



**U.S. AIR FORCE**

**AIRMAN'S GUIDE TO  
REMAINING TOBACCO FREE**



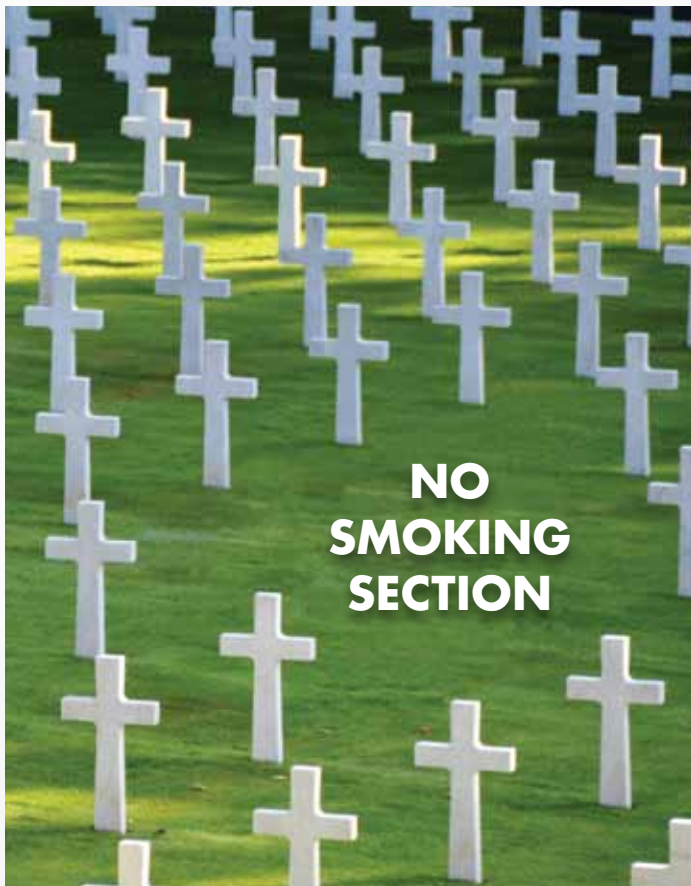
**Addiction to tobacco is the 21st Century's form of captivity. Don't be held captive by tobacco!¹**

# **YOU'VE GRADUATED FROM BMT- CONGRATULATIONS!**

Graduating from BMT is an awesome accomplishment. You should feel proud! You have achieved a major goal! Looking back on it, did you notice you were not allowed to use tobacco? There's a reason for that. Tobacco products reduce readiness and can display a negative image of the Air Force.

**Believe it or not, graduating from BMT  
is absolutely the best time in your life  
to stay tobacco free!**

During BMT, you were able to quit using tobacco products without: experiencing withdrawal symptoms, gaining weight, and paying a dime for quitting smoking. You are now free from an addiction and ready for success.



**No Smoking Section for Airmen<sup>2</sup>**

## **You have several things in common with your fellow Airmen:**

- All of you successfully graduated from BMT.
- All of you are the healthiest and the most fit of your entire lives.
- Most importantly, regardless of what you did before BMT, you are all non-tobacco users because you have all been tobacco free for 8 weeks.
- Civilians pay thousands of dollars to be where you are today - fit and tobacco free.
- If you used tobacco before BMT, there will never be a better time in your life to stay quit.
- If you didn't use tobacco before BMT, this guide will help you remain a non-user.



**In the Air Force, you might honorably lay down your life for your country. One-half of tobacco users die from their tobacco use. What are they risking their lives for?**



U.S. Servicemen killed in the line of duty since 9/11/2001: ..... 4,672  
 Terrorism-related deaths of U.S. citizens since 9/11/2001:..... 3,269  
 U.S. tobacco-related deaths since 9/11/2001:..... 4,000,000  
 Tobacco death toll ***EACH AND EVERY DAY:*** ..... 1,250



But beware! There are times in the Air Force when you are at high risk for starting tobacco use, **even if you have never used tobacco in the past.**

**This guide tells you when the high risk times are and how to cope during these high risk times.**

The Air Force wants you to stay tobacco free. Why else do they ban tobacco products in BMT and at the beginning of Tech School? The Air Force wants a healthy fit force...Now is the best time to stay quit.





