Background

As of Oct. 8, the Centers for Disease Control and Prevention (CDC) reported 1,299 lung injury cases associated with using e-cigarettes from 49 states and one U.S. territory. The CDC confirmed 26 deaths followed these lung injuries across 21 states. This follows recommendations by the CDC and the Food and Drug Administration (FDA) for the public to refrain from using e-cigarette, or vaping, products.

Although the most recent Department of Defense Health Related Behaviors Survey found that cigarette use declined among service members by nearly half between 2011 and 2015, the daily use of e-cigarettes increased three fold over the same period. According to the survey, 35.7% of service members reported having tried e-cigarettes, an increase of eight fold between 2011 and 2015, and 11.1% reported using e-cigarettes daily, a rate higher than the 3.7% of users across the general population during a similar period.

While many use e-cigarettes recreationally, some use e-cigarettes to stop using other tobacco products. E-cigarettes are not approved by the FDA as a quit smoking aid. So far, research shows limited evidence that e-cigarettes are effective for helping smokers quit. In fact, non-smokers using e-cigarettes are more likely to start smoking. There are proven, safe, and effective methods for quitting smoking.

When prescribed, TRICARE covers certain FDA-approved types of medications to help beneficiaries quit tobacco. The following are available at no cost through military pharmacies and TRICARE Pharmacy Home Delivery to beneficiaries:

- Nicotine replacement therapy: Nasal spray (Nicotrol NS), inhaler (Nicotrol), patches (Nicoderm CQ and Habitrol), gum (Nicorette, Nicorelief, and generics), and lozenges (Nicorette, Commit, and generics)
- Prescription drugs: Bupropion (Zyban and generics) and varenicline (Chantix)

TRICARE also covers certain tobacco-cessation counseling services.

The Military Health System (MHS) is dedicated to helping active duty service members, veterans, retirees, and their families succeed in their attempt to quit tobacco. The Department of Defense (DoD) tobacco education campaign YouCanQuit2 (www.ycq2.org) provides a wide range of tools to help beneficiaries become tobacco-free and understand the risks of using e-cigarettes. For more information on TRICARE-covered tobacco cessation resources, visit www.tricare.mil/tobaccocession.
ANTTI-VAPING
COMMUNICATIONS TOOLKIT

PURPOSE
This toolkit provides an overview of MHS products highlighting resources to quit tobacco products, articles about the risks of e-cigarette use, and links to other resources.

FOR MORE INFORMATION
For questions regarding MHS communications, to include this toolkit, please contact Ms. Joni Geels, at dha.ncr.comm.mbx.mhs-marketing-and-branding@mail.mil.
Below are articles discussing tobacco cessation activities and information on e-cigarettes produced by the MHS. Link to them in social media, include a link in digital communications, or print out to share.

**Health.mil articles**

“Health agencies investigating severe lung illnesses linked to e-cigarette use”  
(Sept. 12, 2019)

“Smoking in disguise: Electronic smoking devices labeled ‘healthy’ can be misleading”  
(Sept. 25, 2018)

**TRICARE.mil articles**

“Ready to Give Up the Smoking and Start Feeling Better?”  
(April 26, 2018)
Select an image to go to that specific social media posting.
Below are links to additional resources about e-cigarettes.

YouCanQuit2
www.ycq2.org

SmokeFree.gov
www.smokefree.gov

Health.mil Tobacco-Free Living
https://health.mil/military-health-topics/operation-live-well/focus-areas/tobaccofree-living

Centers for Disease Control and Prevention
https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm

Food and Drug Administration

Office of the U.S Surgeon General
https://e-cigarettes.surgeongeneral.gov