

Do you think that most young Soldiers smoke?

According to AIT students surveyed at APG:

- 70% report that they are not daily smokers
- 75% want to remain a non-smoker
- 70% believe they will not smoke when allowed to in AIT

Be Tobacco Free!

For help in becoming tobacco-free.
See your health care team.



For more information contact:
<http://chppm-www.apgea.army.mil/>



Do you think everyone dips?

According to AIT students surveyed at APG:

- Only 1% use smokeless tobacco daily

Be Tobacco Free!

For help in becoming tobacco-free. See your health care team.



For more information contact:
<http://chppm-www.apgea.army.mil/>



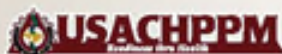
Think most people don't care if their dates smoke?

According to AIT students
surveyed at APG:

- 61% prefer to date a non-smoker
- 68% prefer to socialize in a smoke-free environment
- 86% believe second-hand smoke is dangerous

Be Tobacco Free!

For help in becoming tobacco-free.
See your health care team.



For more information contact:
<http://chppm-www.apgea.army.mil/>



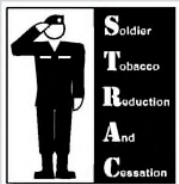
Do you think smoking makes you cool?

According to AIT students surveyed at APG:

- Only 1% think smoking makes them look better
- 70% report that they are not daily smokers
- 75% want to remain a non-smoker
- 56% agree that people who smoke cigarettes even occasionally are addicted to nicotine

Be Tobacco Free!

For help in becoming tobacco-free. See your health care team.



For more information contact:
<http://chppm-www.apgea.army.mil/>



Think smoking is cheap?

According to AIT students surveyed at APG:

➤ They spend an average of \$28 per week, that's \$1400 per year, and over \$7000 in 5 years on cigarettes

➤ By becoming tobacco free, you could:

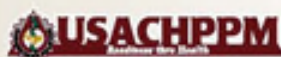
Buy a 25" color TV in 3 months

Buy an X-box 360 and several games in 6 months

Make a down payment on a new car in a year

Be Tobacco Free!

For help in becoming tobacco-free. See your health care team.



For more information contact:
<http://chppm-www.apgea.army.mil/>

