

VA**U.S. Department
of Veterans Affairs**

Dayton VA Medical Center

4100 West Third Street

Dayton OH, 45428

FOR MORE INFORMATION CONTACT:

Raymond Hoy, Public Affairs Specialist

Phone: (937) 268-6511 Ext. 1875

Raymond.Hoy@va.gov

FOR IMMEDIATE RELEASE**DATE: 11/13/2018**

Veteran Affairs’ “Better Starts Today” Helps Vets Quit Smoking

DAYTON, Ohio — The Department of Veterans Affairs Office of Mental Health and Suicide Prevention, Tobacco and Health Policy National Office will observe the Great American Smokeout on Nov. 15 by launching the “Better Starts Today” campaign.

The Great American Smokeout challenges people to stop using tobacco and helps them learn about the many tools available to make a quit plan and stick to it. For Veterans, VA offers a variety of resources to help them take the first step and hundreds and thousands more ultimately leading toward healthier, longer lives with their loved ones.

Smokers from across the nation and from every background will take part in the Great American Smokeout on Nov. 15. Many of those will use the date to plan to quit or they can plan to quit smoking that day.

Many Veterans used tobacco while they served, particularly during deployment. Now seven out of 10 Veterans who smoke would like to quit — for both the physical and mental health benefits. Of Veterans who have ever smoked who are enrolled in VA health care, 71 percent have successfully quit smoking — showing that quitting is possible, especially with a treatment plan that includes counseling and medication.

VA health care providers offer a range of cessation resources, including individual counseling, group classes, phone and telehealth clinics, and FDA-approved medications. VA also offers resources such as Quit VET, a toll-free national line for Veterans who receive health care from VA; SmokefreeVET, a text messaging service that provides Veterans with daily encouragement while they stop smoking; and Stay Quit Coach, a mobile app specifically designed to help Veterans quit tobacco.

At the Dayton VA, there are also resources available for employees who are interested in smoking cessation. The first Monday of each month at 10 a.m., employees can attend a walk-in shared medical appointment for smoking cessation counseling and then meet with a provider in Occupational Health. The Employee Assistance Program also offers smoking cessation counseling. For more information, call EAP Consultants, Inc. at 800-869-0276 or securely request services from the Member Access section of the website: www.eapconsultants.com.