

## West Virginia SPIT TOBACCO FACT SHEET

### The Facts

- **Dipping 8 to 10 times a day can deliver as much nicotine as smoking 30 to 40 cigarettes.**
- **Users of spit tobacco are exposed to higher amounts of tobacco-specific nitrosamines – molecules that are known to be carcinogenic – than smokers (Ten times more, on average).**
- **Exposure to spit tobacco juice can induce cancers of the esophagus, larynx, stomach, pancreas and prostate.**
- **Oral cancers caused by spit tobacco can include: cancer of the lips, tongue, cheeks, gums, and the floor and roof of the mouth.**
- **The longer a person dips spit tobacco, the greater the chances of getting oral cancer.**
- **Some of the more immediate effects of the nicotine in spit tobacco may include: spike in blood pressure, increased heart rate, decrease in skin temperature, sweating and diarrhea.**
- **Some of the short-term and long-term negative effects associated with spit tobacco include: chronic halitosis (bad breath), mouth lesions, high blood pressure, increased agitation, cardiovascular disease, loss of teeth, tooth decay, gum disease, acid reflux (heart burn) and /or acid reflux disease.**

Spit tobacco, --sometimes referred to as ‘smokeless’ tobacco – is comprised of 28 KNOWN carcinogens (cancer-causing agents).

### West Virginia and Spit Tobacco Sources from WV Health Statistics Center, WV Bureau for Public Health

- **Among adult males, West Virginia reports the highest percentage of spit tobacco use: 17.6%** (2008 WV Behavioral Risk Factor Surveillance System)
- **Percentage of current smokers who reported also using smokeless tobacco in certain situations: 16.7% total (This includes 25.3% of male smokers and 8.0% of female smokers)** (WV Adult Tobacco Survey, combined years 2005, 2007, 2008.)
- **WV high school males who use spit tobacco: 24.8%** (2009 WV Youth Tobacco Survey)
- **WV high school females who use spit tobacco: 2.6%** (2009 WV Youth Tobacco Survey)
- **Number of West Virginia male high school students currently using spit tobacco: 10,400 (1 in 4)** (2009 WV Youth Tobacco Survey)
- **Percentage of West Virginia male high school students who have ever used spit tobacco, first used spit tobacco before the age of 11 (or the 7<sup>th</sup> grade): 20.4% (1 out of 5)** (2009 WV Youth Tobacco Survey)

### Tobacco-Related Monetary Costs in West Virginia

- **Annual health care expenditures in the State directly caused by smoking: \$1.3 billion** (WV Health Statistics Center, Tobacco Is Killing and Costing Us, combined years 2002-2006)
- **State Medicaid program’s total health expenditures caused by smoking: \$229.0 million** (Campaign for Tobacco-Free Kids, cites: Zhang, X et al., “Cost of Smoking to the Medicare Program, 1993, “Health Care Financing Review 20(4):1-19, Summer 1999; Office of Management and Budget, Budget for the United States Government---Fiscal Year 2000, Table S-8, 1999.)

**Helpful Websites:** [www.wvdtb.org](http://www.wvdtb.org) [www.wvdhhr.org/bph/hsc/statserv](http://www.wvdhhr.org/bph/hsc/statserv) [www.oralcancerfoundation.org](http://www.oralcancerfoundation.org) [www.ada.org](http://www.ada.org) [www.health.gov](http://www.health.gov) [www.cda.org](http://www.cda.org)  
[www.entnet.org](http://www.entnet.org) [www.cancer.org](http://www.cancer.org) [www.nci.nih.gov](http://www.nci.nih.gov) [www.atsdr.cdc.gov](http://www.atsdr.cdc.gov)

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<http://www.wvdtb.org/Tools/FactSheets/tabid/394/Default.aspx>