

# Smoking and Military Readiness

All Studies Conducted With U.S. Military Personnel

## 1. Smoking is one of the best predictors of military training failure.

Klesges, R.C., Haddock, C.K., Chang, C.F., Talcott, G.W., & Lando, H.A. (2001). The association of smoking and the cost of military training. *Tobacco Control, 10*, 43-47.

## 2. Smoking among young troops is associated with significant increased hospitalization and lost workdays. Sick and hospitalized troops are not ready for duty.

Robbins, A.S., Fonseca, V.P., Chao, S.Y., Coil, G.A., Bell, N.S., & Amoroso, P.J. (2000). Short term effects of cigarette smoking on hospitalization and associated lost workdays in a young, healthy population. *Tobacco Control, 9*, 389-396.

CDC (2000). Cost of smoking among active duty U.S. Air Force Personnel – United States. *MMWR, 49*, 441-445.

## 3. Smokers are more likely to perform poorly on military fitness evaluations.

Conway, T.L., & Cronan, T.A. (1992). Smoking, exercise, and physical fitness. *Preventive Medicine, 21*, 723-732.

Jensen, R.G. (1986). The effect of cigarette smoking on Army Physical Readiness Test performance of enlisted Army medical department personnel. *Military Medicine, 151*, 83-85.

## 4. Smokers are more likely to sustain injuries, particularly musculoskeletal injuries.

Knapik, J.J., Canham-Chervack, M., Hauret, K., Patton, J.F., & Jones, B.H. (2001). Risk factors for training-related injuries among men and women in basic combat training. *Medicine & Science in Sports and Exercise, 33*, 946-954.

Altarac, M., Gardner, J.W., Popovich, R.M., Potter, R., Knapik, J.J., & Jones, B.H. (2000). Cigarette smoking and exercise-related injuries among young men and women. *American Journal of Preventive Medicine, 18*, 96-102.

## 5. Smoking is a strong marker for other causes of low readiness, such as alcohol abuse, low physical activity, and illicit drug use.

Haddock, C.K., Klesges, R.C., Talcott, G.W., Lando, H., & Stein, R.J. (1998). Smoking prevalence and risk factors for smoking in a population of United States Air Force basic trainees. *Tobacco Control, 7*, 232-235.

Kao, T.C., Schneider, S.J., & Hoffman, K.J. (2000). Co-Occurrence of alcohol, smokeless tobacco, cigarette, and illicit drug use by lower ranking military personnel. *Addictive Behaviors, 25*, 253-262.

Note: A much larger literature exists on smoking and readiness-related factors in civilian populations (e.g., physical activity, physical fitness, lost work time, etc).

- 6. Smokers report significantly more stress from military duty, including deployment, than nonsmokers. Smokers who say they use smoking to control stress report more stress report even more stress than other smokers. Clearly, smoking is a poor stress management strategy.**

Poston, W.S.C., Pyle, S.A., Haddock, C.K. & Hoffman, K. (2005). *Smoking and stress among military personnel*. Society for Research on Nicotine and Tobacco 11<sup>th</sup> Annual Meeting, Prague, Czech Republic.

- 7. Smoking (1 pack/day) costs junior enlisted approximately 1 month base pay per year. Junior enlisted who smoke report significant more financial problems than nonsmokers.**

Pyle, S.A., Haddock, C.K., Poston, W.S.C. & Pinkston, M.M. (2005). *Smoking and financial problems among junior enlisted in the US military*. Society for Research on Nicotine and Tobacco 11<sup>th</sup> Annual Meeting, Prague, Czech Republic.