

Tobacco - 'Cigarettes Equivalent'

For those who use tobacco in other forms,
a 'cigarette equivalent' may be estimated

Pipe Smokers

- *One bowl* of tobacco is roughly equivalent to 2.5 cigarettes.
- Take the total number of bowls smoked per day and multiply by 2.5

Cigar Smokers

- One *Cafe Creme* (or similar small size cigar) is equivalent to approx. 1.5 cigarettes.
- One *Hamlet* (or similar medium size cigar) is equivalent to approx. 2 cigarettes.
- One *Havana* (or similar large size cigar) is equivalent to approx. 4 cigarettes.

Roll-up Smokers

In the case of a smoker not being able to tell you how many roll-ups they smoke per day, the following may be of assistance:

- Each *1oz (25g)* of tobacco is equivalent to approx. 50 cigarettes.
- The smoker needs to be asked how many ounces of tobacco they smoke per week, then apply the following formula, which has been seen to give a fairly accurate guide to the cigarette-equivalents smoked.