



Prevention Newsletter

FEBRUARY 2021

***To schedule any of our FREE Prevention Programs, please contact the Shelocta Office for Armstrong and Indiana Counties and the Clarion Office for Clarion County.**

**AICDAC
Offices**

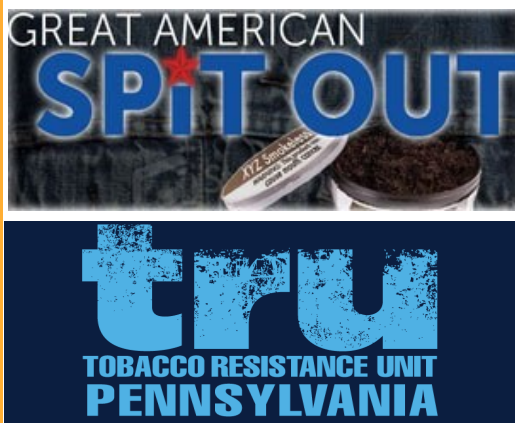
**Clarion Office:
814-226-6350**

**Indiana Office:
724-463-7860**

**Shelocta Office:
724-354-2746**

**Vine Street
Office:
724-545-1614**

The Great American Spit Out



The Great American Spit Out is a tobacco-free holiday to help spread awareness about the dangers of using smokeless tobacco like chew, and helping others quit. Users are to quit for at least the day, with the ultimate goal of quitting for good. The day has been especially geared towards military personnel, where rates of smokeless tobacco use are higher than the general population. The Tobacco Resistance Unit's (TRU) Annual Great American Spit Out® event will take place on Thursday, February 25, 2021.

What is Smokeless Tobacco?

There are many forms of smokeless tobacco, such as loose-leaf chew, plug, and snuff. Snuff is a finely ground tobacco that may be dry or moist. Moist snuff is the most popular type of smokeless tobacco in the United States, followed by loose leaf chew. Most types of smokeless tobacco are spit out, but some are not. Snus is a type of moist snuff gaining popularity that doesn't need to be spit. Smokeless tobacco often comes in flavors, which makes it more appealing to children.



Why is it Harmful?

Chewing smokeless tobacco contains 28 carcinogens (cancer-causing agents). The most harmful carcinogens are tobacco – specific nitrosamines. However, it is the nicotine in these products that cause the addiction. Nicotine absorption in smokeless tobacco products is 3 to 4 times that of smoking tobacco products and its slow absorption allows for a longer length of stay in the bloodstream.

Smokeless tobacco harms the mouth, teeth, and throat, and puts users at risk for other health problems. Early problems may include discolored teeth and bad breath. Receding gums and gum disease may follow, which may lead to tooth decay, and eventually to tooth loss. Over half of users get precancerous lesions called Leukoplakia in the first three years of use. Cancer can develop within five years of smokeless tobacco use. Common cancers include mouth, esophageal, and pancreatic. Users also have a higher risk for heart disease and stroke. For all these reasons, today people spit out smokeless tobacco for the last time.



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SMOKELESS TOBACCO USE CAN...



Through With Chew Week

Through With Chew Week, also known as TWCW, is celebrated on the third full week in February. This year, TWCW will be recognized on February 21, 2021 through February 27, 2021. The Through With Chew Week campaign's goal is to educate people about the dangers of smokeless tobacco.

The campaign began in 1989 by the American Academy of Otolaryngology-Head and Neck Surgery Foundation, Inc. The objective was to provide a public education campaign on spit tobacco, where they coordinated with dentists, healthcare providers, sports coaches and teachers. In 1994, Oral Health America's National Spit Tobacco Education Program (NSTEP) partnered with TWC in attempts to break the connection between baseball and smokeless tobacco.

Those who want to be "Through With Chew" can call the Quitline (1-800-Quit-Now) for help in quitting. Quitline coaching services are available seven days a week from 6 a.m. to midnight. Services are offered online at www.quitnow.com.

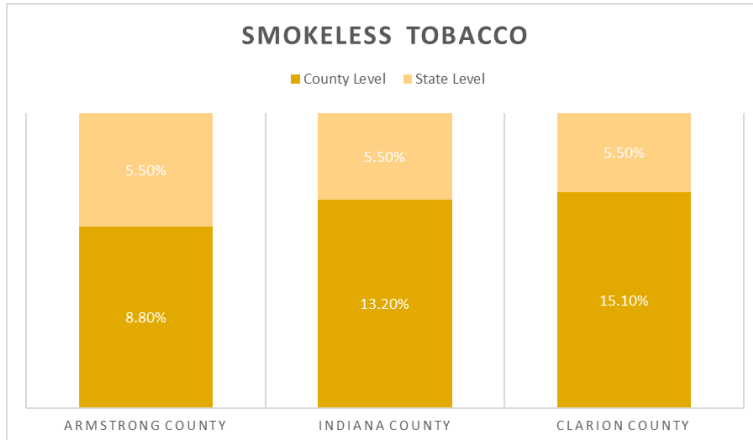
The Quitline provides free, individualized coaching to help any type of smoker and smokeless tobacco user, including e-cigarettes and vape, to quit. In addition, the Quitline offers up to eight weeks of free nicotine patches to those medically eligible enrolled in the coaching program.



It PAYS to Know

Early Initiation Drugs

Tobacco (cigarettes, smokeless, and vaporized) is included in drugs first and most commonly abused by youth. The higher prevalence and earlier initiation of use makes monitoring these drugs useful when monitoring at-risk students for progression from experimentation to social use to addiction to these and other substances. According to the PAYS data in 2019, tobacco (including cigarettes and smokeless tobacco) was the second most commonly used drug among adolescents. Because these drugs generally have more social acceptability, the use may normalize the larger idea of drug use as acceptable. Another potential risk is their use may “prime” the brain for addiction to other substances.



Armstrong, Indiana, and Clarion County high school students' life-time use of smokeless tobacco.

Curriculum Spotlight

Why Animals Don't Smoke

Why Animals Don't Smoke is a non-curriculum-based tobacco prevention program. Story boards and animal puppets reinforce with children the dangers of tobacco and its effect on the body.

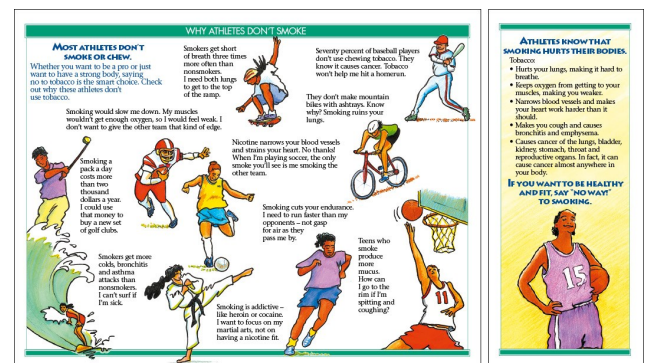
Suggested Schedule: 1 classroom session
Grades: Pre-K- 1st grades



Why Athletes Don't Smoke

Why Athletes Don't Smoke is a non-curriculum-based tobacco prevention program. This program discusses why athletes of all kinds, from skateboarders to dancers to basketball players, should say no to tobacco and how tobacco can affect the body.

Suggested Schedule: 1 classroom session
Grades: 1st-3rd grades



AICDAC provides free 1-800-QUIT info cards, educational brochures, and local resources to anyone interested!