

North Carolina Spit/Smokeless Tobacco Facts

1. According to 2009 Youth Tobacco Survey 14.1% of North Carolina's male high school students use spit tobacco; nationally, 11 per cent of male students use.
2. Spit tobacco (smokeless tobacco) comes in several forms: snuff (moist and dry), loose leaf (chewing tobacco), plug (brownie-like block), and twist (twisted rope appearance).
3. Teens and young adults primarily use moist snuff.
4. New smokeless tobacco products on the market are called snus (pronounced "snoose") and are in pouches (sachet), pasteurized (unfermented), and non-expectorant (no need to spit).
5. New hard-milled tobacco products that dissolve in your mouth are now on the market. They come in orbs (lozenge), sticks, and strips.
6. Spit tobacco has more than 2500 chemical compounds; 29 are known to cause cancer.
7. Each pinch of the strongest brands of moist snuff can contain the same amount of nicotine as two to five cigarettes.
8. Individuals who dip or chew eight to ten 10 times a day may be receiving the nicotine equivalent to smoking 30 to 40 cigarettes a day.
9. Using spit tobacco hurts athletic performance – the nicotine in spit tobacco narrows blood vessels, raises blood pressure, and makes the heart work harder.
10. Some people are advocating spit tobacco as a harm reduction tool, but it is not a safe alternative to smoking.
11. There is no safe tobacco. All tobacco has nicotine and therefore is addictive. If you use long enough, you will have a health problem.
12. Heart disease, stroke, and high blood pressure are linked to spit tobacco use.
13. Spit tobacco causes many other oral health conditions such as cavities, gingivitis, periodontal disease, and leukoplakia (white patches).
14. According to the American Cancer Society, 3 to 6% of leukoplakia progresses to oral cancer within 10 years if not treated.
15. Many young people have gotten cancer of the mouth, cheeks, gums, and throat from spit tobacco use.
16. Oral cancer can begin within three years of starting to use spit tobacco.
17. According to the Mayo Clinic, spit tobacco users are from four to seven times more likely to develop oral cancer than non-users.
18. According to the Oregon Research Institute, as many as 9,000 people per year die because of spit/smokeless tobacco use.
19. According to the Federal Trade Commission (FTC), the manufacturers of spit tobacco spent \$236 million in 2001 to market their products. In 2006, they spent \$354.1 million.
20. According to the Federal Trade Commission, U.S. manufacturers of spit tobacco stated that 2001 revenues from spit tobacco products were \$2.13 billion. In 2006, revenues were \$2.59 billion.