



Tobacco Products

FACTS ABOUT TOBACCO:

- Tobacco use is the single most preventable cause of death in the United States
- It causes heart disease, cancers and strokes.

FACTS ABOUT CIGARETTE SMOKING:

- Nicotine in cigarettes, cigars and spit tobacco is addictive.
- Tobacco smoke contains more than 4,000 chemical components, and at least 250 of these chemicals are harmful to human health. Some of those chemicals are:

NICOTINE: a deadly poison

ARSENIC: used in rat poison

AMMONIA: a powerful toilet cleaner

FACTS ABOUT CIGAR SMOKING:

- Many people think that little cigars are safer because they look more natural, when in fact they contain the same harmful chemicals as in cigarettes.
- Smoking little cigars increases the risk of mouth, throat, voice box and lung cancers.
- Cigar smoke is very harmful even to non-smokers around you.

FACTS ABOUT SMOKELESS TOBACCO:

- Spit tobacco and cigars are not safe alternatives to cigarettes; low-tar and additive-free cigarettes are not safe either.
- Smokeless tobacco (a.k.a. chew, dip, snuff) causes leukoplakia, which looks like white patches and sores on your cheeks, gums, and/or tongue and puts you at risk for mouth cancer.
- Spit tobacco is jam-packed with nicotine, sweeteners, abrasives and over 3,000 chemicals (at least 28 of them cause cancer).

THE BOTTOM LINE: CHOOSE NOT TO SMOKE.

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



References: Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion, Centers For Disease Control and Prevention. www.cdc.gov/tobacco.

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

The NC Health and Wellness Trust Fund was created by the General Assembly in 2000 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

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.