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**Clinton County Health Department
Press Release
Great American Spit Out
2/10/06**

**New York to Celebrate
*Through With Chew Week***

Funded partners of the New York State Tobacco Control Program will celebrate *Through with Chew Week* February 12th - 18th, according to Karen Derusha of the Adirondack Tobacco Free Network. *Through with Chew Week* includes the *Great American Spit Out* on February 16th. During this week and on the day of the *Spit Out*, we will encourage people to quit using chew and spit tobacco products.

“As a health issue, chew and spit tobacco have received less attention than smoking, however, advertising and promotion of these products has changed in the last few years, raising concerns in the public health community. “*Smokeless* tobacco is more likely to be advertised as an alternative to smoking especially since the advent of smoke free workplace legislation. Furthermore, smokers may be urged to use chew or spit in addition to smoking. Smokeless in no way means harmless” states Ms. Derusha. Using spit or chew tobacco can contribute to serious health problems such as certain types of cancer, gum and tooth problems, high blood pressure, nicotine addiction, heart attacks and strokes.

Tobacco control partners will be conducting prevention and education programs, distributing materials on quitting spit and chew tobacco, and conducting media campaigns about the health effects of spit tobacco and snuff. On Thursday, February 16th, the *Great American Spit Out* will be recognized. *Quit Spit* workshops, hosted by the North Country Cessation Center, will be held at Interlakes Hospital in Ticonderoga and North Country Community College in Saranac Lake. This day is dedicated to supporting spit and snuff users who want to quit.

For more information about *Through with Chew Week* and the *Great American Spit Out*, contact Adirondack Tobacco Free Network at 565-4993. Interested in quitting? Register for a *Quit Spit* workshop by calling Heidi Sengenberger, Tobacco Control Specialist at 897-5980 for the Saranac Lake workshop or Kristi Mars at 585-3886 in Ticonderoga. Quit information for chew or spit, as well as smoking, is available from the New York State Smokers Quitline at 1-866-NY-QUITS and (1-866-697-8487). Join your local partners of the NYS Tobacco Control Program in their fight against spit/chew tobacco use in our state. *Through With Chew Week* was established in 1989 by the American Academy of Otolaryngology-Head Neck and Surgery Inc.

Endorsed by: _____

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