

# 1 Tobacco Use in the African Region

Tobacco use is a major cause of preventable disease, death, and disability worldwide.<sup>1,2</sup> About 7 million people die from tobacco use each year worldwide, including more than 890,000 from exposure to secondhand smoke.<sup>3</sup> Because tobacco use is declining in most developed countries, most tobacco-related deaths are projected to be in the developing world.<sup>3</sup> This is due, in part, to tobacco industry efforts to promote their products in African markets.<sup>4</sup> Without comprehensive tobacco prevention and control efforts,

the prevalence of tobacco smoking in sub-Saharan Africa is estimated to rise from 15.8% in 2010 to 21.9% in 2030.<sup>5</sup>

To help improve public health across the world, awareness of new tobacco products and changing markets is critical. The list of tobacco products in this report is meant to be inclusive, not specific to the African Region. Products and product names may vary both between and within countries.

## TOBACCO PRODUCTS OR OTHER NICOTINE DELIVERY SYSTEMS 6-18

**Chewing tobacco** includes betel quid, chimo, gul, gutkha, loose-leaf, pan masala, plug, toombak, twist, and zarda. These products are placed in the mouth, cheek, or inner lip and chewed or sucked, or, in the case of powders, applied to the gums or teeth. Tobacco-containing juices and saliva build up and must be spit out.



**Moist snuff** is cured (aged) and fermented tobacco, processed into fine particles and often packaged in round cans. A pinch or "dip" is placed between the cheek or lip and gums; spitting is required. An alternative is available in the form of a pouch (like a tea bag), where moist snuff is packed into porous paper-like material; spitting is not required.



**Snus** is moist snuff packaged in ready-to-use pouches that resemble small tea bags that are placed between cheek or teeth and gums; it does not require spitting.



**Dry snuff** is fire-cured tobacco in powder form that is inhaled through the nose, or a pinch is put in the mouth; it may require spitting.



**Dissolvables** are finely ground tobacco pressed into shapes such as tablets, sticks, or strips that contain many other ingredients that slowly dissolve in the mouth.



**Manufactured cigarettes** are the most common form of tobacco products used globally. They consist of shredded or reconstituted tobacco, processed with chemicals and flavors, and machine-rolled into a paper.



**Kreteks** are clove-flavored cigarettes. The clove contains eugenol, an anesthetic that reduces the harshness of tobacco. Kreteks also contain special flavoring called sauces, which are unique to each brand.



**Roll-your-own cigarettes** are typically hand-rolled with loose tobacco and a cigarette paper.



**Bidis** are small, thin, hand-rolled cigarettes consisting of sun-dried tobacco flakes rolled in a temburni or tendu leaf and tied with a string at one end.



**Waterpipes**, also known as shisha, hookah, narghile, or hubble-bubble, are smoking devices that contain a smoking bowl, basin of water, hose, and mouthpiece. Flavored tobacco is heated on a charcoal in the smoking bowl. The smoke is filtered through the water basin and inhaled through the hose and mouthpiece.

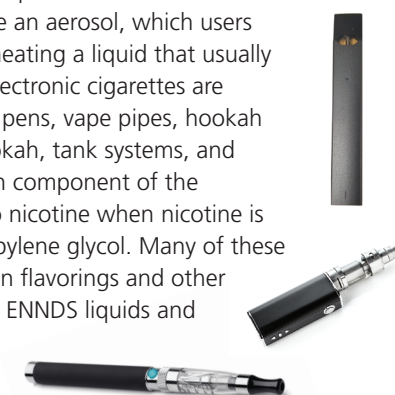
**Cigars** are rolls of tobacco, wrapped in leaf tobacco or in a substance that contains tobacco. Cigars are available in many sizes and shapes, including cigarette-sized cigarillos, double coronas, cheroots, stumpen, chuttas, and dhumtis.



**Pipes** are smoking devices made of briar, slate, or clay. Tobacco flakes are placed in the wider opening of the pipe and burned. The smoke passes through the stem and is inhaled through the narrower opening.



**Electronic nicotine delivery systems (ENDS) or electronic non-nicotine delivery systems (ENNDS)** are battery-operated devices that produce an aerosol, which users inhale, typically by heating a liquid that usually contains nicotine. Electronic cigarettes are also known as vape pens, vape pipes, hookah pens, electronic hookah, tank systems, and mods. Another main component of the liquid, in addition to nicotine when nicotine is present, can be propylene glycol. Many of these products also contain flavorings and other additives. ENDS and ENNDS liquids and emissions contain other harmful and potentially harmful chemicals, some of which are toxic.



**Heated tobacco products (HTP)** are devices that heat tobacco to produce emissions containing nicotine and other chemicals, which are inhaled by the user. HTPs can also contain non-tobacco additives that are sometimes flavored.

