



Smokeless Tobacco: Why Consider Quitting?

"Smoking cessation represents the single most important step that smokers can take to enhance the length and quality of their lives."

— US Surgeon General¹

Types²

There are two main types of chewing tobacco in the US:

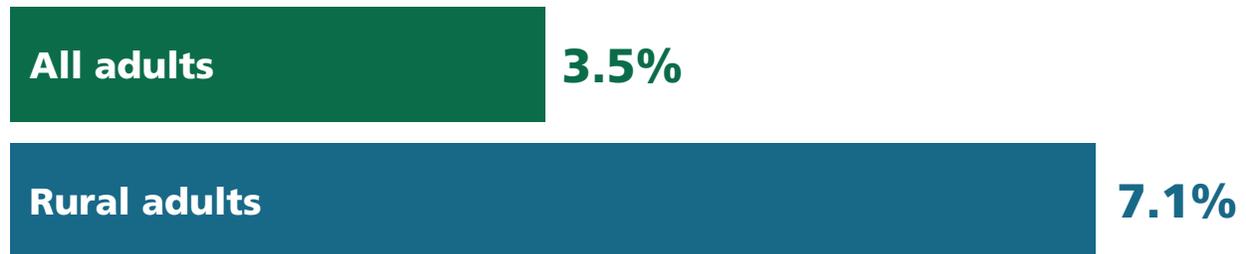
- **Chewing tobacco**, which comes in loose leaf, plug, and twist; and
- **Snuff**, which is finely ground that comes either dry, moist, or in pouches.



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Statistics^{3,4,5}

In 2012, the prevalence of smokeless tobacco use was 3.5% among American adults and 7.1% among rural adults (an increase from 5.9% in 2004).



Rural youth in nonmetropolitan areas also use smokeless tobacco at higher rates (4.4%) than youth in metropolitan (1.2%) and small metropolitan (2.4%) areas.

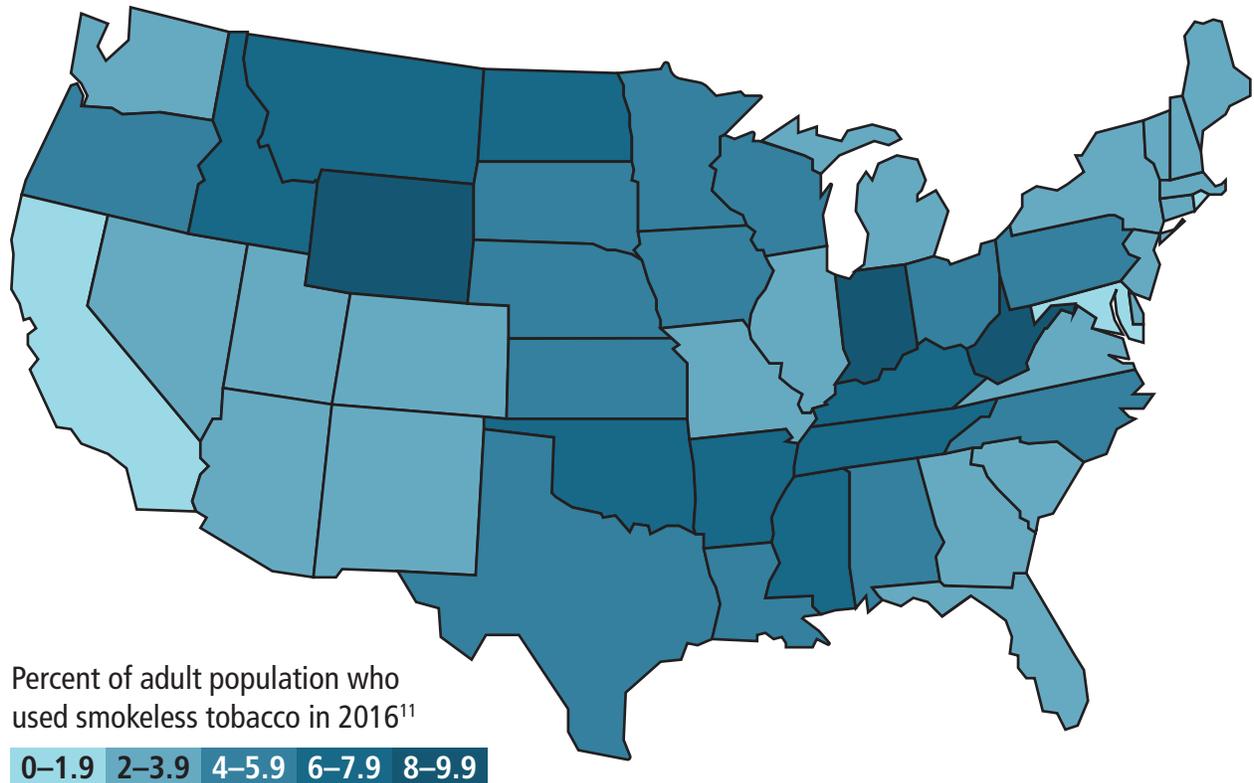


In 2018, 5.6% of adults used smokeless tobacco.



In 2019, 5.5% of high school students in Missouri used chewing tobacco, snuff or dip on at least one day in the past 30 days.

In 2019, the percentage of adults who reported current use of smokeless tobacco use was **highest among people living in the Midwest (3.1%)** and the South (3.0%).