## PERCENT OF MILITARY PERSONNEL WHO SMOKE BY GRADE

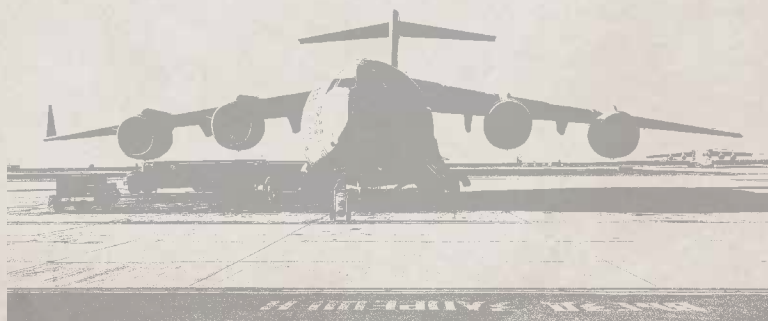




**A year's worth of cigarettes = one month's pay.**

You should want to stay tobacco free too. Going back to tobacco will cost you a month's pay every year. Tobacco use lowers readiness. You've probably heard about the physical fitness test that you have to take twice a year. Using tobacco increases the chances you will fail this test. And you know what happens if you fail your fitness test? That's right; it can lead to discharge.

Who do you think wants you to start using tobacco products? Tobacco companies. By using their products, you could spend as much as \$100,000 in a lifetime. All that money for a lifetime of increased risk for disease and early death.





**If you use tobacco products you are much more likely  
to fail your fitness test.**

**All Airmen have an unbelievable opportunity to either remain tobacco free or to recommit to not using tobacco. You're in the best situation to remain tobacco free because you are tobacco free.** Civilians would pay enormous amounts of money to be in a situation where they were suddenly tobacco free for 10 weeks.





**Free cigarettes with C-rations in WWII?**





**Tar: Good for roofs, bad for lungs!**



Finally, let's look at some good and bad news about tobacco use.

**Bad News:** Nicotine, whether it be in cigarettes or smokeless tobacco, is addicting.

**Good News:** Nicotine withdrawal occurs in a matter of days. By the end of the first week of BMT, all nicotine left your body. You are no longer addicted to nicotine!

**Bad News:** Tobacco use is a habit.

**Good News:** You've changed! You are in the best shape of your life! Your entire lifestyle is new. Later, we'll discuss high-risk situations, like the first time you are allowed to use tobacco products.

**Bad News:** Airmen use tobacco to help "control" their moods. They use tobacco when they are stressed, when they are angry, even when they are happy.

**Good News:** You have lots of good moods and bad moods without associating it with tobacco. Tobacco can't improve a bad mood and it doesn't make a good mood any better.

**Bad News:** Quitting tobacco use can be hard in the civilian world.

**Good News:** All of you are tobacco free and if you are like most Airmen, it wasn't hard to quit in BMT! Most of you didn't even have withdrawal symptoms.

