

Smokeless Tobacco and Other Tobacco Products

What is Smokeless Tobacco?

- Smokeless tobacco is a term used to describe tobacco that is not burned.¹
- Smokeless tobacco comes in various forms, but the two basic forms are snuff and chewing tobacco:^{2, 3, 4}
 - Snuff is a finely cut or powdered tobacco. It is available in moist or dry forms. Moist snuff is placed between the gums and cheek or behind the upper or lower lip and does not need to be spit. Moist snuff is often packaged as a sachet or teabag-like pouch. Dried snuff is available as a powdered form and can be inhaled through the nose.
 - Chewing tobacco is usually packaged as loose leaves, plugs, or twists. It is placed between the cheek and gum/teeth and is meant to be spit.
- Other forms of smokeless tobacco products include lozenges (i.e. Ariva, Stonewall), pellets (Camel Orbs), sticks (Camel Sticks), and film strips (Camel Strips).
- Smokeless tobacco products contain nicotine and are addictive.⁶
- There is no scientific evidence that supports the use of smokeless tobacco as a strategy to help smokers quit.⁷



Long cut snuff



Dissolvable smokeless tobacco products

Smokeless Tobacco Users

- There are more than 1 million new smokeless tobacco users every year.⁸
- Men, young adults between the ages of 18-24, and individuals without a high school education are most at risk for using smokeless tobacco products.⁹
- The percentage of adults in Minnesota using smokeless tobacco products increased from 3.1% to 4.3% between 2007 and 2010.¹⁰
- Compared to all adults in Minnesota, current smokers are more likely to use smokeless tobacco products. The prevalence of individuals who use both cigarettes and smokeless tobacco products, also known as dual use, was 9.6% in 2010.⁹

Health Effects

- Smokeless tobacco is not safer than smoking cigarettes.^{1, 11}
- The nicotine absorbed from smokeless tobacco stays in the user's bloodstream longer than the nicotine absorbed from a cigarette.¹
- There are 28-cancer causing agents found in chewing tobacco and snuff.¹
- Smokeless tobacco users have an 80% increased risk for oral cancer and a 60% increased risk for pancreatic and esophageal cancer.¹³
- Smokeless tobacco and other tobacco products are associated with negative health outcomes, including: cancer of the mouth, tongue, throat, esophagus, stomach and pancreas; Leukoplakia (oral lesions that can become cancer); tooth loss; receding gums and gum disease; abrasion of teeth, bone loss around the roots of the teeth; and increased risk of heart disease, heart attacks and stroke.^{1, 11}

A Market for Smokeless Tobacco^{11, 12}

Tobacco companies have responded to smoke-free laws by marketing and selling smokeless tobacco products. In 2006, approximately \$354 billion was spent on advertising and marketing.

Use of smokeless tobacco enables smokers to get their nicotine fix in places where they are not able to smoke.

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To learn more about smoking cessation, visit www.workshifts.org.