



## MARINE CORPS BASE HAWAII POLICY STATEMENT ON TOBACCO USE



The habit of tobacco use is a major cause of health issues to include cancer, cardiovascular and respiratory diseases. Tobacco use not only affects your health, but the health of others. Environmental Tobacco Smoke (ETS), or Second Hand Smoke, is the third leading cause of preventable death in the United States. A non-smoker living with a smoker increases their chances of developing lung cancer and heart disease by 25-30% (U.S. Surgeon General). Children exposed to ETS are at risk for many health issues and developmental delays.



The Marine Corps prides itself on being a healthy fighting force that is ready to accomplish any mission. Unfortunately, when it comes to tobacco use within the military, the Marine Corps has the highest usage at 30.8% of the force and the Navy is 3rd at 24.4%. Nearly a third of our forces uses tobacco which has a negative impact on the health of our force. Additionally, it has a negative impact on the finances of our Marines and Sailors costing service members who use tobacco regularly up to \$3,650 per year.

Tobacco use has detrimental effects on maintaining a high level of military readiness. It impairs cognitive functions, visual performance, dark adaptation and night vision. It also reduces your lung capacity, fine motor skills, stamina, physical endurance and performance capacity. Choosing to quit tobacco sets a positive example for your fellow service members, friends and loved ones to do the same.

Currently, the minimum age to purchase or use any tobacco products across the Marine Corps is 21. Marine Corps Base Hawaii Base Order 5100.20B states that tobacco use, including electronic cigarettes, is only permitted outdoors in designated smoking areas, and at least 50 feet away from windows, building entrances and exits. Additionally, tobacco use is not permitted during briefings, meetings, classes, formations, inspections and while on watch. SECNAVINST 5100.13E further states, when walking from point to point while in uniform, it is inappropriate and detracts from military smartness for personnel to be smoking or using tobacco products.

If you would like to quit using tobacco there are resources available to you. I recommend you contact your medical health provider or the Semper Fit Health Promotion Department within Marine Corps Community Services at (808) 254-7636.

S. C. KOUMPARAKIS  
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We are MCB Hawaii &  
We are ready today for the fight tonight