



NEHC Launches Tobacco Cessation Program



The Navy Environmental Health Center (NEHC) launched "The Smoking Lamp is Out," a new Web-based health promotion tool to help tobacco users "kick the habit."

Although tobacco cessation is typically promoted heavily during the month of November for the "Great American Smokeout," tobacco use has increased significantly throughout the Navy and Marine Corps, necessitating an immediate and focused effort to help address the problem.

The "Smoking Lamp is Out" is a user-friendly, Web-based program offering a wide variety of proven strategies and techniques for tobacco users preparing to quit.

The program is a self-study and self-paced Web product and is geared to help the individual stop smoking. It may be used by the active-duty or Reserve Sailor or Marine, family member or retiree as their primary means to quit tobacco.

Within the Department of the Navy (DON), 36 percent of Sailors and 38.7 percent of Marines smoke cigarettes. Cigar smoking is also fashionable among the DON population, with 33.6 percent of Sailors and 42.5 percent of Marines identified in studies. The prevalence rate for smokeless tobacco among Sailors is 9 percent, and noticeably higher for Marines at 20 percent.

For more information on the "Smoking Lamp is Out," visit the NEHC Web site at www.nehc.med.navy.mil.