

FACTS

In the United States (U.S.), Service members and veterans are more likely than civilians to use tobacco products.

- Many Service members start using tobacco after they enter military service.
- Cigarette smoking is more common among Service members who have been deployed overseas.
- During 2010–2015, more than 1 in 5 (21.6%) veterans in the U.S. reported being current cigarette smokers.
- In 2019, 14.6% of veterans enrolled for care in the U.S. Department of Veterans Affairs (VA) Health Care System reported being current cigarette smokers.
- Cigarette smoking increases your risk for lung cancer, heart disease, chronic bronchitis, and many other diseases, and tobacco use is the leading cause of preventable disease, disability, and death in the U.S.

In addition to adversely affecting the health of active duty and veteran personnel, tobacco use also has a significant financial impact.

- In 2014, tobacco use cost the U.S. Department of Defense nearly \$1.8 billion in medical and non-medical costs.
- During 2010, the Veterans Health Administration (VHA) spent an estimated \$2.7 billion on smoking-related ambulatory care, prescription drugs, hospitalizations, and home health care.

GET HELP QUITTING TOBACCO

Start your quit journey by visiting a [Quit Guide](#).

Call a quitline or use a texting program for free help to quit tobacco:

- English: [1-800-QUIT-NOW \(1-800-784-8669\)](tel:1-800-QUIT-NOW)
- Spanish: [1-855-DEJELO-YA\(1-855-335-3569\)](tel:1-855-DEJELO-YA)
- Military veterans who receive their health care in the VA Health Care System: [1-855-QUIT-VET \(1-855-784-8838\)](tel:1-855-QUIT-VET)
- For help quitting smokeless tobacco: text "SPIT" to 333888.
- For help quitting e-cigarettes: visit truthinitiative.org/thisisquitting

RESOURCES

Local resources are available to all Service members and their families, and may include your state quitline. You can also visit the Defense Department's [YouCanQuit2](#) campaign for online support via the 24/7 Live Chat, resources, tips, and encouragement for quitting tobacco. Counseling and medications are also available as a TRICARE benefit. Additional information can be found on the [Tobacco-Free Living](#) webpage of the [Operation Live Well](#) website.

Veterans enrolled in the VA Health Care System have access to VA resources and services to help them quit, including tobacco cessation medications and counseling. Veterans can also find tools, resources, and support to help become tobacco-free at the [SmokefreeVET](#) and [VHA Tobacco & Health](#) websites.

MILITARY SERVICE MEMBERS & VETERANS IN THE TIPS® CAMPAIGN

For more information, and to learn the real stories of Service members and veterans who suffer from smoking-related diseases and disabilities, visit CDC.gov/TipsMilitary.



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