



# Tobacco Industry Products Fact Sheet

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## WHAT ARE TOBACCO INDUSTRY PRODUCTS?

When people think of tobacco industry products, they usually think of cigarettes, pipes or cigars. However, there are many forms of tobacco sold in Canada, including:

- Spit tobacco
- Snus
- Cigarillos
- Hookah (water pipes)
- Bidis
- Kreteks or clove and other herbal cigarettes
- E-cigarettes

## SPIT TOBACCO (also known as Smokeless Tobacco)

### *Chew*

- A leafy form of tobacco sold in pouches
- Placed between the cheek and gums for several hours at a time

### *Plug*

- Chew tobacco that has been pressed into a hard block
- Placed between the cheek and gum

### *Snuff*

- Ground-up moist tobacco sold in cans
- Placed between the bottom lip and gum
- Also known as 'dipping'

## SNUS

- Comes in a small pouch, similar to a teabag
- Placed under the upper lip for extended periods of time
- Does not result in spitting

## CIGARILLOS

- Similar to a cigar, but is the size of a cigarette
- Comes in a variety of flavours

## **HOOKAH** (water pipes)

- Single or multi-stemmed (often glass-based) water pipe used for inhaling smoke
- Operates by water filtration and indirect heat

## **BIDIS**

- Thin cigarettes wrapped in leaves and tied with colourful strings
- Sold in a variety of candy-like flavours
- Do not stay lit easily, so people who smoke them need to puff harder and inhale deeper into their lungs to keep them lit

## **KRETEKS**

- Indonesian cigarettes made of tobacco, ground cloves and other additives

## **NEW TOBACCO INDUSTRY PRODUCTS**

New tobacco industry products like e-cigarettes are emerging. While these do not contain tobacco, they may have nicotine and/or other chemical ingredients that the user inhales. Although e-cigarettes with nicotine are not legal or approved for sale in Canada, they are still widely available. The long-term health risks of e-cigarettes are not known and the products and nicotine cartridges lack regulation and quality control. For more information, please visit the Non-Smokers' Rights Association at <http://www.nsra-adnf.ca>.

Adapted from: British Columbia Ministry of Health. (2005). *The Harmful Effects of Tobacco Products: Not a Safe Option to Cigarettes*. Tobacco Prevention Series.