

Types of Tobacco and Its Harmful Effects

Cigarettes

- 65% of college and university students reported NOT smoking cigarettes or using spit tobacco in the last 30 days.
- Most adults in the United States do NOT smoke. 76% of adults aged 18 years and older do NOT smoke cigarettes (74% of men and women do NOT smoke).
- About 70% of adults (33.2 million) want to quit smoking completely but because of the addictive nature of nicotine many smokers find it difficult to quit.
- Nearly three-quarters (72.9%) of adolescent smokers who have ever smoked cigarettes daily have attempted to quit; however, among those, the vast majority (86.5%) continue to smoke, most likely because of the addictive nature of nicotine.
- More than 4,000 chemical compounds have been identified in tobacco smoke. Of these, at least 43 are known to cause cancer.
- In addition to being responsible for 87% of lung cancers, smoking is also associated with cancers of the mouth, pharynx, bronchus, larynx, esophagus, pancreas, uterine cervix, kidney, and bladder.
- Each year, more than 440,000 Americans die from cigarette smoking. In fact, one in every five deaths in the United States is smoking related.
- In 1988, the U.S. Surgeon General reported that nicotine is addictive in the same ways as heroin and cocaine.

Cigars

- Cigar smoking increases the risk of death from cancer of the larynx by more than 10 times and cancer of the oral cavity/pharynx by four times.
- Males who smoke cigars are five-times more likely to develop lung cancer than non-smokers. This risk is much greater than previously reported.
- Compared to non-smokers, cigar smokers have a 27% higher risk of coronary heart disease and a 45% increased risk of chronic obstructive lung diseases, such as emphysema and chronic bronchitis.

Smokeless Tobacco

- The risk of cancer of the cheek and gum may reach nearly 50-fold among long-term snuff users compared to non-users.
- Not only does chewing tobacco contain nicotine, but also it contains more nicotine than cigarettes.

Bidis

- Bidis (pronounced as beedis or beedies) are small brown cigarettes, often flavored, consisting of tobacco hand-rolled in tendu or temburni leaf and secured with a string at one end.
- One study found that one bidi produces more than three times the amount of carbon monoxide and contains more than three times the amount of nicotine and more than five times the amount of tar than one cigarette, when tested on a standard smoking machine.
- There is no national data on the prevalence of bidi use, although preliminary studies suggest that they are growing more popular especially in the younger population. A Massachusetts study that surveyed 642 of Massachusetts' urban youth found that 40% reported smoking bidis in their lifetime, 16% reported smoking bidis at least once in the past 30 days, and 8% smoked 100 or more bidis in their lifetime.

Clove Cigarettes or Kreteks

- Kreteks is the Indonesian name for clove cigarettes.
- Kreteks are cigarettes made from tobacco that has been sprayed in clove oil and contain large amounts of tobacco and unfiltered organic matter.
- Kreteks contain 2 to 3 times more nicotine and tar than American brands.

Menthol Cigarettes

- Menthol in cigarettes has a cooling effect. This may allow smokers to inhale more deeply and to hold the smoke longer. As a consequence, smokers who use mentholated cigarettes are relatively more likely to experience health consequences compared to other cigarette users.
- Menthol cigarettes are of special health concern for African-American students, because 75% of black American smokers smoke menthol cigarettes compared to 25% of white American smokers.