



TOBACCO  
FREE  
COLLEGES

# Smokeless and Spit Tobacco

## WHY NOT SMOKELESS?

Smokeless tobacco has more than 2500 chemical compounds and 28 are known to cause cancer.<sup>1,2</sup>

Individuals who dip or chew eight to ten10 times a day may be receiving the nicotine equivalent to smoking 30 to 40 cigarettes a day.

Oral cancer can begin within three years of starting to use spit tobacco.

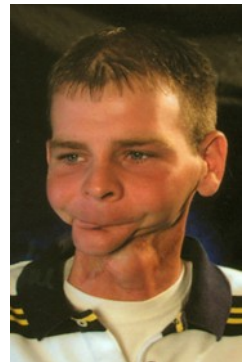
According to the American Cancer Society, 3 to 6% of leukoplakia progresses to oral cancer within 10 years if not treated.

## SMOKELESS OR SPIT TOBACCO COME IN SEVERAL FORMS:

- Snuff (moist and dry)
- Loose leaf (chewing tobacco)
- Plug (looks like a brownie)
- Twist (looks like twisted rope)

Other forms of smokeless tobacco products such as lozenges, tablets, tabs, strips, and sticks have also been developed. These products contain many harmful and addictive chemicals.<sup>1,2</sup>

Each pinch of the strongest brands of moist snuff can contain the same amount of nicotine as two to five cigarettes.



**THE BOTTOM LINE: CHOOSE NOT TO SMOKE.**

*If you or someone you know wants to quit smoking or dipping, please call:*



1-800-QUIT-NOW

References: <sup>1</sup> World Health Organization. Smokeless Tobacco and Some Tobacco-Specific N-Nitrosamines . (PDF-3.18 MB) International Agency for Research on Cancer Monographs on the Evaluation of Carcinogenic Risks to Humans Vol. 89. Lyon, France: World Health Organization, 2007 [accessed 2009 April 27]. <sup>2</sup>Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion. Smokeless Tobacco Fact

## ABOUT THE NORTH CAROLINA HEALTH AND WELLNESS TRUST FUND (HWTF)

The NC Health and Wellness Trust Fund was created by the General Assembly in 2001 to allocate a portion of the state's share of the national tobacco settlement to improve the health of all North Carolinians by funding preventive health initiatives. Please visit: [www.HealthWellNC.com](http://www.HealthWellNC.com)

## ABOUT TOBACCO-FREE COLLEGES

Tobacco-Free Colleges is the NC Health and Wellness Trust Fund's program that provides assistance to all NC campuses in adopting and implementing tobacco-free policies and in promoting cessation. Please visit: [www.tobaccofreecollegesnc.com](http://www.tobaccofreecollegesnc.com).