

# Tobacco Use and Mission Readiness

Meeting the standard isn't the same as being mission ready.



## Exceed the Standard

### Performance

- Reduced alertness
- Slower reaction time
- Withdrawal affects focus

### Endurance

- Reduced oxygen delivery
- Faster fatigue
- Decreased stamina

### Risk

- Increased injury risk
- Slower recovery
- Reduced resilience

### Operational Capability

- Reduced night vision
- Impaired low-light performance
- Decreased situational awareness

### Short-Term Boost. Sustained Cost.

Nicotine, energy drinks, and pre-workout may improve performance briefly.

- Effects are short-lived
- Repeated use can lead to dependence
- Performance may drop when not available

### Recovery Matters

Stimulant use can disrupt sleep and recovery

- Nicotine and caffeine can delay sleep
- Poor recovery reduces next-day performance
- Repeated cycles may impact endurance and focus



### Operational Impact

- Limited access during missions
- Withdrawal reduces focus and reaction time
- Reduced consistency under stress

### Why Tobacco Use Continues

- Stress and operational demands
- Routine, environment, and boredom
- Social and cultural influences

### Special Consideration

Smoking with hormonal birth control increases risk of blood clots, stroke, and heart attack

- Risk is higher with estrogen-containing methods
- Talk with your provider about options



## When You're Ready Take the first step

Talk with your provider about a quit plan that works for you.

Support is available—you don't have to do it alone.



VA Quit Line 1-855-QUIT-VET (784-8838)  
TRICARE Tobacco and Vaping Cessation Line 1-833-818-2414  
Text "break free" to 888-465-5435

