

QUIT TOBACCO

TRICARE.mil/UCanQuit2

QUIT BRIEF



JULY 2017

CAMPAIGN FEATURE



This summer, commit to your health and increase your physical potential. Get information, tools and support to quit and stay quit at **TRICARE.mil/UCanQuit2**.



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What are you waiting for? It's summer 2017! Time to get mentally, financially and physically fit by dropping the dip and trashing the cigarettes. Whether your summer plans consist of achieving the perfect "summer body", taking a vacation, or just spending time with friends and family, CHALLENGE YOURSELF! Don't let tobacco use get in the way of achieving your summer goals!

Please view and download our campaign materials by clicking [here](#).

MILITARY + TOBACCO

Soldiers who smoke may be more likely to get hurt during training

A new review of past research has found a link between musculoskeletal injuries and smoking. Dr. Sheryl Bedno of the Womack Army Medical Center in Ft. Bragg lead a review of 18 studies on military training injuries, such as stress fractures, knee pain, or lower extremity injuries, and tobacco use. While muscle and bone injuries are very common for members of the military, with 1/3 of military men and 2/3 of military women seeking medical care for these injuries, the study team found that military men who smoked were 31% more likely to sustain injuries, and military women 23% more likely. Furthermore, nine studies had data on the amount soldiers smoked, which lead to the determination that increased smoking rates lead to greater injury risk with light smokers having a 26% higher injury risk and heavy smokers having a 84% higher injury risk.

Read the article from [Reuters](#)

Access the full text from [Medicine and Science in Sports and Exercise](#)

ENDS TRENDS

Adolescents' E-Cigarette Use Drops for First Time

A recent report, released by the CDC, shows that the rate of high schoolers and middle schoolers using e-cigarettes, along with hookahs and combustible tobacco products, dropped from 2015 to 2016. This is the first time since e-cigarette use among adolescents began being tracked in 2011 that the usage rate has dropped. While the decline in use of tobacco products amongst high school and middle school students is a positive, there are still 3.9 million U.S. youth who are using tobacco products. Additionally, while there was a downward trend from 2015 to 2016, there wasn't an overall decrease in tobacco use from 2011 to 2016 due to more kids and teenagers using e-cigarettes and hookah over the past 5 years. The CDC attributes the decreased rate in part to the Food and Drug Administration's "The Real Cost" campaign, as well as policies restricting youth access to tobacco in stores and smoke-free policies.

Read the article from [CNN](#)

Access the [CDC Report](#)

Raise the Smoking Age to 21? Most Kids Fine with That

Almost two-thirds of U.S. teens support the Tobacco 21 initiative, which is a program through the Preventing Tobacco Addiction Foundation working to raise the minimum age for purchasing tobacco to 21 years old. A recent study of over 17,000 adolescents from 185 U.S. schools found that younger teens and girls were more likely to support the initiative, while current tobacco users were less enthusiastic about raising the minimum age. While 71% of teens who didn't use tobacco products supported Tobacco 21 efforts, only 17% of teenage cigarette smokers and 31% of current e-cigarette users felt similarly.

Read the article from [Medical Xpress](#)

Access the full article from [Pediatrics](#)

CESSATION RESEARCH

Tobacco Growing Is Harming the Environment, WHO Study Says

The World Health Organization released a new report, in conjunction with World No Tobacco Day 2017, which linked tobacco cultivation with environmental harm. Researchers found that tobacco waste, which contains more than 7,000 toxic chemicals that poison the environment, accounts for 30 – 40% of all items collected in coastal and urban clean-ups. Additionally, the cultivation of tobacco has severe environmental impacts, from deforestation, to the use of fossil fuels, to the dumping or leaking of waste products. WHO also found that 10 billion of the 15 billion cigarettes that are sold daily are disposed of in the environment, making tobacco waste the largest type of litter by count globally.

