



# and Nicotine TOBACCO PRODUCTS

## COMBUSTIBLE

**COMBUSTIBLE TOBACCO** is any tobacco that is burned. Whenever combustion takes place, smoke is created. Any inhalation of smoke from a burned substance is harmful to both the lungs and the body.

### CIGARETTES

The most well-known and widely used combustible product is a cigarette. Cigarettes are made up of chopped tobacco wrapped in a white cigarette paper. They have added chemicals to increase the addictive properties, nicotine delivery, and ease of smoking. Cigarette smoking is the leading cause of preventable death and disease in the United States.



Cigarette

### CIGARS

Cigars are made up of chopped tobacco wrapped in tobacco leaves. The defining characteristic of a cigar is it is wrapped in tobacco paper whereas cigarettes are wrapped in paper. The average large cigar has the same amount of nicotine as 4-5 cigarettes.



Little Cigar



Cigarillo



Cigar

### BLUNT

A tobacco wrap or cigar that has been hollowed out and filled with marijuana is called a blunt.



Blunt

### HOOKAH (WATERPIPE TOBACCO SMOKING)

Hookah, also known as shisha, is a form of waterpipe tobacco smoking that uses a sticky blend of tobacco, which contains additives such as spices, dried fruit, molasses, honey, and artificial flavors. Hookah is typically used in a social setting and is shared among a group of people through a single waterpipe.



Hookah

## SMOKELESS

**SMOKELESS TOBACCO** products do not require burning to be consumed. Depending on the product, they can be sniffed, sucked, chewed, or left to sit in the mouth between the lip and gums for an extended period.

### CHEWING TOBACCO

The most common type of smokeless tobacco is often called chew or dip. These products are usually sucked, chewed, or dipped. These types of smokeless tobacco products are put between a user's lower lip and cheek, which causes lots of saliva, resulting in the user's need to spit.



Chew

### SNUS

Snus, pronounced "snoose", is a moist version of snuff that has been placed in pouches. Snus is meant to be left in the mouth, under the top lip, producing little saliva making the product spit-less.



Snus

### NICOTINE POUCHES

Nicotine pouches, also known as tobacco-leaf free pouches, are made from nicotine extracts and contain other additives and chemicals. There is no tobacco in these products; however, the nicotine in the pouches may be derived from the tobacco plant. These pouches are similar to snus and are spit-less. Brands include Zyn, On!, and Velo. One pouch has approximately 6mg of nicotine. Pouches contain a nicotine salt derived from a tobacco leaf or synthetic nicotine made in a lab.



Nicotine Pouches

# ELECTRONIC SMOKING DEVICES

**ELECTRONIC SMOKING DEVICES** can be challenging to identify. The original devices looked similar to cigarettes and had a battery, heating element, and a pre-filled cartridge with a freebase nicotine solution. Since then, the devices and solutions have evolved, and each generation has become more efficient in delivering nicotine to its user.

## CIG-A-LIKES

Cig-a-likes first entered the market in 2007. These products mimic the size and shape of a tobacco cigarette and the nicotine solution is sold in pre-filled cartridges.

## VAPE PENS

Vape pens are larger than cig-a-likes and often have the appearance of an ink pen. These devices reach higher temperatures, can have batteries or be rechargeable, and have a refillable cartridge that the user fills with a nicotine or THC solution.

## MODS & TANKS

Mods and tanks are the largest devices. They have a big battery to create more aerosol which allows the user to inhale greater amounts of nicotine and chemicals at a faster rate. The devices have a refillable tank for a nicotine solution.

## POD SYSTEMS

Pod-based systems are typically smaller and are fitted with a pod filled with a nicotine solution. Most pod devices come with a nicotine salt solution that delivers high levels of nicotine to users. There are also pod devices designed to vape THC solutions.

## DISPOSABLES

Designed for single use, these devices come fully charged and pre-filled with nicotine or THC solutions. When e-juice is gone, the device is thrown away. Disposable devices have evolved over time. Today's devices have more nicotine and a greater puff volume.

## YOUTH VAPING EPIDEMIC

In 2018 the US Surgeon General recognized youth vaping as a national epidemic. The dramatic increase in youth vaping between 2017 and 2018 is tied to the mass production and marketing of JUUL, a small vaping device that uses pre-filled pods with a nicotine-salt solution. What set JUUL apart from other, older devices was the use of a salt-based nicotine solution. Nicotine salt solutions deliver more nicotine to users with smaller vaping devices. The solutions are also easier for individuals to consume as they don't result in the same throat hit as freebase nicotine. As a result, users can discreetly vape large quantities of nicotine. These products, as well as evolving vaping devices, have resulted in greater youth initiation of tobacco products and higher rates of nicotine addiction.



## Disposable Pods

For comparison purposes, a JUUL pod has approximately 200 puffs and 41 milligrams of nicotine. A standard Puff Bar has 400 puffs and 50 milligrams of nicotine. A Puff Bar Flow has 1800 puffs and 325 milligrams of nicotine.



California  
Youth  
Advocacy  
Network

info@cyanonline.org | (916) 339-3424 | www.cyanonline.org

©2022, California Youth Advocacy Network



facebook.com/cyanfan  
twitter.com/CYANonline