become-smokefree/dipfreetxt-signup)

## Mobile Apps

Mobile apps offer helpful features like logging your smoking triggers, reminders to keep you motivated, and pointers on all kinds of quit smoking topics:



### NO BUTTS APP

Created by the Kick It CA Helpline, this app uses proven help methods for quick and tailored cessation help.



### STAY QUIT COACH APP

Offers quit tips, tools to control cravings, help managing triggers, progress tracking, and highlights the health benefits, and money saved.



### QUITSTART APP

A free app that helps you quit smoking with tips, challenges, and cravings control.



### QUITGUIDE (Smokefree.gov)

A free app that helps you recognize smoking patterns and build skills to remain smoke-free.

### SMOKEFREE TEXT:

A free texting service that provides encouragement and advice. Text START to 47848 or sign up at [smokefree.gov/smokefreetxt](http://smokefree.gov/smokefreetxt).

### THISISQUITTING:

A free service from the Truth Initiative that offers advice for quitting JUUL or e-cigarettes. Text QUIT to 202-804-9884 or visit [www.thisisquitting.com](http://www.thisisquitting.com) for more information.