The amount of nicotine absorbed from smokeless tobacco is 3 to 4 times the amount delivered by a cigarette.¹

Nicotine from spit tobacco stays in the bloodstream longer than smoking.¹

A 30-minute chew is equivalent to smoking 3 cigarettes.²

About 1/3 of people who try spit tobacco will become regular users.⁴

Food will taste better a week after a person quits using dip.³

People who dip have 50 times the chance of getting oral cancer compared to non-users.²

…of the people that develop oral cancer, only half will survive more than 5 years.²

Dip and chew can cause gums to pull away from teeth. The gums do not grow back.³

Brushing and flossing do NOT get rid of the effects of dipping. Cancer can still develop.³

3 out of 4 college athletes (75%) have never used spit tobacco.⁵

50.2% of college athletes who ever used tobacco have stopped using because they are concerned about what it might do to their health.⁵

Go to www.tobaccofreeu.org

Call 1-800-QUIT-NOW

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