

# Thinking of Quitting Spit Tobacco?



Sooner or later most adults who use chew, dip, or spit tobacco consider quitting. There are many reasons that successful quitters use as motivation: saving money, looking better, getting rid of bad morning breath or coughing, being a good role model to others around them or their kids, improved health, and increased confidence.



*What are your own reasons for quitting?*

## Where To Go For Help

- Talk with your medical or dental provider at your medical treatment facility, on your ship, or at your battalion aid station
- Call 1-800-QUIT-NOW to reach your state quitline
- Visit the Navy and Marine Corps Public Health Center's Tobacco Free Living website: <http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx>
- Visit the Department of Defense education campaign [www.ucanquit2.org](http://www.ucanquit2.org) for more information and quitting support
- Visit your local health promotion office or health promotion personnel:



**#TobaccoFree**



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE