



Little Cigars

WHAT ARE LITTLE CIGARS?

Little cigars, also known as cigarillos, are slightly larger than cigarettes but much smaller than regular full-sized cigars. Some come in flavored varieties.¹ Cigar smoking is the second most common form of tobacco use among youth after cigarettes.²

The American Cancer Society says: *“Many people perceive cigar smoking as being more civilized and less dangerous than cigarette smoking. Yet, a single large cigar can contain as much tobacco as an entire pack of cigarettes.”*

LITTLE CIGARS ARE ADDICTIVE:

Some people think that little cigars are less addictive than cigarettes, but large cigars, little cigars, and cigarillos contain the same chemicals as cigarettes and can be just as harmful and addictive.



LITTLE CIGARS ARE HARMFUL:

Little cigars are not safer than cigarettes. Cigar smoke is very harmful even to non-smokers around you. Smoking little cigars increases the risk of mouth, throat, voice box and lung cancers.

African Americans suffer more from the harmful effects of tobacco than other groups and are more likely to die at younger ages from smoking related diseases.³

Many people think that little cigars are safer because they look more natural, when in fact they contain many of the same harmful chemicals as in cigarettes.⁴

Some people take the liner paper out of the tube of cigarillos (also called hyping or freaking) because they think it reduces the harm, but it is the tobacco inside that really causes the harm.⁵

THE BOTTOM LINE: CHOOSE NOT TO SMOKE.

If you or someone you know wants to quit smoking or dipping, please call:



References: ¹Cigars, Cigarillos & Little Cigars Fact Sheet, American Legacy Foundation., June 2009. ²U.S. Centers for Disease Control & Prevention (CDC), “Youth Risk Behavior Surveillance, United States, 2007,” Morbidity and Mortality Weekly Report (MMWR) 55(SS-4), June 6, 2008, http://www.cdc.gov/healthyyouth/yrbs/pdf/yrbs07_mmwr.pdf. ³U.S. Department of Health and Human Services. Tobacco Use Among U.S. Racial/Ethnic Minority Groups — African Americans, American Indians and Alaska Natives, Asian Americans and Pacific Islanders, and Hispanics: A Report of the Surgeon General. 1998. ⁴National Cancer Institute. *Cigars: health effects and trends*. 1998, Bethesda, Md.: U.S. Dept. of Health and Human Services, Public Health Service, National Institutes of Health. Available from: <http://cancercontrol.cancer.gov/tcrb/monographs/9/> ⁵Jolly DH. Exploring the use of little cigars by students at a historically black university. *Preventing Chronic Disease*,2008;5(3):1-9.

ABOUT THE NORTH CAROLINA HEALTH AND WELLNESS TRUST FUND (HWF)

The NC Health and Wellness Trust Fund was created by the General Assembly in 2000 to allocate a portion of the state's share of the national tobacco settlement to improve the health of all North Carolinians by funding preventive health initiatives. Please visit: www.HealthWellNC.com

ABOUT TOBACCO-FREE COLLEGES

Tobacco-Free Colleges is the NC Health and Wellness Trust Fund's program that provides assistance to all NC campuses in adopting and implementing tobacco-free policies and in promoting cessation. Please visit: www.tobaccofreecollegesnc.com.