

YOUR HEALTH MATTERS TO THE COMMUNITIES YOU PROTECT.

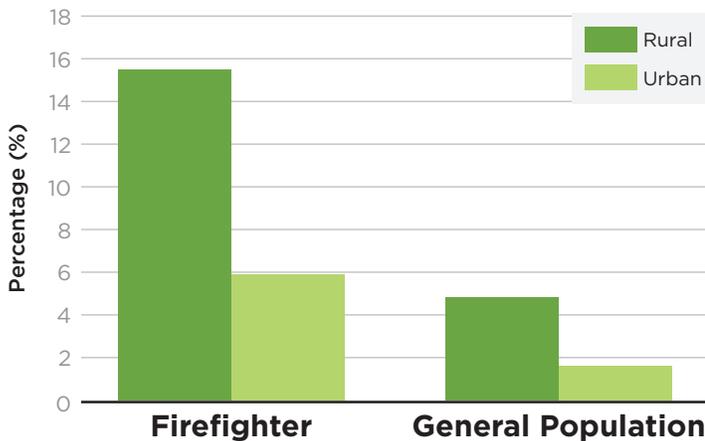
Be tobacco and nicotine free.



Many hazards related to firefighting are unavoidable. However, being tobacco free reduces many short and long-term health consequences.

While the cigarette smoking rate in firefighters is lower than the general public, the **rate of smokeless tobacco** (chew, dip, and snuff) use has **greatly increased**, especially in rural communities.¹

SMOKELESS TOBACCO USE



Source: Tobacco Use Supplement to the Current Population Survey, 1992-2019.

FOR FREE HELP QUITTING

Call **1-800-300-8086** or visit **KickItCa.org**

For help to make your station tobacco free, contact:

SMOKELESS TOBACCO HURTS FITNESS & OVERALL HEALTH

People who dip or chew get about the same amount of nicotine as regular smokers³, which can:

- » decrease muscle strength,
- » hurt high-intensity fitness performance and recovery,
- » and, weaken blood flow in and around the heart.⁴

Smokeless tobacco contains more than 30 cancer-causing chemicals that can increase the risk of:

- » dental disease,
- » heart disease and stroke,
- » cancers of the mouth, neck, and pancreas.³

Developed by



In collaboration with STAAND Project and Amador County Health & Human Services

SOURCES

1. Jitnarin, N., Poston, W. S., Haddock, C. K., Jahnke, S. A., & Day, R. S. (2015). Tobacco use pattern among a national firefighter cohort. *Nicotine & Tobacco Research*, 17(1), 66–73. <https://doi.org/10.1093/ntr/ntu131>
2. Data courtesy of Dr. Kelvin Choi. Data from Tobacco Use Supplement to the Current Population Survey, 1992-2019.
3. National Cancer Institute. (1992). Monograph 2: Smokeless tobacco or health: An international perspective. Bethesda, MD: U.S. Department of Health and Human Services. Retrieved from <https://cancercontrol.cancer.gov/BRP/tcrb/monographs/2/index.html>.
4. Chagué, F., Guenancia, C., Gudjoncik, A., Moreau, D., Cottin, Y., & Zeller, M. (2015). Smokeless tobacco, sport and the heart. *Archives of Cardiovascular Diseases*, 108(1), 75–83. <https://doi.org/10.1016/j.acvd.2014.10.003>