

# CIGARS & BLUNTS

**CIGARS** are a roll of tobacco wrapped in a tobacco leaf or in a substance that contains tobacco.

Unlike a cigarette, which is a roll of tobacco wrapped in paper or in a substance that does not contain tobacco, any tobacco product with a tobacco wrapper is classified as a cigar.<sup>1,2</sup>

There are three types of cigars sold in the United States — large cigars, cigarillos, and little cigars.<sup>3</sup>



Cigar

**LARGE CIGARS** can measure more than 7 inches in length. These cigars typically contain between 5 and 20 grams of tobacco.<sup>3</sup> Large premium cigars are the only cigar that can be sold in California per Senate Bill 793.



Cigarillo

**CIGARILLOS** are medium sized cigars and have about 3 grams of tobacco.<sup>3</sup> Cigarillos are typically 3-4 inches in length and do not have a filter.<sup>4</sup>



Little Cigar

**LITTLE CIGARS** are the size of a cigarette and typically contain a filter. These products have about 1 gram of tobacco and, similar to cigarettes, are sold in packs of 20.<sup>3</sup>

**BLUNTS** are cigars or tobacco wrappers that have been partly or completely refilled with marijuana.<sup>8</sup>

Smoke from marijuana has many of the same toxins, irritants, and carcinogens (cancer-causing chemicals) as tobacco smoke.<sup>9</sup>

Smoking marijuana can also lead to a greater risk of bronchitis, cough, and mucus production.



Blunt

## BLUNTS QUICK FACTS

Blunt use among youth is associated with lower school performance and higher use of other tobacco products.<sup>10</sup>

Various tobacco wrappers and cigar characteristics make it easy for individuals to use the products to create blunts, including:

- wide availability
- easy accessibility (easy to bypass underage purchasing restrictions)
- inexpensive cost
- perforated wrappers that make cigars easy to open, and ability to remove the inner wrapper (also referred to as “cancer paper”) to reduce the risk of harm.<sup>11</sup>



# CIGAR QUICK FACTS

# #2

Nationally, cigars are the second most used tobacco product by youth. In 2022, nearly 3 out of every 100 high school students reported they had smoked a cigar in the past 30 days.<sup>6</sup>



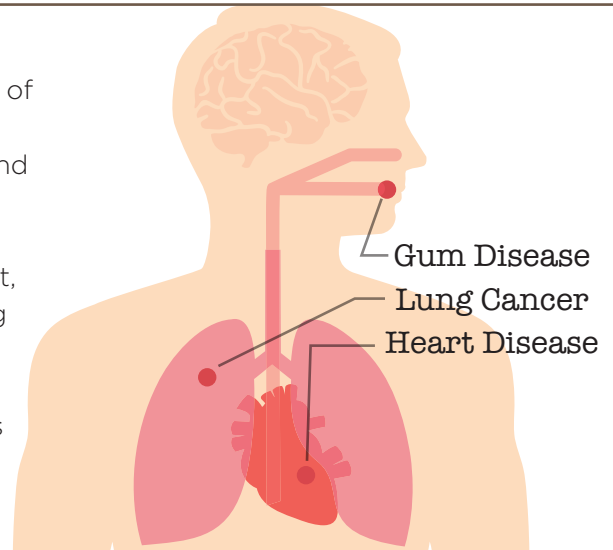
Male youth are more likely than female to smoke cigars. In 2022, 3.5% of male high school students report past 30-day cigar use compared to 2.1% of females.<sup>6</sup>



**CIGARILLOS** were the most commonly used type among youth and young adults. Flavor use was highest among current cigarillo and filtered cigar users, with close to half of current users reporting **FLAVOR** use across age groups.<sup>7</sup>

## HEALTH EFFECTS OF CIGARS

- Some cigars contain the tobacco equivalent of an entire pack of cigarettes.<sup>3</sup>
- Cigars contain the same toxic and cancer-causing agents found in cigarettes and are not a safe alternative to other tobacco products.<sup>1,2,3</sup>
- Cigar smokers directly expose their lips, mouth, tongue, throat, and larynx to tobacco smoke and its toxic and cancer-causing chemicals whether they inhale or not.<sup>3</sup>
- Cigar smoking is linked to gum disease and tooth loss.<sup>5</sup>
- Cigar smoking is associated with an increased risk for cancers of the lung, esophagus, larynx (voice box), and/or oral cavity (lip, tongue, mouth, throat).<sup>1,2,3,5</sup>



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