



# NO DIPS. NO BUTTS. MORE GLORY.



## Tobacco Free Living

Tobacco fights dirty. It's a dangerous addiction that's expensive, deadly, and has a serious impact upon readiness. Marines who smoke get sick more often, which translates into more lost workdays and hospitalizations and affects your unit's ability to respond to any crisis.<sup>1</sup> Equally as bad are the effects of secondhand smoke on your fellow Marines. To help you win the battle to quit tobacco and stay tobacco free, the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department and your local Semper Fit Health Promotion and Fitness Programs offer you effective resources to end tobacco use and learn about the harmful effects of secondhand smoke and other types of tobacco products.

For more information on your local resources, contact:

To learn how our resources and tools can help keep you fit for service and improve your overall health, visit us at [HTTP://WWW.MED.NAVY.MIL/SITES/NMCPHC/MARINES/PAGES/DEFAULT.ASPX](http://www.med.navy.mil/sites/nmcpHC/marines/pages/default.aspx) and [HTTP://USMC-MCCS.ORG/SERVICES/FITNESS/HEALTH-PROMOTION/](http://usmc-mccs.org/services/fitness/health-promotion/).

**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE



<sup>1</sup> 2014 Surgeon General's Report: The Health Consequences of Smoking—50 Years of Progress. U.S. Department of Health and Human Services. [http://www.cdc.gov/tobacco/data\\_statistics/sg/50th-anniversary/index.htm](http://www.cdc.gov/tobacco/data_statistics/sg/50th-anniversary/index.htm). 2014. Accessed April 2015.