

HEALTH CONSEQUENCES OF SPIT TOBACCO

Quick Facts

- 8% of Alberta youth in grades 7 to 12 used chewing tobacco or snuff at least once in the last 12 months.^{1,2}
- 15% of Alberta male youth (in grades 7 to 12) reported using chewing tobacco at least once in the past 12 months, compared to 2.5% of female youth in the province.^{1,2}
- Many people start using spit tobacco very young (approximately nine or 10 years old).³⁻⁵
- With over 3,000 chemicals,⁶ including 28 known carcinogens (cancer-causing agents), spit tobacco is a harmful tobacco product.⁴
- AADAC discourages the use of spit tobacco among Albertans, as it is not a safe product.⁷
- Spit tobacco causes oral cancer.^{6,8} About 35% of Canadians diagnosed with oral cancer will likely die within five years of diagnosis.⁹
- Spit tobacco increases the risk of cancers of the pharynx (throat), larynx (voice box), and esophagus.^{6,8}
- Spit tobacco use causes leukoplakia (mouth sores that can become cancerous), tooth abrasion, and gum recession.¹⁰
- Spit tobacco affects the cardiovascular system and may be associated with heart disease, stroke and high blood pressure.¹¹