

# Dip & Chew Health Dangers

- Nearly 90% of people with mouth cancer are tobacco users
- An estimated 7% of high school students are smokeless tobacco users

-Studies show 7% to 27% of spit tobacco users have gum recession and bone loss around their teeth

*Source: [mouthcancerfoundation.org](http://mouthcancerfoundation.org)*

## Smokeless Tobacco Penalty Too Lenient At Nation Ford

*Staff Editorial*

**D**ip. Chew. Spit. Smokeless tobacco. The nicotine rush and has become uncomfortably popular among the students of Nation Ford.

According to Nation Ford High School rules and regulations, cigarettes, vapes, and chew are all equally offensive - but in practice the enforcement of the tobacco ban falls short on dip. It is commonplace for a student caught with even the liquid of an electronic cigarette to be given three days of in-school suspension, and for a pack of cigarettes, students can expect the same fate or worse, but users of dip will find their habits slipping through the hands of administration.

According to the American Academy of Pediatrics, 5.6 percent of teens use some form of smokeless tobacco, and the majority of those will also smoke cigarettes at some point. Nation Ford is an example of this statistic. In the halls and bathrooms, students withdraw their chew cans from their backpacks or

pockets; water bottles containing the brown liquid adorn the trashcans.

Another unsettling and widespread belief among the student population is that dip is less dangerous than cigarettes, yet the facts dispute that assumption. Despite the marketing that smokeless tobacco is a better alternative to smoking, dip can cause mouth, jaw, tongue, skin, and pancreatic cancer, according to the American Cancer Society. Chewing tobacco can also cause tooth and gum decay, high blood pressure, and risk of stroke. In no way, shape, or form is dip healthy.

It is unfortunate that NFHS doesn't crack down more on suspected dip users, for the usage of such a drug in the school tarnishes the school's high standing. If teachers see smokeless tobacco in any form, they should confiscate the tobacco and treat it as if it were any other contraband of its kind. Students caught with dip or caught chewing it should be sent to ISS, and a student selling it should face the same consequences as one selling cigarettes or liquid.

Chew, dip, snuff, and spit are all just as bad as cigarettes.