



MONTGOMERY COUNTY
 Department of Health and Human Services
 TOBACCO USE PREVENTION AND CESSATION PROGRAM

'NOT JUST CIGARETTES'
 Alternate Forms of Tobacco

ALTERNATIVE TOBACCO PRODUCTS

Tobacco, in any form, is harmful to your health. While cigarettes are by far the most commonly used tobacco product, pipes, cigars, smokeless tobacco, and bidis are becoming increasingly popular throughout the United States.

In Montgomery County, cigarettes smoking among youth (<18 yrs) is on the decline and is currently among the lowest in Maryland. Unfortunately, use of alternative tobacco products among youth in Montgomery County is on the rise.

TOBACCO PRODUCT	2000	2006
Cigarette	12.1	9.0
Pipe	2.9	5.0
Bidi	5.0	5.2
Smokeless Tobacco	2.9	3.3

Source: *Monitoring Changing Tobacco Use Behaviors in Maryland*, Maryland Department of Health and Mental Hygiene.



'NOT JUST CIGARETTES - THESE ARE KILLERS TOO!'

BIDIS

Bidis (pronounced as bee- dis) are small hand-rolled cigarettes, wrapped in a tendu or temburni leaf, and tied with string at the ends. Bidis can be flavored (vanilla, strawberry, mango, chocolate) or unflavored and are typically imported from India or other Southeast Asian countries. Most bidis users need to puff harder to keep the bidis lit, this can deliver higher concentrations of tar, nicotine and carbon monoxide than conventional cigarettes.



Strawberry and vanilla flavored bidis

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‘ALTERNATE’ FORMS OF TOBACCO USE

BLACK AND MILDS (Pipe Tobacco Cigar)

Black and Milds is a pipe tobacco cigar brand that can come with a plastic or wood tip, filter tip, untipped, or in a shorter version called a Fast Break (about half of the size of a regular Black and Mild). Black & Mild cigars are small, inexpensive, sometimes flavored and sold singly. They are taxed at a lower rate and carry fewer health warnings than cigarettes.

According to the United States Government Centers for Disease Control and Prevention (CDC), Black and Milds are the preferred cigar of young African American smokers.

It is also a common practice to remove the tobacco, take out the inner wrapper (sometimes termed "cancer paper"), and put the tobacco back in with other **addictive controlled substances**.



Black and Mild comes in a variety of flavors

DISSOLVABLE TOBACCO

Dissolvable Tobacco is made from finely milled tobacco that is held together with food-grade binders. The dissolvable tobacco is placed on the tongue or between the cheek and gum so that it dissolves, releasing tobacco. The packaging is similar to that of candy, mints or pills. This product may be easier for students and youth to use and hide than cigarettes and smokeless tobacco. Dissolvable tobacco products may have as much or more nicotine as a cigarette.



'ALTERNATE' FORMS OF TOBACCO USE

E-CIGARETTE

The Electronic Cigarette (e-cigarettes) is a relatively simple device that creates vapor out of a nicotine and propylene glycol liquid. This 'mist' acts much like cigarette smoke. Some e-cigarettes look very much like regular cigarettes or cigars but these products are battery powered. The nicotine in the e-cigarette is delivered through a cartridge and comes in four strengths (16mg, 11mg, 6mg and 0mg). Through the e-cigarette, the smoker gets the 'feeling' that he/she is smoking without any tobacco or combustion. There is little research on the potential harm to those who use the e-cigarette. Therefore, most tobacco control advocates do not consider this product a safe alternative to cigarettes.



HOOCAH (Water pipes)

Hookah is known by many names (hookah, hubble bubble, shisha, nargile). The water pipe provides a method for inhaling tobacco smoke. Tobacco is heated, passed through water and inhaled using a hose.

Smoke produced using a water pipe contains similar toxic components and carries the same health risks as the smoke produced from conventional cigarettes.

Hookah tobacco and smoke contains numerous toxicants known to **cause lung cancer, heart disease, and other diseases.**



Even after it has passed through water, the smoke produced by a hookah contains high levels of toxic compounds, including carbon monoxide, heavy metals, and cancer-causing chemicals.

Due to the mode of smoking, including frequency of puffing, depth of inhalation, and length of the smoking session, hookah smokers may **absorb higher concentrations of the toxins** found in cigarette smoke. A typical **1-hour-long hookah smoking** session equals inhaling 100–200 times the volume of smoke inhaled with a single cigarette.

'ALTERNATE' FORMS OF TOBACCO USE

KRETEKS

Kreteks (pronounced 'kree-tex') are also known as clove cigarettes. Kreteks come in a variety of flavorings and contain eugenol (u-gee-nol smells like clove oil)

Eugenol has a numbing effect, which allows users to inhale the smoke more deeply. Smoking analysis by machines has shown that kreteks deliver more nicotine, tar and carbon monoxide than conventional cigarettes.



SNUFF AND SNUS

Snuff is ground or shredded tobacco, used orally. It can be loose or packaged like a tea bag. The user stores the product between the cheek and gum, or lower lip and gum. Snuff mixes with saliva and nicotine is released.

There are three varieties of snuff – dry, moist and fine cut. Snuff is available sweetened, or flavored. The moist form of snuff is considered by manufacturers to be a 'starter' product as it contains lower levels of nicotine and uses tobacco disguising flavors such as cherry or mint. **Snus** (pronounced snooss") is one of the latest entrants to the smokeless spit less tobacco field. Snus is the Swedish work for snuff. It is a form of moist, ground smokeless tobacco usually sold in 'sachet' form. Each sachet looks like a small tea bag.



TO LEARN MORE ABOUT ALTERNATIVE TOBACCO PRODUCTS, VISIT THESE WEBSITES:

www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/

www.ttac.org/tcn/peers/other/01.14.09.html

www.who.int/mediacentre/news/releases/2008/pr34/en/



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