

## Spit/Smokeless Tobacco Information



Through With Chew Week (TWCW) is an educational campaign to decrease spit tobacco use and increase awareness of the negative health effects of using these products. TWCW is celebrated each year on the 3<sup>rd</sup> full week in February.

### According to the National Cancer Institute:

Smokeless tobacco is tobacco that is not burned. Smokeless tobacco is also known as chewing tobacco, oral tobacco, spit or spitting tobacco, dip, chew, and snuff/snus.

Smokeless tobacco causes cancer and other diseases.

Smokeless tobacco causes significant health risks and is not a safe alternative to smoking cigarettes. It contains the same addictive chemical (nicotine) that is in cigarettes, which can lead to addiction and dependence. The amount of nicotine absorbed from smokeless tobacco is 3 to 4 times the amount delivered by a cigarette.

### What is the usage rate for teens?

in 2015 in Lancaster County	<b>4.8%</b>
in 2013 in Nebraska	<b>7%</b>
in 2011 Nationally	<b>8%</b>

A study in the *American Journal of Preventive Medicine* found that “snuff use may be a gateway form of nicotine dosing among males in the United States that may lead to subsequent cigarette smoking.” Further, the study found that “the prevalence of smoking was substantially higher among men who had quit using snuff than among those who had never used snuff, suggesting that more than 40 percent of men who had been snuff users continued or initiated smoking.”

## Spit/Smokeless Tobacco Information

Many forms of spit/smokeless tobacco are candy flavored enticing youth to start using tobacco. There are new products that do not have the appearance of being tobacco but contain the deadly, addictive poison nicotine.

To see a 5 minute video on smokeless tobacco watch: “*Smokeless NOT Harmless*” using the link below:

<http://www.youtube.com/watch?v=i2NRH1Z5Ypk#t=83>

Help is available for those interested in quitting by calling 1-800-QUIT-NOW (1-800-784-8669). It is free and confidential. Be sure to identify yourself as a spit/smokeless tobacco user.

If you would like more information or assistance in educating people about spit/smokeless tobacco products, please contact:

Christina Hitz  
Public Health Educator  
School/Community Tobacco Program  
Health Promotion & Outreach Division  
Lincoln/Lancaster County Health Department  
3140 N Street/ Lincoln, NE 68510  
402-441-6224

For information on working on tobacco control in your community contact Tobacco Free Lancaster County by calling 402-441-6225 or by email at [info@tobaccofreelancastercounty.org](mailto:info@tobaccofreelancastercounty.org)

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