On World No Tobacco Day, quit tobacco and know you are quitting with people all around the world. You’ll have even more support with the help of SmokefreeMIL. It’s time to get the help you need and live the life you want! Join the tobacco-free movement. Set your quit date on May 31, World No Tobacco Day by texting MIL to 47848.

Please view and download our campaign materials by visiting our event page at www.ucanquit2.org/WNTD17.
The Department of Defense recognizes the unique contributions of nurses to the nation’s defense. The Military Health System is observing National Nurses Week May 6-12, 2017.

Nurses play an important role in tobacco cessation. An October 2016 study found that the self-report quit rates of patients admitted to the hospital more than doubled when the patient was trained by nurses and other staff on how to stop smoking. Read the study here.

We invite all of our partners to join us for the Quit Tobacco – UCanQuit2.org Quarterly Partners Call. On this call, we will have members of The Monday Campaigns team presenting about Quit and Stay Quit Mondays and tangible ways to execute a Monday campaign on your installation. Members of the Quit Tobacco team will also be available to answer your questions.

Call Date: Wednesday, May 17, 2017
Call Time: 1300 EST
Call-In Number: 888-397-3920 // 2502505

If there is a topic you would like addressed on this, or a future Quit Tobacco Partners call, please email info@UCanQuit2.org.
We are very proud to have 1LT David McDowell as our featured partner for the month of May. 1LT McDowell is a 101st Airborne Division PA-C currently deployed to Camp Dwyer in Helmand, Afghanistan. 1LT McDowell was a casual “field and deployment” smoker himself, but after quitting, and convincing some of his medics to quit as well, he came up with the idea of implementing a Task Force wide cessation campaign. To begin the campaign, 1LT McDowell and his medics have diligently posted Quit Tobacco - UCanQuit2.org posters in common areas around the base, as well as started a dedicated campaign encouraging soldiers to quit. In addition to offering traditional cessation services, the cessation team handed out UCanQuit2.org wristbands at the half-way point of the Task Force half marathon. Next week, 1LT McDowell is hosting a cessation education and counseling session at the base coffee shop as a way to bring start the cessation conversation in an easier, non-medical facility environment. To date, 18 soldiers have made the decision to quit tobacco utilizing the Battalion Aid Station and other soldiers have made the decision to quit cold turkey, on their own.
Navy Suspends Electronic Nicotine Delivery Systems (ENDS) on Ships, Subs, Aircraft

The Commanders of the U.S. Fleet Forces and the U.S. Pacific Fleet released a joint message suspending the use, possession, storage, and charging of all Electronic Nicotine Delivery Systems (ENDS) aboard ships, submarines, aircraft, and boats. The new policy, which will become effective May 14, applies to Sailors, Marines, Military Sealift Command civilians, and any personnel working on or visiting those units. Since October 2015 there have been multiple incidents in which a Sailors’ ENDS unit has exploded, resulting in serious injuries, which lead to this new policy.

Read the article from Navy.mil
Read the article from NPR

Combat Center Matches Tobacco Tax Increase

The Marine Corps Air Ground Combat Center at Twentynine Palms has begun matching tobacco prices with those of the surrounding community, in accordance with policy memorandum 16-001, Department of Defense Tobacco Policy. The policy requires that the prices of tobacco products in exchanges and commissaries match the most common off-base shelf price. Following the passage of Proposition 56 in California, tobacco taxes increased by triple the amount in the state, which means that tobacco products at Twentynine Palms will now be similar to the final price paid at civilian retailers.

Read the article from Marine Corps Air Ground Combat Center Twentynine Palms

Smoking Causes One in 10 Deaths Worldwide, Study Shows

A new study, sponsored by the Bill & Melinda Gates Foundation, found that 1 in 10 deaths worldwide are caused by smoking. Half of these deaths are from just four countries – China, India, Russia, and the U.S. Despite decades of anti-tobacco policies and evidence about the harmful effects of tobacco, 1 in 4 men and 1 in 20 women in the world are daily smokers. Researchers warn that mortality could continue to rise due to tobacco companies aggressively targeting developing countries. The study also found some countries with successful cessation efforts; mostly through a combination of higher taxes, education programs, and warnings on packages.