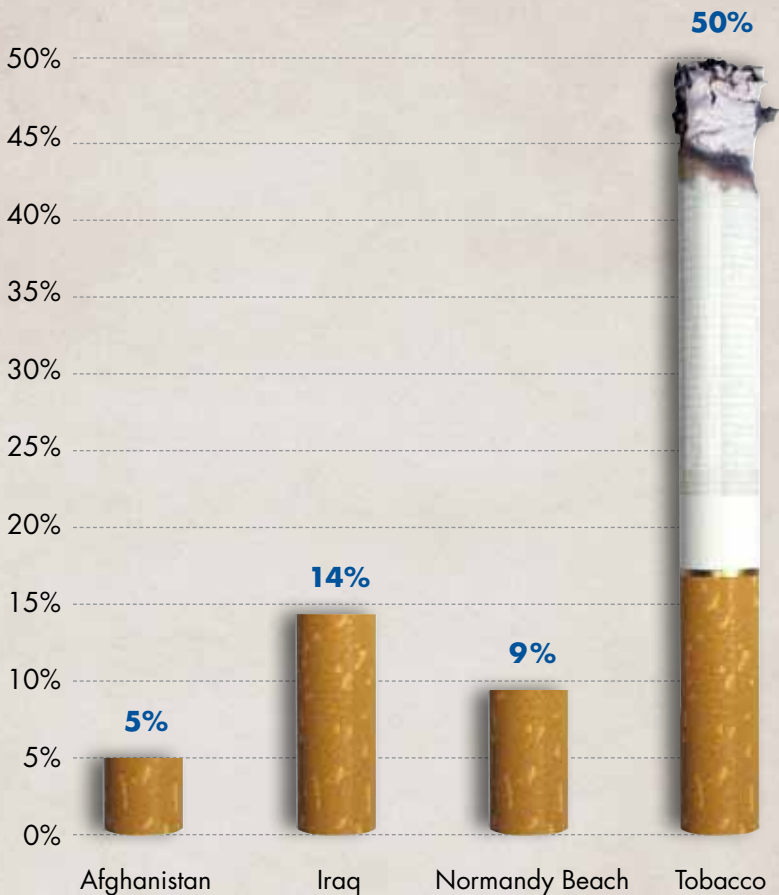
**Bad News:** Tobacco use reduces readiness, makes you more likely to fail your fitness test, and ruins your health.

**Good News:** By deciding to remain tobacco free, all the disadvantages of tobacco use go away!

**TOBACCO USE  
HAS KILLED  
MORE SERVICEMEN  
IN THE LAST  
TEN YEARS  
THAN ALL  
THE WARS  
WE'VE FOUGHT  
COMBINED.**



**"If this weapon doesn't get them, this will!"**



**Percent of servicemen KIA/WIA in Afghanistan: .....5%**

**Percent of servicemen KIA/WIA in Iraq:..... 14%**

**Percent of servicemen KIA/WIA in the Normandy Beach invasion: .....9%**

**Percent of long-term smokers in the U.S.  
killed due to smoking-related diseases:.....50%**



**Iraq? Afghanistan? Nope - Tobacco.**



**Smokers make bad swimmers<sup>3</sup>. Smoking will ruin your eggs, too.**



Warning: We do know there are four times when you are at risk for resuming or starting tobacco use. These times are:

1. First time you are allowed to smoke;
2. First time on leave/when you go home;
3. Your first duty station;
4. When you deploy.

In the second half of this guide are four small sections that address each of these high risk times – and how you can prepare for these times. Read each of these sections right before you experience these high risk situations.





# WEAPONS OF MASS DESTRUCTION





## Chemical Weapons<sup>4</sup>

## FIRST TIME SMOKING IS ALLOWED

**"It seemed like a good idea at the time."**

Sometimes we do things that may be pleasurable or desirable but we soon learn the longer term consequences hurt us in significant ways. Examples:

- Airman Kelly was mad at her MTL and blatantly disrespected him. It made her feel better in the short run, but...
- Airman McDonald's MTL refused a request for extra privileges to spend time with her family, so she was deliberately late for accountability. It seemed like a good idea at the time, but...
- Airman Smith wanted a drink to help relax after a long training day, so he snuck a small bottle of brandy into the dormitory. It made him feel better at the time, but...

For those of you who used tobacco prior to BMT...even those of you who didn't, the first time off base is a high risk time for tobacco use. And while it might seem like a good idea at the time....

Tobacco use is just like the previous examples. It might feel like fun and exciting in the short run. But in the long run it reduces readiness, it costs you a month's salary every year, it increases the chances you will fail your fitness test, and ultimately, it will probably kill you.

What are the two highest risk places?

