



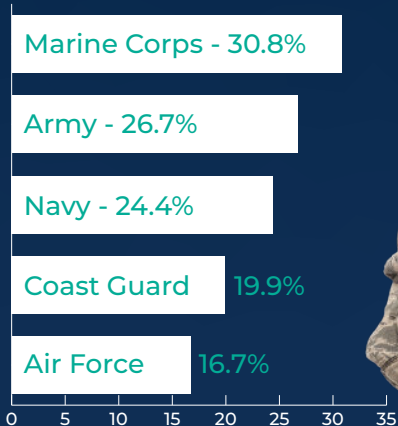
The Tobacco Stats: Veteran & Active Duty Edition

Big Tobacco called troops a **“captive audience”** with a high potential for sales.

38% of current smokers in the military began smoking after joining.

Military personnel who smoke are **less productive and do not perform as well on physical fitness tests** relative to non-smoking personnel.

Smokers by branches of military



Resources to Help You Quit



Tobacco Free Adagio Health

tobaccofree.adagiohealth.org



Call **1-800-QUITNOW** or Text **QUITNOW** to **333888**

Text **VET** to **47848**

This program is only for Veterans enrolled in VA health care who are ready to quit tobacco.

FREE APPS

QuitNow! – QuitNow! makes quitting easier by helping you focus your energy into four sections 70 ex-smoker achievements to keep you motivated, a strong ex-smoker community, and your newfound health improvements.

Smoke Free – This app takes a science-backed approach with more than 20 evidence-based techniques to help you quit smoking for good.

EasyQuit – With this app, you can watch all aspects of your health improve, from your blood circulation and oxygen levels to your senses of taste and smell.

Quit Genius – This app uses behavioral modification tools based on the ideas behind Cognitive Behavioral Therapy (CBT) to help you gain control over your own actions as you try to quit.