

Spit Tobacco Use in Indiana

Spit tobacco, or smokeless tobacco, comes in two forms: moist snuff and chew. Snuff is a finely ground tobacco and is usually placed between the bottom lip and gum and held there. This is also referred to as “dipping”. Chewing tobacco is shredded tobacco leaves placed between the cheek and gum. Spit tobacco contains 3,000 chemicals, 28 of them have been identified as cancer-causing agents including formaldehyde, nicotine, arsenic, cadmium, and polonium-210.

Spit Tobacco Use in Indiana and the U.S.

- An estimated 5% of all Hoosiers were current spit tobacco users in 2013, including approximately 9% of men and only 1% of women (2013 Behavioral Risk Factor Surveillance System). This compares to national average spit tobacco use prevalence among men of 7.8%.
- Adult spit tobacco use prevalence rates by race and ethnicity in Indiana are statistically similar to national averages, with whites having the highest use prevalence at approximately 5%. Among African Americans in Indiana and the U.S., 3% are current spit tobacco users. Approximately 5% of Indiana Latinos use spit tobacco, slightly higher than the U.S. rate among Latinos of 3%.
- Smokeless tobacco use prevalence is undoubtedly higher among men than women. In Indiana, 10% of white men currently use spit tobacco. Spit tobacco use is most prevalent among men ages 18-24 (12%) and 25-34 (13%).

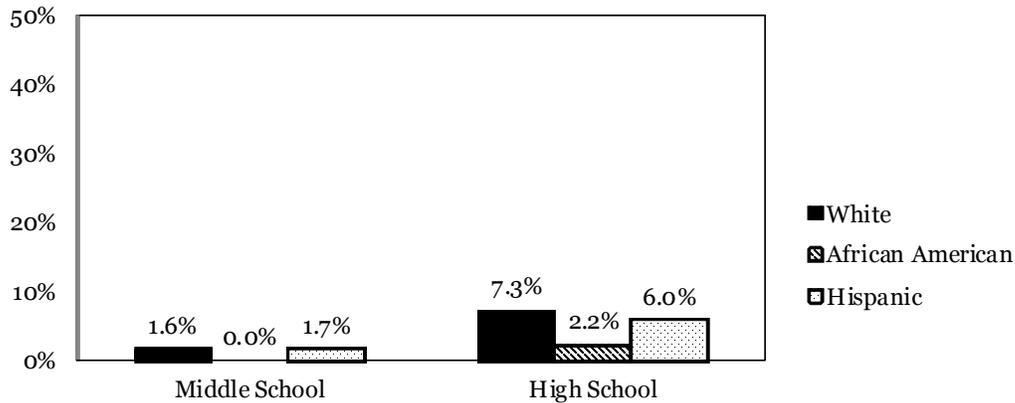
Spit Tobacco Use among Youth in Indiana

- Approximately 2% of middle school males and 11% of high school males in Indiana reported current use of spit tobacco in 2012. These rates are statistically similar to the national averages.
- White youth reported the highest rate of smokeless tobacco use among high school students, at approximately 7%.

Tobacco Prevention and Cessation Commission ~ www.in.gov/isdh/tpc ~ 317.234.1787
www.QuitNowIndiana.com ~ www.indianaquitline.net



Youth Spit Tobacco Users by Race and Ethnicity, 2012 Indiana Youth Tobacco Survey



Negative Health Effects

Holding one pinch of spit tobacco in your mouth for 30 minutes releases the same amount of nicotine as smoking 4 cigarettes. The negative effects to using spit tobacco include bad breath, spitting and stained teeth. Spit tobacco is not a safe alternate to cigarettes and is responsible for numerous health problems. People who use spit tobacco are at risk of many health problems including:

- **Cancers:** lip, esophagus, pharynx, larynx, pancreas and stomach. Users of spit tobacco are 50 times more likely to get oral cancer than non-users. These cancers can form within only 5 years of regular spit tobacco use.
- **Mouth diseases:** Spit tobacco use can lead to leukoplakia, a disease of the mouth characterized by white patches and oral lesions on the cheeks, gums, and tongue. Studies show that 60-78% of spit tobacco users have oral lesions. During the first 3 years of use, leukoplakia occurs in more than half of smokeless tobacco users. Spit tobacco also causes gum recession increasing risk of cavities.
- **Heart diseases:** Spit tobacco increases the risk of heart attack and other heart disease as the nicotine constricts veins leading to heart problems and high blood pressure.

Want to Quit Using Spit Tobacco?

Tobacco users should contact a health care provider for assistance and call 1-800-Quit-Now or visit www.QuitNowIndiana.com for evidence-based support, advice and resources.

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