"IT'S A FACT, TOBACCO HAS HEALTH RISKS. ACCEPT THIS FACT.
MAKE THE RIGHT CHOICE."

Each year in the United States of America, deaths from
tobacco use equal close to 445,000 people. That’s more
than alcohol, car accidents, suicide, AIDS, homicide and
illegal drugs combined! It is a major cause of many
diseases like lung, throat, gum and stomach cancers, as
well as heart disease, stroke, chronic bronchitis and
emphysema.

The cost of tobacco use does not stop with health problems.
For example, if you smoke a pack of cigarettes a day, it
costs you between $2,500 and $3,000 per year. Instead of
smoking, if you invest $2,500, at seven percent compounding
interest, at the end of a four year enlistment you would have $11,569. At
the end of a 20 year career you would have $109,377 in the bank. The bottom
line is that instead of having burned the money into thin air, you would have
a retirement nest egg to spend however you choose.

Being a Marine or Sailor is about being physically fit. Tobacco use hurts
your Physical Fitness Test scores and negatively affects your endurance,
impairs your night vision and decreases your hand/eye coordination, all of
which are critical in military operations. Tobacco use is not compatible with
being a fit Marine or Sailor.

Leadership is about making sound decisions, improving your technical and
tactical proficiencies and developing a sense of responsibility among your
subordinates. Choosing to quit tobacco solidifies these leadership principles
and sets the example for your fellow service members, friends and loved ones.

Marine Corps Base Hawaii, Base Order 5100.20B states that tobacco use,
including electronic cigarettes, is only permitted outdoors and at least 50
feet away from windows, building entrances and exits. Tobacco use is not
permitted during briefings, meetings, classes, formations, inspections and
while on watch. SECNAVINST 5100.13E further states, that 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.
Remember, tobacco use is only permitted in designated smoking areas.

To those seeking self-improvement, I recommend you contact your medical
health provider or the Semper Fit Health Promotion Department within Marine
Corps Community Services at (808) 254-7636 or browse www.ucanquit28.org. For
any additional information contact the Health Promotion Coordinator, Ms.
Rachelle Winkler at (808) 254-7636.

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