[THE CigarTrap.com]

DISTURBING FACTS Single Sale and Flavored Cigars

Health Risks of Smoking Cigars

- Cigar tobacco has a high concentration of nitrogen compounds, some of the most potent cancer-causing substances known.
- Cigar smoking increases the risk of lung, mouth, throat and other cancers.
- Cigar smokers who inhale have a dramatically increased risk of death from oral, throat, bladder and pancreatic cancer.
- Because cigars contain more tobacco than cigarettes and burn longer, they give off greater amounts of secondhand smoke.

Youth Cigar Smoking Prevalence

- According to the Maryland Youth Tobacco Survey (2010), 14% of Maryland high school students currently smoke cigars, which is now virtually equivalent to youth cigarette use.
- Nearly 80% of underage Maryland high school cigar smokers smoke flavored cigars.
- In 2010, 75% of underage Maryland high school current cigar smokers reported having purchased cigarillos.

Flavored Cigars Entice Youth to Start Smoking

- Cigars come in a variety of kid-friendly flavors, including: cherry, wine, vanilla, chocolate, grape, pink berry, strawberry, sour apple, and peach.
- Flavors mask the natural harshness and taste of tobacco, making initiation easier for young smokers.

Individually sold cigars are available for less than $1.00

- At less than $1.00, single cigars are accessible to even the youngest smoker and an impulse purchase for many consumers. They can cost less than a candy bar or an ice cream cone!
- Because they are sold as singles, youth can use the cigar just after purchase, with no need to hide the remaining pack from adults.
- Of Maryland high school youth who purchased a cigar in the 30 days prior to being surveyed, nearly 65% reported purchasing less than four cigars at a time, with over half of these youth purchasing just one cigar at a time.
- If sold in small quantities, cigar packaging does not include the health warnings as seen on cigarettes.
- The most popular cigarillos among youth include: *Black & Milds, White Owl, Swisher Sweets, and Phillies Blunts.*

If you were a teen, which would you buy with your pocket change?

Pack of 20 cigarettes: $6.00+

Single Cigar: 69¢

MARYLAND
Maryland Department of Health and Mental Hygiene