

Chapter 7 of AR 600-63, Army Health Promotion (14 Apr 2015) establishes the tobacco use policy throughout the Army. The regulation also addresses other related aspects at other chapters.

6-2. Spiritual fitness

a. Commanders at all levels will encourage and provide for human self-development activities leading to increased spiritual fitness in accordance with this regulation, AR 600-20, AR 165-1, Comprehensive Soldier and Family Fitness and other applicable directives.

b. Army leaders should develop an awareness of the lifestyles, cultural backgrounds, stages of development, possible relationships to religious beliefs, and the needs of their Soldiers, Army Civilians, and Family members. The CHPC will recommend, coordinate, and ensure the integration of spiritual fitness programs for units, Soldiers, Army Civilians, and Family members in their area of responsibility.

c. Commanders at the installation, state JFHQ, DRU and/or MSC, and community level will develop Soldier and Family support activities to undergird, reinforce, and implement the enhancement of spiritual fitness. They will ensure time is scheduled for activities, programs, and training to accomplish the goals of spiritual fitness programs.

d. In providing for self-development activities, commanders and other leaders must ensure they do not favor one form of religion over another. The practice of religion, to the extent that it relates to spiritual fitness, must be left to the sole discretion of the Soldier, Army Civilian, and Family member. They must be free to worship or not worship as they choose without fear of being disciplined or stigmatized for their choice.

e. All Soldiers and Army Civilians are expected to live by the tenets of the professional Army ethic and those individual values that support and sustain the Army core values.

f. Chaplains assigned to a unit or MTF are SMEs that can provide religiously informed spiritual guidance to Soldiers, Army Civilians, and Family members upon request.

Chapter 7 Environmental Health

7-1. General

a. The overall mission of environmental health programs is to create and maintain a supportive, safe, and healthy environment. This is accomplished through two primary mechanisms. First, environmental health programs strive to achieve and sustain health-enhancing human environments that are protected from biological, chemical, and physical hazards, and are secure from the adverse effects of environmental threats. Programs in this category include but are not limited to air quality, water quality (including fluoridation), toxic management and pesticide use, and a wide range of workplace health and safety issues. Second, environmental health is promoted through proactive public health policies that reduce risk from environmental exposures and encourage healthy lifestyles. Programs in this category include but are not limited to tobacco control practices and policies governing morale, welfare, and recreational (MWR) facilities, such as hours of operation. Environmental health programs and services will be provided according to detailed implementing instructions and guidance published in DA Pam 40-11.

b. The CHPC will recommend, coordinate, and ensure the development and integration of appropriate environmental health programs and policies for units, Soldiers, Army Civilians, and Family members in their communities.

7-2. Guidance for controlling tobacco use in Department of the Army-controlled areas

a. Using tobacco products (to include cigarettes, cigars, cigarillos, smokeless tobacco and/or electronic cigarettes, inhaled tobacco, and all other tobacco products designed for human consumption) harms readiness by impairing physical fitness and by increasing illness, absenteeism, premature death, and health care costs. Readiness is enhanced by promoting the standard of a tobacco-free environment that supports abstinence from, and discourages the use of, any tobacco product.

b. Full cooperation of all commanders, supervisors, Soldiers, and Army Civilians is expected to ensure people are protected from the harmful effects of tobacco products.

c. All organizational elements, to include Active Army, Reserve Components, and Army Civilian personnel, that occupy space in or on conveyances, offices, buildings, or facilities over which DA has custody and control will comply with Army policy and guidance. This includes space assigned to the Army by the General Services Administration or space contracted from other sources.

d. This policy does not cancel or supersede other instructions that control the use of tobacco products because of fire, explosion, or other safety considerations.

7-3. Policy for controlling tobacco use

a. Tobacco use is prohibited in all DA-occupied workplaces except for designated smoking areas. The workplace includes any area inside a building or facility over which DA has custody and control, and where work is performed by military personnel, civilians, or persons under contract to the Army.

(1) Notices will be displayed at entrances to buildings and facilities over which DA has custody and control that

state that smoking is not allowed except in designated smoking areas. Designated smoking areas must comply with the provisions of the CFR.

(2) If possible, designated outdoor smoking areas will provide a reasonable measure of protection from the elements. However, the designated areas will be at least 50 feet from common points of entry/exit and will not be located in areas that are commonly used by nonsmokers.

(3) Use of all tobacco products is prohibited in all military vehicles and aircraft, and in all official vans and buses.

b. The use of any tobacco products during initial entry training is governed by TRADOC Regulation 350-6. Cadre and faculty of any military school will not use tobacco products in the presence or view of students while on duty. All personnel attending training provided by the Army, regardless of Service, will adhere to Army policy regarding the use of tobacco products.

c. Smoking is not permitted in common spaces of multiple housing areas such as Family housing apartments, unaccompanied personnel housing, unaccompanied personnel housing permanent party, Army lodging, and other Army-operated hotels and recreational lodging. Common space is defined as any space within a building that is common to occupants and visitors. These areas include, but are not limited to, corridors, laundry rooms, lounges, stairways, elevators, lobbies, storage areas, and restrooms.

d. Health care personnel will not use any tobacco products during the duty day or while in uniform. Moreover, in addition to the prohibitions contained in paragraph 7-3a above, use of tobacco products is prohibited on or within medical campuses as established in this regulation.

e. Installation commanders and medical activity commanders will cooperate to establish and enforce tobacco free medical campuses (TFMCs) that include:

(1) Any property or non-residential building that is operated, maintained or assigned to support medical activities, including but not limited to hospitals, medical laboratories, outpatient clinics (including medical, dental, and veterinary facilities), or aid stations operating for the primary purpose of delivering medical care and services for DOD eligible beneficiaries and /or meeting the mission of the Army Medical Command.

