

Tobacco and Endurance



BACKGROUND

- Tobacco-prevention messages must be customized when working with members of military communities.
- Military service members often respond to messages about how tobacco use affects readiness.
- In civilian terms, “readiness” refers to the factors that affect one’s ability to do one’s job.
- It’s best to not assume that anyone will just take what is said at face value. It is important to have well cited facts when working with members of military communities.

FACTS TO USE

- Tobacco use decreases oxygen uptake by 4%.¹
- Smokers have at least 7.2% less endurance than nonsmokers.¹
- Tobacco use reduces oxygen-carrying capacity in the blood.²
- Tobacco use causes chronic pulmonary inflammation (think emphysema) and decreases lung function.^{2,3}
- Tobacco use reduces oxygen consumption and exercise duration.²
- Tobacco use reduces maximal aerobic power and endurance by 5-10%.²
- Tobacco decreases physical-performance capacity in physical training tests.²
- Tobacco use can cause poor blood circulation, fatigue, muscle weakness, and poor physical performance.³

1. Campaign for Tobacco-Free Kids: Smoking and Decreased Physical Performance. <http://www.tobaccofreekids.org/research/factsheets/pdf/0177.pdf>
2. IOM (Institute of Medicine). 2009. Combating Tobacco Use in Military and Veteran Populations. Washington, DC: The National Academies Press.
3. <http://www.iom.edu/Reports/2009/MilitarySmokingCessation.aspx>
4. Willemse, B.W.M., D.D. Postma, W. Timens, N.H.T. Hacken. 2004. The impact of smoking cessation on respiratory symptoms, lung function, airway hyper responsiveness and inflammation. Eur Respir J, 23: 464–476. <http://www.erj.ersjournals.com/content/23/3/464.full.pdf+html>