1. Bars. For those of you that frequent bars, using alcohol is a very high risk situation.
2. Food. After eating at your favorite fast food restaurant. Ah, there's nothing like a Big Mac or a Whopper! But don't ruin it by lighting up or taking a dip.

Once tobacco use is permitted, chances are some of you will have some urges to use tobacco. Why? Because various situations "trigger" urges, particularly with alcohol, eating food you haven't had in a long time, having a great cup of coffee, etc..

Do you really want to spend a month's salary every year on tobacco? Do you want to increase the chances of failing your fitness test? Do you want to reduce your readiness?

Of course you don't. That's why you need to **plan ahead of time** to deal with these urges - **just like a battle plan**.

"Wait a minute", said Airman Jones, "I don't plan on using tobacco. I don't need a plan."

Look around your dormitory. You'll see fire extinguishers in strategic places. Now, no one really expects there to be a fire but we are prepared just in case. There's a plan for dousing the fire, just in case.

So be prepared. Just in case.

If you can follow these three rules, you can resist the temptation to use tobacco. Urges to smoke do NOT last long, so the goal of these three rules is to buy you time.

1. **Never use tobacco by smoking/dipping a borrowed or "bummed" cigarette/dip.** Using tobacco is sudden, unplanned, and spur of the moment. So it is not surprising that most relapses are from a borrowed tobacco product. This is probably the most important rule of all: if you are going to use tobacco, you have to buy it yourself. Why? It buys you time to overcome the urge.
2. **Never buy tobacco in the same place where you are having the urge to use it.** Many bars and convenience stores sell tobacco. You at least need to leave and go across the street to get tobacco. Why follow this rule? It buys you time to overcome the urge and gets you out of the place where you are having the urge.
3. If you have the sudden urge to use tobacco, chances are you want only one cigarette or one dip. **So if you get to the point of leaving the situation and buying a pack/tin of tobacco, have one and then throw the pack/tin away.**

Wait a minute! Throw it away! Isn't that stupid? It sure is. But using tobacco is even more stupid. By throwing it away, you avoid the temptation of having an almost full pack/tin of tobacco right in front of you. You do NOT need that temptation.

Use the rules. They work.

**One more thing that will help if you get to the point where the cravings are too severe:** Go to the drug store and instead of buying tobacco, buy either nicotine gum or the lozenge. Use them in situations where you used to smoke or use smokeless tobacco. Ex-smokers tend to like the gum a little better and smokeless users tend to like the lozenge so they can "park it" between their cheek and gum like they use to do with smokeless.







This is what a cigarette's "nutrition" label would look like.  
All these ingredients in one convenient place!



## **YOUR FIRST LEAVE: GOING HOME**

You're going home! You're excited. You've worked hard. You deserve some rest and relaxation. You're going to see family and friends. Maybe a girlfriend or boyfriend. Maybe a husband or a wife. Maybe even kids. You are really looking forward to this!

While you definitely want to kick back and relax, going home on leave is another high risk time for tobacco use.

Remember, you've changed! You are not the same person you were before you entered the Air Force. You are now a role model. You now lead by example.

Your friends and family may remember you as the person before you entered the Air Force. Some of us have friends who are going to want the "old you" and expect you to do the things you enjoyed together when you were last home. If that includes using tobacco, then you will have a decision to make.

Old you vs. New you.

Remind yourself why you joined the Air Force. What were you hoping for? Now is the time to be a leader and to set the example, not to fall back into old habits.

Ask yourself this – is having this tobacco product worth all the time, effort, sweat, and tears you went through to become what you are today? Is it worth failing my fitness test? Is it worth spending a month's pay every year on a product that when used properly, is lethal?

First, remember the three rules of relapse from this guide on going on leave for the first time. They will also work here.

1. **Never use tobacco by smoking/dipping a borrowed or "bummed" cigarette/dip.**
2. **Never buy tobacco in the same place where you are having the urge to use it.**
3. **If you get to the point of leaving the situation and buying a pack/tin of tobacco, have one and then throw the pack/tin away.**



In addition to the previous rules, there are six additional tips that can help when you go on leave. We call them the **6As**.