Read the article from [The Weather Channel](#)
Access the full [World Health Organization Study](#)

In Utero Tobacco Exposure can lead to Executive Function Issues in Adolescents

While it has long been known that smoking during pregnancy can lead to premature birth, low birth weight, and subsequent behavioral issues, a recent study indicates that negative effects can last well into the child's future. This study linked exposure to as few as 10 cigarettes in utero with negative impacts on the executive function, or higher level of cognitive organization and management processes, of adolescents. Researchers examined the Behavior Rating Inventory of Executive Functioning – Teacher Forms, filled out by teachers in an urban community, and determined that only tobacco exposure was associated with less optimal executive functioning in the classroom. With as many as eight percent of women having smoked at some point during pregnancy, these results indicate the importance of educating women of childbearing age and pregnant women about the dangers of tobacco.

Read the article from [EurekAlert](#)
Access the full article from [Drug and Alcohol Dependence](#)

ELECTRONIC NICOTINE DELIVERY SYSTEMS

E-Cigarettes Potentially as Harmful as Tobacco Cigarettes, Study Shows

Researchers from the University of Connecticut have discovered new evidence that electronic cigarettes are potentially as harmful as unfiltered cigarettes. Using an artificial inhalation technique, the researchers extracted chemical samples at 20, 60 and 100 puffs from e-cigarettes and tobacco cigarettes. The samples were then tested in an electro-optical screening device that allowed researchers to quickly detect DNA damage, or genotoxicity. The researchers found that vapor from e-cigarettes with a nicotine based liquid was equivalent to, if not slightly worse than, the vapor from unfiltered cigarettes when it comes to causing DNA damage. They also found that vapor from non-nicotine e-cigarettes caused as much genotoxicity as filtered cigarettes.

Read the article from [Science Daily](#)

Access the full article from [ACS Sensors](#) (subscription required for full text)

Occasional Smokers who Vape Smoke More Cigarettes

A new study out of the University of California, San Diego School of Medicine, found that young adults who occasionally smoked traditional cigarettes smoked more cigarettes if they also used e-cigarettes. Researchers studied 319 participants, ages 18 – 24, who had smoked at least one cigarette in the past 6 months. Over the course of the 15 month study, participants reported their frequency of cigarette and e-cigarette use every 3 months. At the conclusion of the study, participants who used e-cigarettes reported smoking 18% more cigarettes than participants who did not vape. The findings of this study are consistent with previous studies that show a link between the use of e-cigarettes and traditional cigarettes.

Read the article from [Reuters](#)

Access the full article from [Preventive Medicine](#) (subscription required for full text)

One Third of U.S. Adults Don't Know E-Cigarette Vapor May Harm Kids

Despite the conclusion of the U.S. Surgeon General that e-cigarette vapor may be harmful to kids; a study from the CDC found that 5.5% of adults thought exposure to secondhand e-cigarette vapor caused “no harm” to children, while 40% of adults that it caused “little to some harm” to children. Current e-cigarettes users were almost 18 times more likely than people who had never tried e-cigarettes to think secondhand vapor was harmless, and former e-cigarette users were 7 times more likely to share this opinion. Additionally, men were more than twice as likely as women to think secondhand vapor was harmless. Senior study author Brian King emphasized that while “e-cigarette aerosol generally contains less harmful ingredients than secondhand smoke, it is not harmless; safer is not the same thing as safe.”

Read the article from [Reuters](#)

Access the full article from [The Centers for Disease Control](#)

Vaping Teens More Likely to Take Up Regular Cigarettes

Researchers from the Dartmouth Institute for Health Policy and Clinical Practice released a research review that suggests adolescents and young adults who try e-cigarettes are more than three times more likely to start smoking traditional cigarettes than their peers who don't vape. The team analyzed data from nine smaller studies, with a total of over 17,000 participants between the ages of 14 – 30, and found that e-cigarette use was as strong a risk factor for smoking traditional cigarettes as having a parent or sibling who smoked or having a risk-taking personality. Data also showed that almost 30% of e-cigarette users started smoking traditional cigarettes, compared to only 8% of study participants who hadn't tried vaping.

Read the article from [Reuters](#)

Access the full article from [JAMA Pediatrics](#)

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.



For more information, please contact info@UCanQuit2.org.