

## **WHAT DOES TOBACCO-FREE MEAN?**

Tobacco can be smoked, chewed and snuffed. Tobacco-free means discouraging the use of ALL forms of tobacco.

## **WHAT DOES TOBACCO-FREE SPORTS MEAN?**

Tobacco-free sports means that your sports club, league, or association encourages no smoking, snuffing or chewing tobacco by members, players, coaches, leaders, or spectators.

## **WHY YOU SHOULD SUPPORT TOBACCO-FREE SPORTS.**

The simplicity of the tobacco-free message means it will be carried beyond the sport to spectators, families, and communities. The goal is to spread the word that most people don't use tobacco products and that the community supports and values tobacco-free environments.



North Bay Parry Sound District  
**Health Unit**

***Tobacco-Free Sports,***

**It's the  
Only Way  
to Play!**



# It's the Only Way to Play: Tobacco-Free Sports

## **NICOTINE** IS MORE ADDICTIVE THAN COCAINE AND HEROIN!

Did you know that North Eastern Ontario smoking rates are higher than the rest of Ontario?

Approximately 19.6% of our youth smoke. The average in Ontario is 11.9%.



## **THE TRUTH**

Smokeless tobacco held in the mouth for 30 minutes releases as much nicotine as smoking 3 to 4 cigarettes.

Tobacco products decrease the amount of oxygen that get to your skin taking you longer to get rid of acne.

Tobacco products cause wrinkling of the skin making you look older than you are.

Smokers are 20 times more likely to develop lung cancer than non-smokers.



## **TOBACCO COMPANIES TARGET YOUNG ATHLETES**

### **FACT**

**Over 90% of people who smoke started before the age of 19!**

**80% of Canadians don't smoke**

**Chew tobacco is not a safe alternative to smoking**

**Bad breath, stained teeth, and drooling are just some of the side effects of using smokeless tobacco.**