- **Avoid** high risk situations. If you used tobacco before joining the Air Force, you know a lot of these situations. Bars, social gatherings, events associated with alcohol. If you can avoid them, great. Hang out with your non tobacco using buddies. If you can't or simply don't want to avoid them:
- **Alter** those situations you choose not to avoid. Tell people you've quit using tobacco products. Choose to drink non-alcoholic beverages for a while.
- Get **Active**. Go for a jog. Head to the gym. Go to places like restaurants and movie theaters that don't allow tobacco products.
- Use **Alternatives**. Use chewing gum, low calorie candies, toothpicks, etc., to give you something else to do.
- Limit **Access** to tobacco products. Ask your friends to keep their tobacco products out of sight when they are not using them. Never, never buy tobacco products, even if buying them for someone else. There's no such thing as an emergency pack of cigarettes/tin of smokeless!
- **Ask** yourself: Does using tobacco improve this situation? Really improve the situation? You are stressed; while you think tobacco might help in the short run, think of the added stress of possibly failing the fitness test? Or that month's pay every year you will blow. You have an argument with a friend. How does having a tobacco product really help that situation?  
Answer: It doesn't.

See the following page for a few examples:

- Airman Dominguez never used tobacco before joining the Air Force. But a lot of his buddies dip and others smoke cigarettes. He was worried about fitting in when he got home and was tempted to use tobacco. He chose to wait a couple days before getting together with his tobacco using buddies. Airman Dominguez used **Avoid**.
- Airman Carmichael is 21 years old, used to smoke before BMT and is going out with smoking friends to a bar. She requested that they go to a nonsmoking bar because she has quit smoking. Airman Carmichael used **Alter**.
- Airman Connolly used smokeless tobacco before BMT and suddenly got a craving when he was on leave. He decided to go to the gym where he still had guest passes and worked out. Airman Connolly used **Active**.
- Airman Jones used both cigarettes and occasionally smokeless tobacco before BMT. Since coming home on leave, he's had one tobacco craving after another and was really worried he was going to relapse. He went to the drug store and bought a box of nicotine lozenges, took the lozenge, and parked it between his cheek and gum, just like when he used smokeless. Airman Jones used **Alternatives**.
- Airman Kelly has a boyfriend who smokes. While he still smokes in front of her, she asked him to keep his cigarettes some place where she doesn't know where they are. Airman Kelly used **Access**.
- Airman Rustad was on her way to a pot luck dinner and was running late. About halfway there, she got a flat tire. Fortunately, there was a gas station but while they were fixing the tire, she was really upset about being late. And the cigarettes were right there. So convenient and tempting. Then she said to herself: "How will smoking get me there any faster? How could it possibly improve this situation?" Airman Rustad used **Ask** yourself.

Finally, before going on leave, consider filling out your own action plan with the **6As**:

1. Situations and people I will **Avoid**, at least for awhile: \_\_\_\_\_

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2. Situations I will **Alter**: \_\_\_\_\_

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3. How I will get **Active**: \_\_\_\_\_

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4. I will use these **Alternatives**: \_\_\_\_\_

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5. How I will limit **Access** to tobacco: \_\_\_\_\_

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6. The thing I will **Ask** myself: \_\_\_\_\_

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**Is this the image you want to portray?**

## AIRMEN'S CHALLENGE TO REMAIN TOBACCO FREE

# YOUR FIRST DUTY STATION

Even though you are looking forward to it, your first duty station is initially a very stressful experience. You are at the airport, you've called your sponsor and you have just set foot at your new base. And you know...no one. Yet.

Airmen often describe those first couple days at their first duty station as "confused", "lost", and even "intimidating". One Airman said: "Tech School taught me how to do one thing; here I had to learn lots of things."

Another Airman said: "It's like Tech School all over again. Learning a bunch of names; learning a ton of procedures."