In 2019, **e-cigarettes** were the tobacco product with the highest percentage of users aged 18–24 (24.5%) and 25–44 years (49.3%). Of all e-cigarette smokers, 23.6% had never been cigarette smokers.¹¹

Aged 18–24

Aged 25–44

Aged 45+

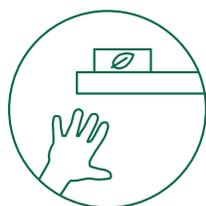
Risks⁴

Addiction: Chew and snuff still contain nicotine. This is the same chemical found in cigarettes. This chemical can cause physical dependence and addiction, just like smoking cigarettes can.



Cancer and mouth problems: Smokeless tobacco increases the risk of mouth and throat cancer. Also, sugars and other chemicals found in chewing tobacco can cause teeth staining, bad breath, and tooth decay.

Heart Disease: Some smokeless tobaccos, like chew, can increase heart rate and blood pressure. This can increase the risk of heart disease and stroke.



Poison risk for children: Smokeless tobacco can look like candy to children. If a child accidentally eats this, it can cause nicotine poisoning, which can cause breathing issues and death.

Quit Chewing: Don't 'dip' into your savings^{5,6}

- Each can of dip costs an average of \$3.
- Someone who uses two cans per week could save ~\$300 per year by quitting smokeless tobacco.
- Someone who uses one can per day could ~\$1,100 per year by quitting smokeless tobacco.

E-cigarettes: NOT a healthy alternative^{5,7,8}

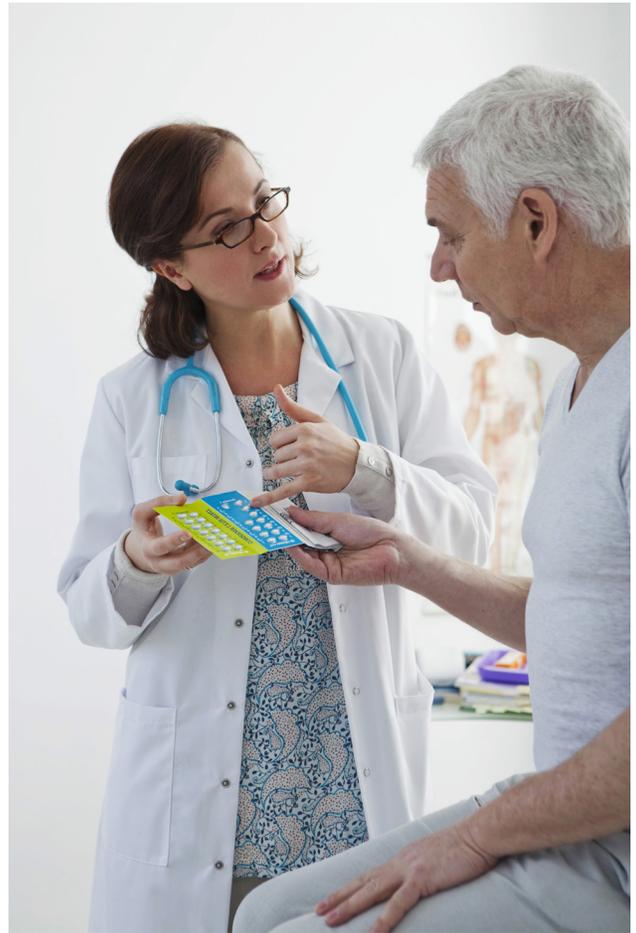
- In 2018, 5.6% of adults in Missouri used e-cigarettes
- In 2019, 20.7% of high school students in Missouri used electronic vapor products on at least one day in the past 30 days.
- Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm adolescent brain development, which continues into the early to mid-20s.
- A recent CDC study found that 99% of the e-cigarettes sold, at US stores in the study, contained nicotine.
- The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:
 - Nicotine
 - Ultrafine particles that can be inhaled deep into the lungs
 - Flavorings such as diacetyl, a chemical linked to a serious lung disease
 - Volatile organic compounds
 - Cancer-causing chemicals
 - Heavy metals such as nickel, tin, and lead
- Trying e-cigarettes and multiple other tobacco products before age 18 years is strongly associated daily cigarette smoking later in life.



Resources to Help Quit Smokeless Tobacco^{9,10}

Did you know, pharmacists are the most accessible healthcare provider and are trained to assist with quitting tobacco? Ask your doctor or pharmacist for resources to help quit smokeless tobacco. It is not a good alternative for cigarette smoking. Some helpful resources that may be beneficial include:

- The 2018 ACC Expert Consensus Decision Pathway on Tobacco Cessation Treatment Guideline recommends the medications and methods most effective for quitting smokeless tobacco include: nicotine lozenges, varenicline, and/or behavioral support.
 - **Nicotine Replacement Therapy:** Using nicotine lozenges can help lower cravings.
 - **Varenicline (Chantix):** Talk to your doctor about if this medication is right for you. It is a prescription that does not contain nicotine. It helps reduce the symptoms you may feel when coming off nicotine.
- Other Services
 - Phone services, self-help materials such as books, counselors, group classes, or other professional advice can help add extra support to help you succeed.
 - National Cancer Institute's Telephone Quit Line: **877-44U-QUIT (877-448-7848)**
 - To find your state's quit line, CALL **800-QUIT-NOW (800- 784-8669)**



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The Missouri AgrAbility Project is supported by funds from the USDA National Institute of Food and Agriculture (NIFA) under sponsored number 2018-41590-22323.



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National Institute of Food and Agriculture

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