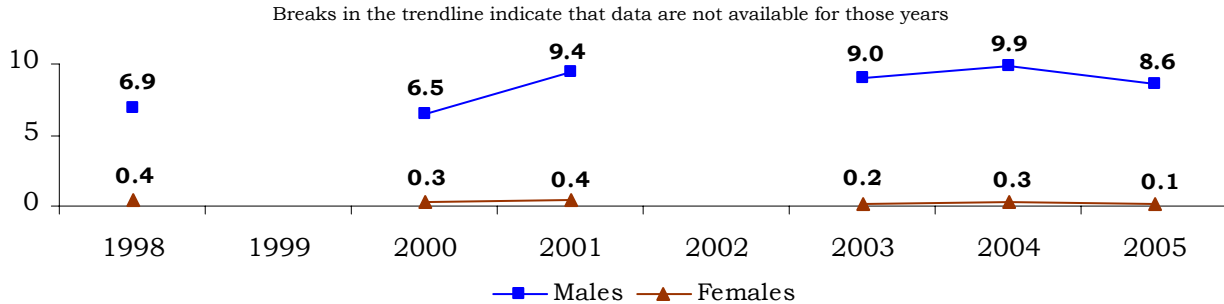


# Smokeless Tobacco Use in Idaho, 2005

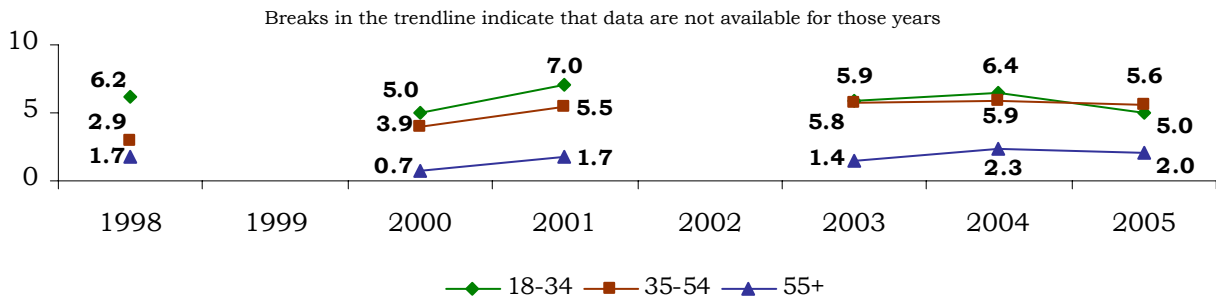
Smokeless tobacco, also called chewing tobacco or snuff, is most commonly used by either placing the loose tobacco between the gum and cheek or pinching the tobacco between the thumb and forefinger and sniffing it into the nostrils.<sup>1</sup> In November of 2005, the Centers for Disease Control and Prevention reported that 3.0 percent of adults in the United States used smokeless tobacco.<sup>1</sup> One of the *Healthy People 2010* objectives is to reduce the use of smokeless tobacco to 0.4 percent.<sup>4</sup> In 2005, 4.3 percent of Idaho adults were users of smokeless tobacco. In 2005, Idaho males were significantly more likely to use smokeless tobacco when compared with Idaho females (8.6 percent and 0.1 percent, respectively).

**Percent of Idaho adults who used smokeless tobacco by sex, 1998-2005**



The Centers for Disease Control and Prevention estimate that the typical consumer of smokeless tobacco is between the ages of 18 and 30.<sup>3</sup> In 1998, Idaho adults aged 18 to 34 were significantly more likely to use smokeless tobacco (6.2 percent) when compared with Idaho adults aged 35 to 54 (2.9 percent) and adults 55 and older (1.7 percent). Since 1998, these differences have not remained significant. In fact, in 2005, Idaho adults aged 35 to 54 (5.6 percent) were more likely to use smokeless tobacco than adults aged 18 to 34 (5.0 percent).

