



DEPARTMENT OF THE NAVY
NAVAL MEDICAL RESEARCH CENTER DETACHMENT

LIMA, PERU
UNIT NUMBER 3800
APO AA 34041 - 3800

IN REPLY REFER TO

NMRCINST 5100.2B
25 February 2004

NMRC INSTRUCTION 5100.2B

From: Officer-in-Charge
To: Distribution

Subj: TOBACCO PREVENTION PROGRAM

Ref: (a) SECNAVINST 5100.13C

1. Purpose. To provide revised policy and program guidance per reference (a) for the control and reduction of tobacco use at the Naval Medical Research Center Detachment, Lima, Peru (NMRC). To provide guidance for smoking prevention and cessation programs at NMRC.

2 Cancellation. NAMRIDINST 5100.2A

3 Definitions.

a. NMRC. Refers to the Naval Medical Research Center Detachment, Lima, Peru and to any interior space within which NMRC operates.

b. Environmental Tobacco Smoke (ETS). Also referred to as "secondhand" or "passive" smoke. Exhaled/side streamed smoke emitted from smokers and burning cigarettes, cigars, and pipe tobacco. A major source of harmful indoor air pollution, designated a "Class A" carcinogen by the Environmental Protection Agency (EPA), and known to cause respiratory illness and heart disease.

c. Tobacco Use. Includes the use of smoking and smokeless tobacco products.

4. Applicability.

a. Applies to all military and civilian personnel, including military family members, visitors, students, contractors, and personnel of other agencies and businesses that operate within or visit NMRC.

b. This instruction does not take precedence over other instructions and common practices that prohibit the use of all tobacco products in laboratories, storage spaces, etc., because of safety and technical considerations.

5. Background.

a. Health consequences of tobacco use in all its forms and exposure to ETS by nonsmokers has been clearly documented. Tobacco use is considered the chief preventable cause of premature death and disease in the United States, killing more than 400,000 (19 percent of total deaths) annually. Tobacco use in any form is addictive. Involuntary exposure to tobacco smoke has been shown to cause cancer, lung, and heart disease in healthy nonsmokers. Mere separation of smokers and nonsmokers within the same airspace may somewhat reduce, but does not eliminate ETS exposure. At NMRCD, it is not feasible to engineer out or provide personal protective equipment sufficient to control exposure to ETS. Health of all personnel must be protected by providing a safe, healthy, and non-polluted workplace.

b. Tobacco use and ETS exposure has an adverse impact upon health and readiness of our forces. Tobacco use adversely affects night vision, respiratory capacity, wound healing rates, and contributes to risk of cold injuries, including frostbite. Statistically, smokers have higher accident rates than do nonsmokers.

6. Tobacco Use Policy.

a. It is NMRCD policy to create a healthy working environment that supports abstinence and discourages the use of tobacco products and to provide smokers with encouragement and professional assistance to stop smoking.

b. Smoke-free facilities should be established to protect all military and civilian personnel, and members of the public visiting or using NMRCD facilities from the health hazards caused by exposure to tobacco smoke.

c. All Medical/Health professionals should lead the way in encouraging programs and procedures to decrease the use of tobacco.

d. NMRCD staff will refrain from using tobacco products during any activity that constitutes "professional contact" and during formal presentations as representatives of NMRCD.

e. Tobacco use is not permitted in NMRCD spaces, in ALL command vehicles or in shuttle vehicles used in support of NMRCD activities. This prohibition is in effect at all times whether

nonsmokers are present or not. "No Smoking" signs shall be posted.

f. "Outdoor smoking areas" shall be designated and should be away from common points of egress/out of the NMRCD facility and not in front of building air intake ducts to prevent exposure to ETS. The distance from building entry ways/egresses from which smokers must maintain is to be determined by the OIC.

7 Action.

a. The OIC and Department Heads shall:

(1) Provide effective smoking cessation program at command levels. Anti-smoking education messages shall be provided to all personnel.

(2) Create, by personal example and command climate, a tobacco cessation program that supports abstinence and discourages use of all tobacco products

b. The Command Fitness Coordinator shall:

(1) Include the following topics at command orientation for all military and civilian personnel:

readiness Nicotine addiction and its negative impact on

Health risks of tobacco use

of ETS (c) Health risks posed by involuntary inhalation

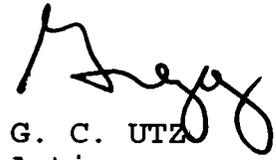
use. Availability of assistance to quit tobacco

(2) Ensure health care providers at all medical facilities:

(a) Inquire about the patient's tobacco use during the routine physical examination, and advise tobacco users of the risks associated with tobacco use, the health benefits of stopping, and where to obtain assistance in quitting.

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c. All NMRCD staff members are responsible for implementing the policy of this program.


G. C. UTZ
Acting

