
TODAY'S TOBACCO, E-CIGARETTE, AND NICOTINE PRODUCTS



A Quick Reference Guide for Healthcare Providers

INTRODUCTION

A variety of commercial tobacco products are available, including cigarettes, cigars, los cigarillos, little cigars, smokeless tobacco, nicotine pouches, hookah tobacco, and most e-cigarettes/vapes. Many of the products are infused with flavors, such as mint, chocolate or other candies, fruit, etc., which make them more appealing to youth and young adults.

All tobacco products contain nicotine, a chemical compound naturally found in the tobacco plant. Other products, which the FDA classifies as “tobacco” contain synthetic nicotine, i.e., nicotine that is made in a lab and has a molecular makeup similar to the nicotine found in the tobacco plant. **Both nicotine types can change the way a person’s brain works**; they can cause an individual to crave nicotine in increased quantities. Continued use of nicotine products can lead to nicotine dependence or substance use disorder.



Nicotine keeps people using tobacco products. The thousands of chemicals contained in tobacco and tobacco smoke are what can cause chronic health conditions and illnesses, such as cancer, COPD, diabetes, gum disease and tooth loss, heart disease and stroke, anxiety and depression, and vision loss and blindness.



Connecticut’s True to You (T2U) Coalition, with funding from the CT Department of Public Health and support from Wheeler Health, has created Tobacco Products: A Quick Reference Guide for Healthcare Providers in response to the growing number of tobacco and nicotine products available to consumers, especially LGBTQIA+ consumers. **LGBTQIA+ individuals experience higher rates of tobacco use due to the stress of stigma, discrimination, familial rejection, and targeted marketing by the tobacco industry.**

We hope you find the reference guide helpful.
Connecticut’s True to You Coalition



Bidis

Bidis (or "beedies") are small, flavored, filter-less Indian cigarettes. Bidis are tobacco, hand-rolled in a tendu or temburi leaf (plants native to Asia), and tied with colorful strings on the ends. People light the tip of one end to burn the tobacco, and they inhale the smoke through the unlit end. Bidis can be flavored (e.g., chocolate, cherry, mango) or unflavored (Source: [Macomb County Health Department](#), 2024).



Cigarettes

Cigarettes consist of tobacco, chemical additives, a filter, and paper wrapping. People light the unfiltered end of the cigarette to burn the tobacco and inhale the smoke through the filtered end. Cigarettes can be menthol- or mint-flavored.



Cigars

Cigars are rolls of tobacco wrapped in leaf tobacco or in a substance that contains tobacco. They do not have filters. People light the tip of one end to burn the tobacco. Some people inhale the smoke from the unlit end; others do not. Cigars can be flavored (e.g., alcohol, chocolate, cherry, coffee, etc.)



Los Cigarillos and Little Cigars

Los cigarillos and little cigars are filled with pipe tobacco and have a filter. People light the unfiltered end to burn the tobacco and inhale the smoke from the filtered end. Los cigarillos and little cigars can contain candy or fruit flavors that appeal to adolescents and young adults.



Dissolvable Tobacco

Dissolvable tobacco is finely processed to dissolve on the tongue or in the mouth. Forms include lozenges, oral use strips, or sticks and may look like hard candy. Dissolvable tobacco products are not intended to be heated or burned, and they do not require spitting. (Image: [NPR, Dissolvable Tobacco Products Draw FDA Scrutiny](#))



E-cigarettes/Vapes

E-cigarettes (also known as vapes) are battery-operated devices that contain cartridges filled with e-liquid. Most e-liquids contain nicotine. The e-cigarette or vape heats the e-liquid to create an aerosol that the individual inhales. Most e-liquids come in flavors, which are very appealing to youth and young adults.



E-liquid

E-liquid usually contains nicotine derived from tobacco, as well as flavorings, propylene glycol, vegetable glycerin, and other ingredients. The liquid is heated using an e-cigarette or vape to create an aerosol that is inhaled. The flavors - candy, fruit, ice, soda - are often what attract youth and young adults to these products.



Hookah Tobacco

Hookah tobacco (also known as waterpipe tobacco, maassel, shisha, narghile, or argileh) typically contains a mixture of tobacco, sweeteners, and flavoring. Hookah tobacco is used with a hookah device (pictured). When heated, the tobacco produces a smoke that the person inhales.



Kreteks

Kreteks, also known as clove cigarettes, consist of tobacco, cloves, and other additives. People light one end of the kretek to burn the tobacco and inhale smoke through the other end. Kreteks can be filtered or unfiltered.



Nicotine Gels

Nicotine gels contain nicotine, either added directly or as part of a tobacco extract. They can also contain propylene glycol, preservatives, binders like xanthan gum, and permeation enhancers. People place or rub the gel on the skin, where it is absorbed. Nicotine gels are not intended to be heated or burned.



Nicotine Pouches

Nicotine pouches contain nicotine in the form of either nicotine powder or nicotine salts, which is chemically synthesized or extracted from the tobacco leaf. They can also contain microcrystalline cellulose (a term for refined wood pulp), sweeteners such as xylitol or maltitol, other flavors, and preservatives. Nicotine pouches can be used without the need for the person using them to spit. During use, the pouches are typically placed between the gum and upper lip, where the nicotine is absorbed into the body.



Non-combusted Cigarettes

A non-combusted cigarette consists of a heating source and tobacco. The tobacco may be wrapped in paper or glass fibers. The tobacco is heated to create an aerosol that the individual inhales.



Pipe Tobacco

Pipe tobacco consists of loose-leaf tobacco burned in a traditional smoking pipe with a bowl. Most people who use pipes draw the smoke into their mouths and not their lungs. Pipe tobacco is available in flavors such as cherry, chocolate, coffee, and vanilla.



Roll-Your-Own Tobacco

Roll-your-own tobacco consists of loose tobacco that a person places inside rolling paper and burns. Roll-your-own tobacco products are not safer than other types of cigarettes, i.e., the person still burns the tobacco and inhales harmful chemicals.



Smokeless Tobacco - Chew

Chewing tobacco (“chew”) is cured tobacco in the form of loose leaf, plug, or twist. A person places it in their mouth between their gum and their cheek or lip. Chew is not meant to be heated or burned. Chew is available in flavors, including mint, wintergreen, straight, natural, and fruit flavors.



Smokeless Tobacco - Dip, Snuff, Snus

Dry snuff is loose finely cut or powdered dry tobacco that is sniffed through the nostrils. Moist snuff (e.g., dip) and snus are cut tobacco that can be loose or pouched and placed in the mouth between the gums and cheek or lip. Snuff, dip, and snus are not meant to be heated or burned and are available in mint, wintergreen, straight and natural flavors.

ADDITIONAL RESOURCES

Tobacco Cessation Support Services

- **CT Quitline** - Call 1-800-QUIT-NOW or click [HERE](#) for more information (For adults ages 18 and older).
- **My Life, My Quit™** - Text “Start My Quit” to 36072 for more information (For youth ages 13-17 years old).

Online Tobacco Information Resources

- [True to You Coalition](#)
- [CT Department of Public Health Tobacco Control Program](#)
- [Centers for Disease Control and Prevention - Smoking and Tobacco Use](#)
- [Food and Drug Administration - Center for Tobacco Products](#)
- [American Lung Association](#)
- [American Cancer Society](#)