

Connecticut Department of Public Health Fact Sheet

Tobacco Control Program | December 2022

SMOKELESS TOBACCO INFORMATION

What Is Smokeless Tobacco...?

Smokeless tobacco is noncombustible, meaning it is not burned when used. It is available in different types, such as chew, dip, snuff, snus and dissolvables:

- **Chew and Dip** are loose leaf or ground tobacco leaves that come in a large pouch or tin. Chew is put between the cheek and gums or between the cheek and teeth. Dip is placed inside of the mouth between the lower lip and outer gums. Popular brands are Copenhagen, Grizzly and Skoal
- **Snuff** is made from finely ground or pulverized tobacco leaves and is inhaled or sniffed into the nasal cavity. There are two main types of snuff (moist and dry) and usually comes in a tin. Popular brands are Garrett and Kodiak



Chew, Dip and Snuff



Snus

- **Snus** comes in a small pouch that resembles a tea bag or is sold in a tin in loose form. The pouch is placed between the upper lip and gum for extended periods. A pinch of the loose variety is placed under the upper lip. Most users of snus prefer the discreet nature of the pouch. Popular brands are General and Marlboro
- **Dissolvables** come in orbs, pellets, sticks, strips and lozenges. Some of the products resemble candy. Most of these tobacco products completely dissolve in the user's mouth and do not require spitting or discarding.¹ Popular brands are Camel, Stonewall and Ariva

Smokeless Tobacco Dangers: According to the US Surgeon General and the National Cancer Institute,^{2,3}

- Using smokeless tobacco in any form is hazardous to one's health and can lead to nicotine addiction
- Tissues in the nose or mouth absorb nicotine and other toxins from the tobacco which are then released into the bloodstream
- At least 28 chemicals found smokeless tobacco have been linked to oral, pancreatic and esophageal cancer
- Use of these products can also cause gum disease, tooth decay and tooth loss



Dissolvables



Smokeless Tobacco Use in Connecticut: The prevalence of smokeless tobacco use in 2021 among both adults and high school students was very low.

- Approximately 19,700 or less than 1% of adults ages 18 years and over reported using smokeless tobacco some days or every day⁴
- For high school students, 1.3% used smokeless tobacco on 1 or more of the last 30 days, which represents approximately 2,000 youth⁵

Quick Facts on Smokeless Tobacco Use

- It can lead to nicotine addiction^{2,6}
- It causes several types of cancer, including of the mouth, esophagus and pancreas^{2,6}
- It may increase the risk of death from heart disease and stroke^{6,7}
- It has been associated with diseases of the mouth^{6,7}
- It can increase the risk for early delivery and stillbirth if used during pregnancy²
- It can cause nicotine poisoning in children if ingested⁸

Resources for Quitting

- Call the [CT Quitline](#) at [1-800-QUIT-NOW](tel:1-800-QUIT-NOW) (1-800-784-8669) for free help or information on quitting, or
 - For the hearing impaired, the TTY number is [1-877-777-6534](tel:1-877-777-6534)
 - For services in Spanish, call [1-855-DEJELO-YA](tel:1-855-DEJELO-YA) (1-855-335-3569)
- Re-learn life without cigarettes or vapes through the online [Become an EX](#) program, and
 - In-person programs are available – see the [Local Community Cessation Directory](#) available at www.CT.gov/DPH/Tobacco
 - Smartphone apps and more information are available at SmokeFree.gov
- Visit [CommitToQuitCT](#) to enroll for Quitline services online
- Text [DitchVape](#) at 88709 for help through a cessation program from [Truth Initiative](#)



Cessation Resources for Youth

- Get the [quitSTART](#) app - available at Teen.SmokeFree.gov or in the App store
- For parents (or other adults) who want to help their kids quit, text [Quit](#) to 202-899-7550; this same number can also give adults assistance with their own quitting

References:

- ¹Dissolvable Tobacco Products. (2018, Jun 14). FDA, US Drug and Food Administration. [Dissolvable Tobacco Products | FDA](#).
- ²U.S. Department of Health and Human Services. [The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General](#). Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014 [accessed 2022 Sep 27].
- ³National Cancer Institute. Tobacco. <https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco> [accessed 2022 Sep 27].
- ⁴State of Connecticut, Department of Public Health; Connecticut Behavioral Risk Factor Surveillance System, 2021.
- ⁵State of Connecticut Department of Public Health; Connecticut Youth Risk Behavior Survey, 2021.
- ⁶World Health Organization. [IARC Monographs on the Evaluation of Carcinogenic Risks to Humans. Volume 89: Smokeless Tobacco and Some Tobacco-Specific N-Nitrosamines](#). [PDF–3.18 MB] Lyon (France): World Health Organization, International Agency for Research on Cancer, 2007 [accessed 2022 Sep 27].
- ⁷Piano MR, Benowitz NL, Fitzgerald GA, Corbridge S, Heath J, Hahn E, et al. Impact of Smokeless Tobacco Products on Cardiovascular Disease: Implications for Policy, Prevention, and Treatment: A Policy Statement from the American Heart Association. *Circulation* 2010;122(15):1520–44.
- ⁸Connolly GN, Richter P, Aleguas A Jr, Pechacek TF, Stanfill SB, Alpert HR. Unintentional Child Poisonings Through Ingestion of Conventional and Novel Tobacco Products. *Pediatrics* 2010;125(5):896–9.



For More Information, Contact:

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