

Tobacco Definition and Types of Tobacco

In this guideline, “tobacco” refers to all smoking and smokeless forms of commercial tobacco products, including but not limited to cigarettes, cigars, cigarillos, chewing tobacco, dissolvables, hookah/water pipe/shisha, snuff, roll-your-own cigarettes, and pipes, as well as other products that may contain nicotine, such as electronic cigarettes (e-cigarettes) (see [Appendix D: Harms from Tobacco](#)). It does not include therapeutic uses of tobacco and nicotine, such as traditional ceremonial use and nicotine replacement therapy. Health-care providers must be aware of the different forms tobacco products come in, so they can provide effective interventions for clients. (see [Table 1: Types of Tobacco Products and Descriptions](#)).

Table 1: Types of Tobacco Products and Descriptions

TYPES OF TOBACCO PRODUCT	DESCRIPTION
Cigarettes	<p>Commercial cigarettes are thin cylinders of finely cut tobacco wrapped in special paper for smoking. Commercial cigarettes are manufactured by companies and sold in stores. The purchase of these cigarettes is often taxed.</p> <p>Contraband cigarettes are cigarettes sold illegally at lower prices than retail, without the payment of applicable taxes (Luk, Cohen, Ferrence, McDonald, Schwartz, & Bondy, 2009).</p>
Cigars	Cigars are aged tobacco wrapped in tobacco leaf and can contain as much tobacco as a whole standard pack of cigarettes. Cigars often take one to two hours to smoke (Centers for Disease Control and Prevention, 2016).
Cigarillos	Cigarillos are shorter, narrower cigars that are often 3–4 inches in length, weigh less than 1.4 grams (excluding the weight of any mouthpiece or tip), and contain approximately 3 grams of tobacco (Centers for Disease Control and Prevention, 2016; Government of Ontario, 2016).
Chewing Tobacco	Chewing tobacco is strips of loose-leaf tobacco placed between the gums and cheek, so the nicotine can be absorbed through the buccal mucosa. Chewing tobacco is usually aged and sweetened or flavoured. The accumulated saliva is spit out (Centers for Disease Control and Prevention, 2016).
Dissolvables	Dissolvables include items that resemble candy and are often flavoured. They may be in the form of wafers, lozenges, sticks, strips, and orbs (World Lung Foundation, 2015).

TYPE OF TOBACCO PRODUCT	DESCRIPTION
Hookah	<p>A hookah is a water pipe that allows users to smoke tobacco that is available in different flavours, such as mint, cherry, and watermelon. Hookah originated in the Middle East, and using it is often a social activity among a group of individuals. Hookah is also called shisha. Individuals who use hookah are exposed to the same health risks as individuals who smoke cigarettes (Centers for Disease Control and Prevention, 2016).</p>
Snuff	<p>Snuff is finely ground tobacco that may be either moist or dry and that often comes in different flavours. It is sold in cans or pouches.</p> <p>Moist snuff is spit free and is placed between the cheek and gum. Nicotine is absorbed through the buccal mucosa. Moist snuff products are also known as snus, khaini, shammaah, nass, or naswa (Eriksen et al., 2012).</p> <p>Dry snuff is finely ground into powder form and inhaled through the nose, where nicotine is quickly absorbed (American Cancer Society, 2016).</p>
Roll-Your-Own Cigarettes	<p>Roll-your-own (RYO) cigarettes are hand-rolled using loose tobacco and a cigarette paper (Asma et al., 2015).</p>
Pipes	<p>Pipes are smoking devices made of briar wood, slate, or clay. Tobacco flakes are placed in the wider opening of the pipe and burned, with the smoke passed through the stem and inhaled through the narrower opening (Asma et al., 2015).</p>
Electronic Cigarettes	<p>Electronic cigarettes (e-cigarettes) contain a liquid mixture of propylene glycol (PG), vegetable glycerin (VG), and water. They may or may not contain nicotine. When the internal battery element is heated, a vapour is produced, which is inhaled. This is referred to as “vaping” (American Cancer Society, 2016).</p>