



MOUNTAINwise

Here's to

TOBACCO-FREE LIVING

No ifs, ands, or BUTTS.

WNC Quick Facts:

- 21% are current smokers.
- 5% are current smokeless tobacco users.
- 14% are exposed to second-hand smoke at work.
- 78% support tobacco-free government buildings and grounds.
- 62% support tobacco-free parks & public trails.

Data source: 2012 PRC
Community Health Needs
Assessment Report



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for more information



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Control and Prevention.

WHAT IS SECONDHAND SMOKE (SHS)?

Secondhand smoke is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. When you breathe secondhand smoke, it is like you are smoking.

WHAT IS SMOKELESS TOBACCO?

Smokeless tobacco, also called spit tobacco, chewing tobacco, chew, chaw, dip, or plug, comes in two forms: snuff and chewing tobacco. You don't smoke it. You don't swallow it. You chew and spit it.

WHAT'S THE BIG DEAL?

There is no risk-free level of contact with secondhand smoke; even brief exposure can be harmful to health. Sadly, lots of people think smokeless tobacco can't be as bad as inhaling tobacco smoke into your lungs. Just like smoking cigarettes, chewing smokeless tobacco can pack a punch.

WHAT ARE THE BENEFITS OF TOBACCO-FREE BUILDINGS AND GROUNDS?

1. Protection of workers, patrons, students, and citizens from secondhand smoke.
2. Help smokers quit smoking and/or reduce how much they smoke.
3. Help prevent youth from initiating smoking or ever using smokeless tobacco.
4. Reduce tobacco-based litter.

Success Story:

Macon and Jackson Counties recently passed Tobacco-Free Policies that cover their county parks.

A STORY WORTH SHARING. PEOPLE WORTH PRESERVING. WWW.MOUNTAINWISE.ORG