



Bidis & Kreteks

What are bidis & kreteks?

Bidi

Bidis (pronounced “bee-dees”) are small, thin hand-rolled filtered or unfiltered cigarettes imported primarily from India and other Southeast Asian countries that contain shredded tobacco rolled in brown leaves and tied with a string. They come unflavored or in a variety of flavors such as pineapple, chocolate or vanilla.



Photo courtesy of Ludvig Dave

Kretek (Clove cigarette)

Kreteks (pronounced “cree-techs”) are cigarettes imported from Indonesia that contain tobacco, ground cloves, clove oil and other additives and can be either filtered or unfiltered. They typically release a sweet smell.



Photo courtesy of Wake Forest Baptist Health

Bidis and kreteks are NOT safer than cigarettes. Natural does not make it safer. Bidi and kretek smokers are at risk for cancer, heart disease, heart attack, and lung problems. Unfiltered bidis and kreteks can actually contain more tar, nicotine and carbon monoxide than regular cigarettes.

Bidis and kreteks are NOT less addictive than cigarettes. Bidi smoke contains 3 to 5 times more nicotine than a regular cigarette. Bidi and kretek smoking carries the same risk of getting hooked as any other tobacco product.

No warning label does NOT mean they are safe. They may not always have a health warning, but it is a misconception to think they are safe. Smoking bidis and kreteks is just as dangerous as smoking regular cigarettes and several states have laws banning their sale and distribution. Research shows that smoking bidis and kreteks can lead to oral cancers, lung cancers, and other health risks similar to the ones experienced by cigarette smokers.

The fruit and candy flavorings may appeal to youth. The FDA, the Centers for Disease Control and Prevention, and the American Academy of Pediatrics have all expressed concern that flavorings may be appealing to youth and may increase youth tobacco use.

THE BOTTOM LINE: CHOOSE NOT TO SMOKE.

For free help to quit smoking or using tobacco call 1-800-QUIT-NOW or visit www.smokefree.gov.



For more information about Tobacco Free Colleges or for assistance in adopting and implementing tobacco-free policies and promoting cessation visit www.tobaccofreecollegesnc.com.

Source: Centers for Disease Control and Prevention (n.d.) *Bidis and Kreteks*. Retrieved June 7, 2012 from www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/bidis_kreteks/.