



Be Tobacco Free



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Be Tobacco Free! Don't use tobacco in any form. If you are using tobacco, the VA can help you quit. Avoid secondhand smoke. If you are pregnant, both you and your baby will benefit when you quit using tobacco.

- **Be Tobacco Free: A Healthy Living Message**
http://www.prevention.va.gov/Healthy_Living/Be_Tobacco_Free.asp

US DEPARTMENT OF VETERANS AFFAIRS RESOURCES

- **VA Tobacco and Health Web site**
Provides information on quitting, preventing, and treating smoking and tobacco use for Veterans, their families and health professionals.
<http://www.publichealth.va.gov/smoking/>
- **Other VA Smoking Cessation Resources**
Quit VET is a national, toll-free smoking cessation quitline for Veterans who receive their health care in VA. Call 1-855-QUIT-VET for free counseling, Monday – Friday, 8 am – 10pm ET. Counseling is also available in Spanish.
<http://www.publichealth.va.gov/smoking/quitline.asp>

SmokefreeVET, a text messaging program for Veterans to provide support and encouragement 24/7 during a quit attempt. For more information, go to www.smokefree.gov/VET

Stay Quit Coach, a free Smartphone app to help support you during a quit attempt, available at the Apple app store:
<https://mobilehealth.va.gov/app/stay-quit-coach>

- **Veterans Health Library**
<http://www.veteranshealthlibrary.org/>
The Veterans Health Library (VHL) offers Veterans, their families and caregivers 24/7 Internet access to comprehensive, Veteran-focused health information that's consistent with VA clinical practice. Its information, resources, and tools are engaging, "Veteran-friendly" and written in "plain language". No matter where Veterans receive care, VHL helps them understand and manage health problems, make informed health decisions, and actively partner with their health care teams. Check out the VHL for more information.

FEDERAL GOVERNMENT RESOURCES

You are now leaving the Department of Veterans Affairs Web site.

US DEPARTMENT OF HEALTH & HUMAN SERVICES (HHS)

National Cancer Institute, NIH

Smokefree.gov provides free, accurate, evidence-based information and professional assistance to help support the immediate and long term needs of people trying to quit smoking.

<http://www.smokefree.gov>
<http://women.smokefree.gov>



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US DEPARTMENT OF HEALTH AND HUMAN SERVICES

BeTobaccoFree.gov provides information on the health effects of tobacco and secondhand smoke, information about how to quit tobacco use, and information about why it's important not to start using tobacco.

<http://www.betobaccofree.gov>

Centers for Disease Control and Prevention

• **Smoking and Tobacco Use**

Learn about the health effects of smoking and secondhand smoke.

<http://www.cdc.gov/tobacco/>

• **Tobacco Use and Pregnancy**

Smoking during pregnancy is the single most preventable cause of illness and death among mothers and infants.

<http://www.cdc.gov/reproductivehealth/tobaccoUsePregnancy/index.htm>

Office of the Surgeon General: Tobacco Cessation

• **Treating Tobacco Use and Dependence: 2008 Update**

Includes new, effective clinical treatments for tobacco dependence and the latest information to help people quit smoking.

<http://www.surgeongeneral.gov/tobacco/>

• **A Report of the Surgeon General: How Tobacco Smoke Causes Disease**

Is a consumer version of the complete 2010 Surgeon General's report on how tobacco causes disease.

http://www.cdc.gov/tobacco/data_statistics/sgr/2010/consumer_booklet/pdfs/consumer.pdf

Office on Women's Health

• **Smoking and How to Quit**

<http://womenshealth.gov/smoking-how-to-quit/index.html>