

# YOUNG ADULT MILITARY FAMILIES & SECONDHAND SMOKE

**FAMILIES** are the backbone to any military community. Family life is an important part of many service members' experiences.

**47% OF ALL ACTIVE DUTY** personnel are 25 years old or younger. Within specific branches, the percentage is even higher: 66% of Marines and 45% of Soldiers and Sailors are 25 or under.

**74%** of active duty Marines were 17-25 years of age when they had their first child (66% for the Army; 62% for the Navy; 59% for the Air Force).

**40%** of the almost 1.3 million children with military parents are under 6 years of age.

**6%** of active duty personnel are single parents.

**66%** of military spouses are employed. Of those, 90% have preschool children in homes where parents work full time.

**46%** of active duty personnel have children.

**10%** of military families live on base.

**56%** of all service members are married.

**SECONDHAND SMOKE** contains hundreds of chemicals that can cause cancer.

**MIDDLE EAR INFECTIONS** in children are associated with secondhand smoke.

**PNEUMONIA, BRONCHITIS, AND ASTHMA:** children exposed to secondhand smoke are more likely to suffer from these illnesses.

**EXPOSURE** to secondhand smoke can cause decreased lung function in infants and children.

**SUDDEN INFANT DEATH SYNDROME (SIDS)** is associated with secondhand smoke.

**EVEN BRIEF EXPOSURE TO SECONDHAND SMOKE** can be harmful to children according to the Surgeon General Report of 2006.

## WHAT CAN YOU DO?

**DON'T ALLOW** others to use tobacco around you or your family.

**BE A GOOD EXAMPLE** for your kids. Quit smoking and using tobacco of any kind.

**MAKE SURE** your child's daycare center and environment is tobacco free and smoke free.

**HELP SOMEONE** you know quit. Call 1-800-NO-BUTTS or visit [www.ucanquit2.org](http://www.ucanquit2.org) for more information.

## FOR MORE INFORMATION, CONTACT:

Project **UNIFORM**

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The military families demographics information listed above can be found at: [http://www.cfs.purdue.edu/mfri/pages/military/2005\\_Demographics\\_Report.pdf](http://www.cfs.purdue.edu/mfri/pages/military/2005_Demographics_Report.pdf) For more information on secondhand smoke, go to: <http://www.surgeongeneral.gov/library/secondhandsmoke/report/>