SALUTE TO HEALTH

KNOW THE FACTS



Veterans and service members comprise approximately

6.97% OF THE STATE'S ADULT POPULATION



SMOKING CAN WORSEN THE PAIN OF CHRONIC HEALTH CONDITIONS

that many military personnel and veterans deal with, including:

- BACK PAIN
- RHEUMATOID ARTHRITIS
- FIBROMYALGIA
- HEADACHES
- TOOTH AND GUM PAIN



Smoking may also worsen PTSD symptoms, making it

HARDER TO FALL ASLEEP, AND WORSEN SLEEP QUALITY.



Quitting is possible. Tobacco Free Florida's Quit Your Way offerings include phone, group, and web quit services available to Floridians in every county.

To learn more, visit:
TobaccoFreeFlorida.com/Veterans

Florida HEALTH | Tobacco Free Florida .com