(2) All other facilities in which medical activities or administration take place.

(3) All internal roadways, sidewalks and parking lots.

(4) All sidewalks, parking lots and grounds external but adjacent to the building or related to the migratory corridors surrounding the medical facility.

f. Where it represents a change in the past practice or working conditions, full enforcement of this subparagraph must be preceded by compliance with all applicable collective bargaining obligations.

g. Use of tobacco products by students is prohibited on the grounds of DOD Education Activity schools over which DA exercises control, except as provided for by the Director, DOD Education Activity. Visiting adults, faculty, and staff may use tobacco products out of the presence or view of students in tobacco-use areas designated in accordance with this policy.

h. Use of tobacco products is prohibited in and at all Child and Youth Services facilities and sports fields, except in designated areas out of the presence or view of children and youth.

i. Smoking policy specific to MWR and Army lodging facilities is addressed in AR 215-1. MWR facilities include fitness and recreation centers, Armed Forces Recreation Center hotels, cabins and campsites, clubs, and bowling centers.

j. Smoking is prohibited where it presents a safety hazard, such as at firing ranges, ammunition storage areas, fuel dumps, motor pools, and equipment maintenance shops.

k. Users of tobacco products will not be allowed additional time beyond routine breaks to be away from their jobs for tobacco breaks. Supervisors will monitor their workers and initiate appropriate administrative action if workers are noncompliant with applicable regulations and negotiated agreements.

l. If the conditions of employment for bargaining unit members are affected by this policy, installation commanders will begin negotiations as soon as practical with unions. Changes in tobacco use policies that impact on bargaining unit members affect their conditions of employment. Management is obligated to bargain over changes in conditions of employment before implementing this regulation, as it pertains to civilian bargaining unit members.

m. Smoking is permitted in individually-assigned Family and unaccompanied personnel housing living quarters, as long as the quarters do not share a common heating, ventilating, and air conditioning system. Smoking will be allowed in quarters with common heating, ventilating, and air conditioning systems only if an air quality survey can establish that the indoor air quality protects nonsmokers from environmental tobacco smoke. The American Society of Heating, Refrigeration, and Air Conditioning Engineers have established that 20 cubic feet per minute per person of outside fresh air is required. The carbon dioxide level should not exceed 1000 parts per million. When individual living quarters are not required or are not available, and two or more individuals are assigned to one room, smoking preferences will be a determining factor during the assignment of rooms. The installation commander will provide affirmative procedures to reassign nonsmokers to living space that is not occupied by a smoker and, if necessary, reassign smokers to living space where they may smoke without inflicting harm or inconveniencing those who do not smoke.

n. Health education classes regarding the use of tobacco products and its related health problems will be provided

throughout professional military training. Classes will be offered during basic and advanced courses for enlisted and officer (warrant and commissioned) Soldiers.

o. Installations will provide tobacco use cessation programs for all health care beneficiaries. If not available through MTFs, commanders will coordinate programs through local community resources, such as the American Cancer Society and American Lung Association. To the extent possible, occupational health clinics will provide tobacco use cessation programs for Army Civilians. If such programs are not feasible at a particular installation, the occupational health clinic will refer Army Civilians seeking such a program to local community resources.

7-4. Signs for controlling tobacco use

a. Commanders are authorized to continue using locally manufactured signs already reproduced or posted until updated signs are available.

b. If locally manufactured signs are not in use, DA Form 5560 (No Smoking Except in Designated Smoking Areas) and DA Form 5560-1 (Designated Smoking Area) will be used for restricting tobacco use. These forms are available electronically on the Army Publishing Directorate (APD) Web site.

c. DA Form 5560 may be enlarged for use as a highway-type sign at the entrance to installations and activities.

7-5. Enforcement for controlling tobacco use

Failure to comply with the prescribed policy subjects all Soldiers, Family members, retirees, and Army Civilian personnel to a variety of penalties, dependant on the nature of the violation, the status of the offender, and other relevant factors. Violation of Army policies subjects military personnel to a variety of possible administrative or disciplinary actions and it subjects civilian personnel to possible disciplinary actions. Repeat violations may result in the removal of personnel from activities or barring them from activities' MWR facilities and youth activity centers or installations.

Chapter 8 Survivor Outreach Services

8-1. General

Survivor Outreach Services (SOS) is under the auspices of the IMCOM G-9. SOS is an Army-wide program designed to provide dedicated, ongoing, comprehensive support to survivors of deceased Soldiers, to include those who experience loss due to suicide. The program is a joint effort, with collaboration among IMCOM, the Casualty and Mortuary Affairs Operation Center, the ARNG and USAR, Office of the Chief of Chaplains, DCS, G-1, Office of The Judge Advocate General, and Office of The Surgeon General.

8-2. Framework

a. SOS standardizes casualty services and policies across the Army and provides additional staffing at Casualty Assistance Centers and Active Army and RC Family programs. SOS responds to the need for specialized staff at Casualty Assistance Centers to help Casualty Assistance Officers support survivors, as well as adding additional staff whose sole mission is to provide continuing support to survivors.

b. An advisory panel acts as the advocate for survivors and advises senior leadership on the resolution of issues impacting surviving Families. The panel is chaired by the IMCOM G-9. SOS services are available to all survivors and are available until the survivor desires to discontinue services. Furthermore, the SOS Advisory Panel will partner with nonprofit agencies to augment services, assist with legislative issues, and increase awareness of issues impacting surviving Families.