

### **“UCanQuit2” Tobacco Cessation Program**

The Program has been in effect for 7 years and was developed in response to the 2005 NDAA requirement for DoD to provide smoking cessation services. Tobacco use is more prevalent in the military than in the civilian population with the highest disparity in the 18-24 year old age group with a 37% rate of tobacco use. Additionally, 18% who were non-users before they joined the military, reported beginning tobacco use by their first military assignment. In contrast, about 20% of the non-appropriated fund (NAF) employee population report tobacco use. The goal of the UCanQuit2 program is to move tobacco users from contemplation to the action phase. DoD also has a tobacco cessation partnership with Veterans Affairs. The UCanQuit2 website: [www.ucanquit2.org](http://www.ucanquit2.org) website has a wealth of material available that can be used by civilian employees. The only exception is the “train-to-quit” self-paced treatment program that is only available to TRICARE beneficiaries.