**Percent of Idaho adults who used smokeless tobacco by age, 1998-2005**

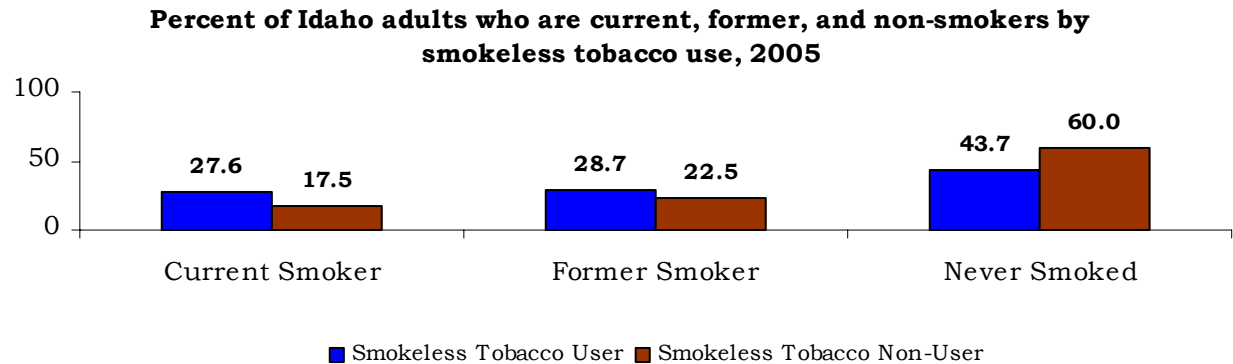


## Other Highlights – 2005

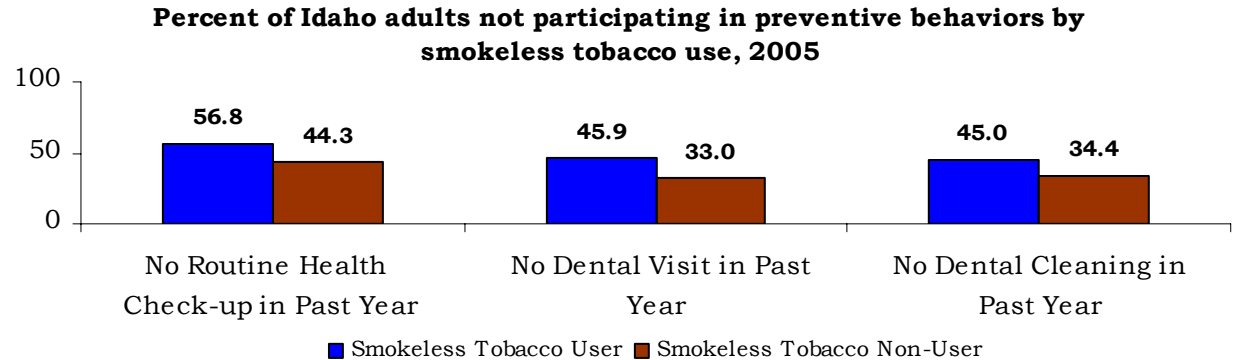
- In 2005, 19.1 percent of Idaho adults had ever tried or used chewing tobacco or snuff. Males were more than seven times more likely to have ever tried or used smokeless tobacco when compared with females (34.0 percent compared with 4.4 percent).
- College graduates were significantly less likely to be users of smokeless tobacco (2.5 percent) when compared with Idaho adults with a 12<sup>th</sup> grade or GED education (6.2 percent).
- Non-Hispanic adults in Idaho were almost twice as likely to have ever tried smokeless tobacco when compared with Hispanic adults (19.8 percent and 10.1 percent, respectively).
- Idaho adults who used smokeless tobacco were significantly more likely to be at risk for heavy drinking (11.6 percent of smokeless tobacco users compared with 3.9 percent of those who did not use smokeless tobacco).

## Characteristics of Smokeless Tobacco Users Compared With Non-Users

While smokeless tobacco lacks the health threatening smoke of cigarettes, it still contains at least 28 carcinogens, making it an unsafe substitute for smoking.<sup>1,2</sup> Long-term use of smokeless tobacco is associated with an increased risk of nicotine addiction.<sup>1,3</sup> In 2005, smokeless tobacco users were more likely to report a current or former smoking status than non-users of smokeless tobacco. Smokeless tobacco non-users were significantly more likely to report that they had never smoked when compared with users of smokeless tobacco (60.0 percent and 43.7 percent, respectively).



Long-term use of smokeless tobacco is also associated with an increased risk of oral health problems including recession of the gums and oral cancer.<sup>1</sup> In 2005, Idaho smokeless tobacco users were more likely to report that they had not participated in preventive behaviors such as routine health check-ups, visits to the dentist, and dental cleanings when compared to non-users of smokeless tobacco. Smokeless tobacco users were significantly more likely to have not had a routine health check-up in the past year when compared with non-users (56.8 percent and 44.3 percent, respectively).



### References

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