Many Airmen will start using more caffeine to deal with the long hours. Caffeine in reasonable doses is safe and actually increases your concentration and reduces your fatigue. But nicotine does not! See the table on caffeine versus nicotine in the deployment section.

If you've survived this long without using tobacco, now is NOT the time to start. If you have used tobacco, since all Air Force buildings are smoke free, it is a great time to quit.

At your first duty station, it is all about making first impressions with your supervisors. Hardly any officers smoke. Even fewer use smokeless tobacco.



Tobacco use is prohibited in DoD buildings. This includes smokeless tobacco, snus, and even e-cigarettes. Why do you think that is? Answer: The Air Force knows that tobacco impairs your health, readiness, and the ability to do your job.

Normally, designated smoking areas, or “smoke pits” are in the back of buildings. Why do you think that is? Answer: Tobacco use reflects a bad image of the Air Force and they want to hide tobacco users.

Often, Airmen who do not use tobacco products will hang out at the smoke pit with co-workers. Some of these same Airmen will begin using tobacco products as a way of “fitting in” with the group. Remember the examples where Airmen did stupid things that seemed like a good idea at the time, but in the long term had devastating consequences? Choosing to use tobacco in this situation is a good example of “short term gain, long term pain”.



Using tobacco just “to fit in” is a bad idea and besides, it doesn’t work! Even tobacco users prefer non-tobacco friends and girlfriends/boyfriends!

- Airman Collins just got to his first duty station and doesn’t know a soul. He doesn’t use tobacco and wants to meet friends. Instead of going to the smoke pit, he went to the coffee shop on base and chatted with people there. Airman Collins used **Avoid**.
- Airman Jensen went with his buddy (who smokes) to the smoke pit. Someone offered him a cigarette and he said no thanks because he has his fitness test soon. Airman Jensen used **Alter**.
- Airman Martinez used smokeless tobacco in the past. Because of the stress at his first duty station, he has been tempted to start tobacco. Instead of going to the BX to buy smokeless tobacco, he went to the HAWC. Airman Martinez used **Active**.
- Airman Chen is staying up late at night studying her CDC’s. She drank a Red Bull to keep her concentration up instead of using tobacco. Airman Chen used **Alternatives**.
- Not being able to smoke during the duty day has helped Airman Blair fight his tobacco cravings. But he gets urges to smoke in his dormitory at night. He vows not to go to the BX or the smoke pit off duty. Airman Blair used **Access**.
- Airman Christiansen had a horrible day. She was corrected by her supervisors for something that wasn’t even her fault. She was so mad! After hours, she was still upset and thought seriously about having a cigarette. But then she said to herself: “How will that fix things?” Airman Christiansen used **Ask** Myself.

Finally, consider writing down some of the strategies that you will use to prevent you from using tobacco in your first duty station:

1. Situations and people I will **Avoid**, at least for awhile: \_\_\_\_\_

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2. Situations I will **Alter**: \_\_\_\_\_

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3. How I will get **Active**: \_\_\_\_\_

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4. I will use these **Alternatives**: \_\_\_\_\_

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5. How I will limit **Access** to tobacco: \_\_\_\_\_

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6. The thing I will **Ask** myself: \_\_\_\_\_

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**Does everyone really love a person in uniform?**



**Is this something you are looking for in a man or woman?**

## AIRMEN'S CHALLENGE TO REMAIN TOBACCO FREE

# DEPLOYMENT

You are deploying. It's a stressful time; it is also an exciting time.

As you know, deployment is about sleep deprivation, boredom, and wanting to be amped up when necessary.

We know that deployment is a time when Airmen will begin to use tobacco. However, many Airmen use deployment as an opportunity to make positive life changes. Many lose weight, work out more, and quit using tobacco.

What can you do when you deploy to be an effective warrior? It's all about survival and being ready. Optimizing your chances.

However, being ready can be hampered by sleep deprivation and long work hours. In a deployed environment, it's loud and sleeping quarters are shared. Days are long with 12 hour shifts. Often Airmen have difficulty sleeping.

