

## WORKING OUT CIGARETTE EQUIVALENTS

### Cigars



- One small size cigar is equivalent to approximately: **1.5 cigarettes.**
- One medium size cigar is equivalent to approximately: **2 cigarettes.**
- One large size cigar is equivalent to approximately: **4 cigarettes.**

### Pipes



One bowl of tobacco is roughly equivalent to 2.5 cigarettes. Take the total number of bowls of tobacco smoked per day and multiply by 2.5, for example:

- 8 bowls of tobacco is equivalent to 20 cigarettes.
- 4 bowls of tobacco is equivalent to 10 cigarettes.

## Roll-Your-Own (roll ups)



If a person can't tell you how many roll-ups they smoke per day the following may be of assistance.

Each 25gms (1oz) of tobacco is approximately equivalent to 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.

<b>25gms</b> tobacco (1oz)	smoked p/w =	<b>50</b> cigarettes/7 days	= approx.	<b>7</b> cigarettes/day.
<b>50gms</b> tobacco (2oz)	smoked p/w =	<b>100</b> cigarettes/7 days	= approx.	<b>14</b> cigarettes/day.
<b>75gms</b> tobacco (3oz)	smoked p/w =	<b>150</b> cigarettes/7 days	= approx.	<b>21</b> cigarettes/day.
<b>100gms</b> tobacco (4oz)	smoked p/w =	<b>200</b> cigarettes/7 days	= approx.	<b>28</b> cigarettes/day.
<b>125gms</b> tobacco (5oz)	smoked p/w =	<b>250</b> cigarettes/7 days	= approx.	<b>35</b> cigarettes/day.
<b>150gms</b> tobacco (6oz)	smoked p/w =	<b>300</b> cigarettes/7 days	= approx.	<b>42</b> cigarettes/day.