All forms of tobacco have the potential to cause health problems, and the nicotine in tobacco products is addictive. Also, tobacco products that look like candy or come in candy flavors like chocolate, cherry, or mint are especially dangerous to young children. For example, one teaspoon of liquid nicotine from a refillable e-cigarette could be lethal to a child.

Children, teens, and parents need to know that there are no safe forms of tobacco.
OTHER FORMS OF SMOKING
While cigarettes remain the most popular form of tobacco, there are many other forms that parents should be aware of.

Cigars: A cigar is a tightly rolled bundle of tobacco wrapped in leaf tobacco or in a substance that contains tobacco. Three types of cigars sold in the United States include large cigars, cigarillos, and little cigars. One large cigar usually contains about the same amount of tobacco as a pack of cigarettes. It takes about 1 to 2 hours to smoke and smokers usually do not inhale the smoke. Cigarillos (means “little cigar” in Spanish) are about 3 to 4 inches long and usually do not include a filter. Little cigars are about the size of cigarettes, may include a filter, may be flavored, and are sold in packs. Cigar smoke is not any safer even when cigar smoke is not inhaled or if smoke is inhaled through a filter.

Hookahs: A hookah or water pipe is a device used to smoke tobacco. Special tobacco is made for a hookah and may be flavored. Tobacco is heated, filtered by water, and then inhaled as smoke through a hose with a mouthpiece at the end. Hookah smokers usually smoke in a group sharing one mouthpiece. Young adults typically use hookah as a social activity; hookah bars or lounges near college campuses are popular meeting places. Inhaling tobacco smoke using a hookah is not any safer because of the water filter. Hookah use can lead to several types of cancers, as well as heart and lung diseases. Also, because people are sharing a mouthpiece, there is a risk of hepatitis, herpes, and tuberculosis.

Bidis: A bidi is a small, thin, hand-rolled cigarette wrapped in leaves. Bidis can be tied with a string at one or both ends. Bidis may be flavored. The amount of nicotine in bidi smoke is 3 to 5 times higher than the amount of nicotine in cigarette smoke. Several research studies have found that many of the same health problems associated with cigarettes can be common with bidi use. Bidis are imported from Asia.

Kretexs: A kretek is a cigarette that contains a mixture of tobacco, cloves, and other additives. They are imported from Indonesia and are also called cloves or clove cigarettes. Kretek use can cause some of the same health problems that cigarette smoking causes, such as difficulty breathing, coughing up blood, and other lung problems.

FORMS OF SMOKELESS TOBACCO
Many people believe smokeless tobacco is safer than smoking because they are not inhaling smoke. However, this is not true. Smokeless tobacco still contains many dangerous chemicals and ingredients that can cause harm to the body. Also, because there is no smoke this may make it easier for children to use tobacco products without being noticed. Products that look like candy or are flavored can be appealing to young children.

Chewing tobacco: Also known as spit tobacco, or chew, chewing tobacco is made of strips of shredded tobacco leaves in various forms. Chewing tobacco is placed between the gum and the cheek and tobacco juice that builds up is spit out. The most common
form is **loose-leaf**, which means the strips of tobacco are sweetened and packaged in a foil pouch. Chewing tobacco can also appear in **plug form**, where the tobacco is pressed together into a small, cake-like form and wrapped in a tobacco leaf, or **twist or roll form**. In each form, the user takes a piece from the package and places it in the mouth, between the gums and cheek. Chewing tobacco users are at risk for gum loss, oral cancers, stained teeth, and oral sores.

**Snuff**: Snuff is also called pinch, or dip, and is a finely-ground form of tobacco that can be dry or moist. Dry snuff is often a powder-like consistency and can be inhaled through the nostrils, taken orally, or placed between the gums and cheek, as is common to do with moist snuff. **Snus** is moist snuff that originated in Sweden. It is dispensed in packets, or sachets (that look like small tea bags), and placed between the gums and cheek. Snus is also designed so that there is no need to spit the product juices out, as is the case with other forms of smokeless tobacco, and this may make the product more popular in school settings. Snus contains many of the same dangers as other smokeless forms of tobacco, despite intense marketing as a safer alternative to cigarettes.

**Dissolvable tobacco**: Tobacco that is meant to dissolve in the user’s mouth is given the broad term dissolvable tobacco. This can include **orbs** (that look like small, oval-shaped mints), **strips** (that look like breath strips), and **sticks** (that look like toothpicks) that are in some markets around the United States. The nicotine content in each differs; some contain more nicotine than a typical cigarette, some contain less. Though the amount of nicotine in some of these brands may seem small compared to other tobacco forms, there is a greater danger of addiction or poisoning. Because these products look like candy or mints, it’s especially important to keep these out of sight and reach of children. The US Food and Drug Administration intends to develop regulation for these devices.

**E-cigarette**: Also called electronic nicotine delivery systems (ENDS), personal vaporizers, vape pens, e-cigars, e-hookah, or vaping devices. These devices are battery-powered and provide nicotine through use of a cartridge. A vapor is released from the end so users feel like they are smoking a real cigarette. E-cigarettes come in flavors like chocolate, gummy bear, tobacco, and cappuccino. Because some e-cigarettes may look like toys (shiny or colorful) and are not sold in child-proof packaging, it’s especially important to keep these devices and their refillable liquids out of sight and reach of children. The US Food and Drug Administration intends to develop regulation for these devices.

For more information about tobacco and secondhand smoke, visit the [AAP Julius B. Richmond Center of Excellence](https://www.aap.org/about-us/centers/aap-centers-richmond-center-of-excellence/) Web site. Derived from “**Alternative Forms of Tobacco are Dangerous**” on HealthyChildren.org; “**Emerging and Alternative Products**” on the Julius B. Richmond Center of Excellence Web site; and “**Smoking & Tobacco Use**” on the Centers for Disease Control and Prevention Web site.