Read the article from BBC
Access the full text from The Lancet
Kids’ Hands May Be a Source of Significant Nicotine Exposure

Researchers from Cincinnati Children’s Hospital Medical Center and San Diego State University recently conducted a pilot study of 25 children and found that children’s hands can carry high levels of nicotine, even when their parents are not smoking around them. This study indicates that third-hand smoke, nicotine and chemical residue left behind from cigarette smoke (which can cling to clothes, rugs, and walls), may play a role in the overall exposure of young children to nicotine and tobacco. The presence of significant nicotine levels on the hands of children is associated with high levels of the harmful tobacco metabolite cotinine in their saliva. When exposed to these contaminants, infants and children are at an increased risk of respiratory and ear infections, more frequent and severe asthma attacks, as well as other health problems.

Read the article from Science Daily
Access the article from BMJ (subscription required for full text)

Telephone-based Intervention after Lung Cancer Screening Quadruples Smoking Cessation Rates

New research shows that telephone-based smoking cessation counseling provided to smokers after undergoing lung cancer screening can increase smoking cessation rates. Researchers from the Georgetown Lombardi Comprehensive Cancer Center conducted a randomized trial of 92 current smokers who underwent lung cancer screening. Of the smokers, half received six brief telephone counseling sessions following the screening while the other half received standard care (a list of free and low-cost cessation resources). After 3 months, patients who said they had quit tobacco were administered a nicotine saliva test. The results found that 8 participants from the group that received telephone-based intervention had quit, whereas only 2 from the standard care group had quit. Following the success of this initial study, the NIH has funded the investigators to conduct a larger, nationwide study.

Read the article from Healio
Access the article from Science Direct (subscription may be required for full text)

Parental Smoking Linked to Genetic Changes in Kids with Cancer

Parental smoking during pregnancy and after birth may be linked to specific genetic changes in tumor cells of children with acute lymphoblastic leukemia, the most common type of childhood cancer. Researchers have found evidence that tobacco exposure during pregnancy and after birth can cause genetic errors known as deletions in the child’s immune cells. Deletions can cause unchecked growth of lymphocytes. This recent study focused on eight genes that are often deleted in patients with acute lymphoblastic leukemia. The results showed that for each five cigarettes smoked by the mother during pregnancy, there was a 22% increase in the number of deletions present, and for each five cigarettes smoked during breastfeeding, there was a 74% increase. Additionally, if the mother or father smoked five cigarettes daily prior to conception, there was a 7-8% increase in the number of deletions.

Read the article from Reuters
Access the article from Cancer Research (subscription required for full text)
Study Shows Brains React Similarly to Smokers When Viewing E-Cigarette Ads

With the growing popularity of electronic cigarettes, there has been an increase in vaping stores and advertisements throughout the country. Adolescent study participants viewed 40 e-cigarette advertisements and 40 neutral advertising images while receiving a noninvasive, functional MRI. All study participants, regardless of whether they smoked traditional cigarettes or did not smoke at all, showed significant increases in brain activity in areas associated with cognitive control, reward, visual processing, and memory. Additionally, adolescents who smoked had higher brain activity in the visual processing area of the brain when viewing e-cigarette ads than when viewing neutral images.

Read the article from University of Kansas
Access the article from The Addiction Biology Journal (subscription required for full text)

1 in 4 Youths Exposed to Secondhand Smoke from E-Cigarettes, Study Shows

In addition to the growing number of young people using e-cigarettes, a new study has found that 1 in 4, or about 6.5 million middle and high school students report that they have been exposed to second hand smoke from e-cigarettes. Of the 6.5 million students that have been exposed, almost 68% were not e-cigarette users themselves and more than 1 million were exposed to secondhand smoke from e-cigarettes alone. E-cigarette aerosol contains toxic substances, such as nicotine and heavy metals, which can be especially dangerous to adolescent brain development. Other recent studies have found that many young people chose to use e-cigarettes because of their flavors, which can also be harmful to health. Diacetyl, a chemical found in butter popcorn flavor and linked to severe respiratory illness, is one of the chemicals found in flavored e-cigarette aerosol.

Read the article from The Washington Post
Access the article from JAMA

Quit Brief:
Quit Tobacco - UCanQuit2.org’s monthly e-newsletter for the newest Quit Tobacco product features, latest news in the tobacco industry and information on e-cigarettes.

Be in the POC Spotlight
Share your cessation activities! We would like to hear about how you are promoting tobacco cessation and using our materials on your installation. Email us at info@UCanQuit2.org.

Join Us on Social Media
Find us on Facebook, Instagram and Twitter to check out our daily posts. Your participation helps to create an online community to support and encourage those you are helping to quit tobacco.