



## HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

*Learning how to live healthy®*

Smokeless tobacco is a common cause of mouth and throat cancer in the United States. Smokeless tobacco includes snuff, dip and chewing tobacco. Smokeless tobacco is NOT a safe alternative for smoking. Smokeless tobacco is highly addictive so talk to your children about not using smokeless tobacco. It can lead to heart disease, gum disease, and mouth, throat and other types of cancer. It can also be harmful during pregnancy. Smokeless tobacco can lead to white patches in the mouth that can develop into cancer.

### MY SMOKELESS TOBACCO HABITS ARE:

Healthy is not using smokeless tobacco.

Health Risk is using smokeless tobacco but trying to quit.

Unhealthy is using smokeless tobacco and not trying to quit.

- HEALTHY** – Look on the back side of this card to see how to keep your life tobacco free.
- HEALTH RISK** – If you are still using smokeless tobacco you are at risk for developing cancer. Look on the back of this card to see more information about how to quit.
- UNHEALTHY** – Using smokeless tobacco is the leading cause of mouth cancer in the United States. If you are thinking about quitting or would like more information, look on the back of this card.

**CRCH**

CENTER FOR RURAL &  
COMMUNITY HEALTH

[CRCH@osteo.wvsom.edu](mailto:CRCH@osteo.wvsom.edu)

<https://crch.wvsom.edu>

# What to do for ...

## HEALTHY SMOKELESS TOBACCO HABITS:

Stay tobacco free. Continue your good habits and consider encouraging others to not use tobacco.

## HEALTH RISK FOR SMOKELESS TOBACCO:

No amount of smokeless tobacco is safe. If you are trying to quit, talk to your doctor and call 1-800-QUIT-NOW (1-800-784-8669) for help.

## UNHEALTHY SMOKELESS TOBACCO HABITS:

If you are using smokeless tobacco and have not considered quitting try to cut back on how often you use smokeless tobacco. See your doctor about your risks for cancer and other diseases caused by smokeless tobacco use. If you would like to quit, call 1-800-QUIT-NOW (1-800-784-8669) for help.

## Get more information ABOUT THE EFFECTS OF SMOKELESS TOBACCO AND HOW TO QUIT BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at <https://crch.wvsom.edu>, by calling 800-566-1258, or by email [CRCH@osteو.wvsom.edu](mailto:CRCH@osteو.wvsom.edu)
- Talking with a Community Health Education Resource Person (CHERP), also known as a community health worker, or a health care provider in your community. To find a community health worker near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification \_\_\_\_\_

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