

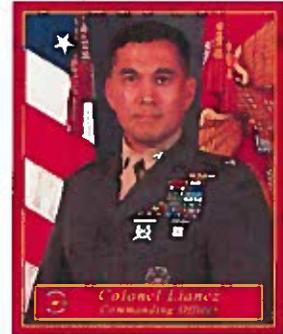


**COMMANDING OFFICER, MARINE CORPS BASE HAWAII
STATEMENT ON TOBACCO USE**

**"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.ucanquit2.org. For any additional information contact the Health Promotion Coordinator, Ms. Rachelle Winkler at (808) 254-7636.

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