As a result, use of stimulants is common. Caffeine is used to keep airmen going and many Airmen think that nicotine is also an effective stimulant. But let's look at the real evidence for this.



Something else to think about when you deploy.<sup>5</sup>





## BEING A WARRIOR

Warrior Qualities	Caffeine	Tobacco
Fitness	Helps	Hurts
Concentration	Helps	Helps in some situations, hurts in others
Reducing fatigue	Helps	Helps in some situations, hurts in others
Reducing stress	No effect	Helps in some situations hurts in others
Alertness (amping up)	Helps	Hurts by slowing brain activity
Night vision and being able to see the enemy	No known effect	Hurts
Standing out as a target	No effect	Hurts
General vision	No known effect	Hurts
Resistance to injury	No known effect	Hurts
Wound healing	No known effects	Hurts
Endurance	Helps	Hurts
Long-term use	Not dangerous in reasonable doses	Lethal

As you can see, caffeine helps with being a warrior while nicotine hurts. So when you need to amp up, you are much better off using caffeine...and only caffeine.

Nicotine is as addicting as heroin and cocaine. You can easily reduce your caffeine content after you deploy; airmen find it extremely hard to reduce or eliminate the use of nicotine-containing tobacco products.



**What are you saying to this child?**

## AIRMEN'S CHALLENGE TO REMAIN TOBACCO FREE

# BACK FROM DEPLOYMENT: COMING HOME

Everyone comes back from a deployment changed. What changes did you make? It is a mix. Some airmen return with new bad health habits while others make very positive health changes. What about you? What now?

What if you are now using tobacco? See the resource list below for places you can go to get help:

1. **Local Base Health and Wellness Center** - most have a smoking cessation class available; otherwise, will refer to state quit line and/or hopefully our quit line.
2. **Wilford Hall Medical Center (WHMC) Tobacco Quit Line** - A free quit line that is tailored to the needs of Airmen. It also provides free nicotine replacement therapy. (1-877-726-6211).
3. **TRICARE Smoking Quit Line** - Reactive quit line; offers smoking cessation "coaching"; 24/7 support; No free nicotine replacement therapy; refers smokeless tobacco users to [ucanquit2.org](http://ucanquit2.org); Tricare South - 877-414-9949, TRICARE North - 866-459-8766, and TRICARE West - 866-244-6870.
4. **UCanQuit2.org** - Sponsored by DoD; free interactive web-based tobacco cessation "training"; live chat available 24/7; No free nicotine replacement therapy; provides assistance for all tobacco users.
5. **1-800-QUIT-NOW** - call routed to appropriate state quit line; proactive quit line offers 5 calls and free nicotine replacement therapy (patches or gum) via mail; run by Free and Clear; Hours are 0700-0200 daily; provides assistance for all tobacco users.

**NCI:** <http://www.cancer.gov/cancertopics/factsheet/tobacco/smokeless>

**NIDCR:** <http://www.nidcr.nih.gov/oralhealth/topics/smokelesstobacco/>

**CDC:** [http://www.cdc.gov/tobacco/basic\\_information/smokeless/](http://www.cdc.gov/tobacco/basic_information/smokeless/)

**NIDA:** <http://www.drugabuse.gov/tib/smokeless.html>

**NSTEP:** <http://oralhealthamerica.org/programs/nstep®>

# ACKNOWLEDGEMENTS

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## **Photo Footnotes:**

1. Thanks to the California Department of Public Health, California Tobacco Control Program for permission to use "Captive" image.
2. Thanks to TBWA\Worldwide for the idea of this picture.
3. Thanks to ASH (UK - [www.ash.org.uk](http://www.ash.org.uk)) for permission to use "Smokers Make Poor Swimmers" image.
4. Inspired by "Chemical Weapons" Weapons of Mass Destruction Poster.
5. "Quick. Slow." reproduced with kind permission from NHS Scotland.



# ACKNOWLEDGEMENTS *Cont...*

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### pg 6

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