

## Health Bulletin for YOUTH

Cooperative Extension Service

This publication compiled and edited by the H.E.E.L. Program  
(Health Education through Extension Leadership) Staff

# Spit it out! Smokeless Tobacco and Teens

### What is SPIT TOBACCO?

- Loose leaf chewing tobacco
- Plug chewing tobacco
- Dry snuff
- Moist snuff
- Fine cut tobacco



### Who Uses Spit Tobacco?

- Nearly one in five high school males in the United States use spit tobacco; some states report higher usage.

### Facts About Spit Tobacco

- Smokeless (spit) tobacco is marketed to young people through sports and athletic events
- Use is rising among young males
- Spit tobacco causes disease, including mouth cancer and nicotine addiction
- Users *can* successfully quit

### Why Spit Tobacco Use is Increasing

- Increased smoking restriction in schools and public places, including worksite
- Positive macho image of spit tobacco use in advertising campaigns
- Introduction of milder and sweeter brands

### Spit Tobacco to Youth

- Techniques that appeal to the “individual,” “risk taker,” “macho man,” and “rugged”
- Offer “free” gifts
- Educate youth on how to use the product
- Offer gear and coupons
- Advertise spit tobacco as a safe alternative to smoking

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**Health Consequences of Nicotine Exposure**

- Increased heart rate
- Stroke
- High blood pressure
- Delayed wound healing
- Peptic ulcer disease
- Low birth weight babies and other reproductive disorders

**Oral Health Effects of Spit Tobacco Usage**

- Stained teeth
- Rough patches in the mouth (leukoplakia)
- Bad breath (halitosis)
- Receding gum line
- Oral cancer
- Suggestion that spit tobacco improves overall athletic performance

**Chemicals in Spit Tobacco Do You Really Want to Put These in Your Mouth?**

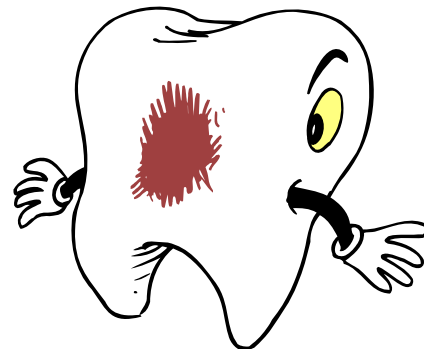
- Cadmium (car batteries)
- Polonium 210 (nuclear waste)
- Lead (banned from paint products)
- Formaldehyde (embalming fluid)
- Arsenic (rat poison)
- Cyanide (used in the gas chamber)
- Nitrosamines (potent cancer-causing agents)

**Chemicals in Spit Tobacco con't.**

- Nickel
- Nicotine
- Pesticides
- Flavoring Agents
- Acetaldehyde
- Benzopyrene (cancer-causing)
- Hydrazine
- Uranium 235 and 238
- Over 30 metals

**Are You Hooked on Chew?**

- You have switched to a stronger brand
- You can't go more than a few hours without it
- You have strong cravings when you try to quit
- You reach for a dip first thing in the morning



For more information on health issues in Kentucky, please visit: [www.ca.uky.edu/HEEL](http://www.ca.uky.edu/HEEL)

Source:  
Kentucky Quit Spit Program

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