



Quit Tobacco Series

#9-Smokeless Tobacco

Chewing Tobacco Statistics

- Chew tobacco is not a safe alternative to cigarettes.
- Nationally, an estimated three percent of adults – 8.7 million – chew tobacco. Chew-tobacco use is much more common among men (6%) than women (0.4%). (2007 SAMHSA)
- In Wisconsin, 14% of high school students have *ever* used smokeless tobacco (Male=21.1%, Female=7.8%). (2012 Youth Tobacco Survey)
- In Wisconsin, 6% of high school students *currently* use smokeless tobacco (Male=10%, Female=1.6%).

Good Reasons to Quit

- Brighter smile. Healthier teeth and gums.
- Save money. At \$3-\$9 per tin, that's thousands of dollars a year!
- Reducing cancer risk. Chewing tobacco contains 28 cancer-causing chemicals.
- Reducing risk of heart disease and high blood pressure.

Tips to Help People Quit Chewing Tobacco

- Quitting is hard but you CAN do it!
- Ask family, friends or co-workers for support.
- Call the Wisconsin Tobacco Quit Line for free coaching and materials:
800-QUIT-NOW (1-800-784-8669)
- Get rid of all tobacco and related products in the home, car and workplace.
- Replace the tin or pouch of tobacco with pretzels, carrots or gum.
- Log on to www.ChewFree.com.
- See page 2 for a personalized quit plan.

Sources: CDC, SAMHSA, Wisconsin DHFS





My Personal Quit Plan

1. I'll be ready.

- I'll set a quit date and stick to it - not even a single dip!
 - My quit date is:

- I'll get rid of all tobacco so I'm not tempted.

- I'll get free help by calling the Wisconsin Tobacco Quit Line.
 - 1-800-QUIT-NOW (784-8669).
 - I'll call them on this date:

- I'll ask these people to support me:

- I'll talk to my doctor.

2. I'll feel urges, but I have a plan.

- I'll take a deep breath. I'll tell myself this urge will pass.
- I'll drink water instead of using tobacco.
- I'll chew gum, seeds, or straws.

3. This time, I'm not going back. I know the pitfalls.

- I'll avoid alcohol.
- I'll avoid people who chew or smoke.
- I'll eat right and stay active.