

Abstract:

BACKGROUND: Nicotine is one of the most commonly used addictive substances amongst the general population. Nonetheless, there is not much information on the use of chewing tobacco or nicotine pouches, even more so when it comes to studies concerning athletes.

AIMS: The goal of this work was to map out the patterns of using chewing tobacco and nicotine pouches amongst athletes, specifically American football players and ice hockey players.

METHODS: Quantitative questionnaire research was carried out with the help of the online tool Survio. The questionnaire was distributed through members of selected sports teams, American football and ice hockey, coaches, or team emails.

RESULTS: 219 respondents took part in the study, of them, 114 were American football players and 105 were ice hockey players. Out of the 219 respondents, 65 of the 114 American football players (57%) and 53 of the ice hockey players (53%) have used chewing tobacco. While 49 American football players and 43 ice hockey players have used nicotine pouches. On average, respondents encountered chewing tobacco at the age of 19, and nicotine bags at the age of 21. The research also found that 21 of the 65 American football players (33%) and 19 of the 53 ice hockey players (36%) that use chewing tobacco do so on a daily basis. For nicotine pouches 17 of the 49 (35%) American football players and 14 of the 43 (33%) ice hockey players that have used nicotine pouches before use it daily. It has also shown, that out of the 65 American football players that have used chewing tobacco 37 (60%) and out of the 53 ice hockey players that have used chewing tobacco 33 (62%) have experienced negative effects. Of the respondents using nicotine pouches 17 of the 49 (35%) American football players and 12 of the 43 (28%) ice hockey players have experienced negative effects.

CONCLUSION: The research has shown that the respondents have more experience with chewing tobacco and/or nicotine pouches than the general population.

Keywords: Nicotine, Nicotine Pouches Chewing tobacco, Athletes, Addiction