

### Overview

- A cigar is defined as a roll of tobacco wrapped in a leaf of tobacco or in a substance that contains tobacco (as opposed to a cigarette, which is defined as a roll of tobacco wrapped in a paper or in a substance that does not contain tobacco).<sup>1</sup>
- The three major types of cigars sold in the US are large cigars, cigarillos, and little cigars, and they vary in size and shape, containing between 1 gram and 20 grams of tobacco.<sup>2</sup>
- Regular cigar smoking causes cancer of the lung, oral cavity, larynx, esophagus, and probably cancer of the pancreas.<sup>3</sup>
- Early Connecticut farmers first imported tobacco seeds from Virginia in 1640, and by the mid-19th century, the Hartford area, with its sandy loam, the ideal soil for growing tobacco, had become renowned for some of the finest shade tobacco.<sup>4</sup>
- According to the US Department of Agriculture, in 2012, 49 farms in Connecticut grew shade or broadleaf tobacco used for cigars, producing more than \$35 million in revenue.
- Connecticut's shade tobacco is considered one of the most premier cigar wrappers in the world according to the Connecticut State Department of Agriculture, and it is the state's leading agricultural export in dollars.<sup>5</sup>

### Connecticut Estimates

#### Percentage of adults who were current cigar smokers in 2010:<sup>6</sup>

##### Overall

- 6.0% of adults are current cigar smokers
- Represents about 165,000 people

##### By Sex

- 9.0% of adult men
- 3.3% of adult women

##### By Age

- 10.6% of adults aged 18-39 years
- 4.1% of adults aged 40-59 years
- 3.1% of adults aged 60 years or older

##### Key Points:

- Regular cigar smoking is associated with an increased risk for some types of cancers.
- Shade tobacco, used for cigar wrappers, is one of the state's most profitable agricultural products, bringing in millions of dollars annually.
- An estimated 165,000 CT adults currently smoke cigars.
- Cigar smoking remains mostly male behavior.



#### Lifetime use of cigars:<sup>6</sup>

- About 40.0% of adults have tried cigars at least once during their lifetime.
- 60.0% of men and 21.3% of women have smoked cigars one or more times.
- Among adults who ever tried cigars, 15.1% are current users.

## For Further Information

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Or Visit: [www.ct.gov/dph/tobacco](http://www.ct.gov/dph/tobacco)

## References

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<sup>1</sup>Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion; [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco).

<sup>2</sup>National Cancer Institute; [www.cancer.gov](http://www.cancer.gov).

<sup>3</sup>Shanks, Thomas G. and Burns, David M. "Disease Consequences of Cigar Smoking" *Smoking and Tobacco Control Monograph No. 9*: <http://cancercontrol.cancer.gov> Web. 29 Jul. 2004.

<sup>4</sup>"Windsor Tobacco: Made in the Shade." <http://connecticuthistory.org> Web. 29 Jul. 2014.

<sup>5</sup>Wolfe Boynton, Cynthia. "The Secret Life of Shade Tobacco." *The New York Times* 23 Sep. 2007: [www.nytimes.com](http://www.nytimes.com) Web. 29 Jul. 2014.

<sup>6</sup>Results from the Connecticut Adult Tobacco Survey; 2010.

### Notes:

Adults are defined as persons 18 years of age or older.

Current cigar use is defined as smoking cigars on 1 or more of the 30 days preceding the survey.