



1st Arud Symposium on E—Cigarettes and Harm Reduction on
February 25th, 2021

Protecting Youth

Luciano Ruggia, Director AT Schweiz



PASLEY
THE SALT LAKE TRIBUNE © 19
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- Because **brain development** continues until about the age of 25, nicotine can have negative impacts on teens and young adults.
- Nicotine actually changes adolescents' brain cell **activity** (Benowitz, Neal L. (2010): Nicotine addiction. In *The New England journal of medicine* 362 (24), pp. 2295–2303. DOI: 10.1056/NEJMra0809890.) in the parts of the brain responsible for **attention, learning, and memory.** (U.S. Department of Health and Human Services (2016): E-Cigarette Use Among Youth and Young Adults. A Report of the Surgeon General)
- It can also worsen:
 - **anxiety** (Kutlu, Munir Gunes; Gould, Thomas J. (2015): Nicotine modulation of fear memories and anxiety: Implications for learning and anxiety disorders. In *Biochemical pharmacology* 97 (4), pp. 498–511. DOI: 10.1016/j.bcp.2015.07.029.)
 - **irritability** (Hughes, John R. (2007): Effects of abstinence from tobacco: valid symptoms and time course. In *Nicotine Tob Res* 9 (3), pp. 315–327. DOI: 10.1080/14622200701188919.
 - **impulsivity** (Froeliger, Brett; Modlin, Leslie A.; Kozink, Rachel V.; Wang, Lihong; Garland, Eric L.; Addicott, Merideth A.; McClernon, F. Joseph (2013): Frontoparietal attentional network activation differs between smokers and nonsmokers during affective cognition. In *Psychiatry research* 211 (1), pp. 57–63. DOI: 10.1016/j.psychresns.2012.05.002.)

E-Zigaretten Politik in den Kantonen

Seit 2018 haben die Kantone angefangen, die E-Zigaretten in die Gesetze einzunehmen. Die untenstehende Liste zeigt auf, welche Kantone in welchen Bereichen und Gesetzen die E-Zigaretten eingenommen haben.

Gesetzliche Regelung	Basel Land	Basel Satdt	Genf	Neuchatel	Wallis
Passivrauchen: E-Zigaretten	Nein	Nein	Ja	Ja	nein
Werbeeinschränkungen für E-Zigaretten	Ja	Ja	Ja	Nein	nein
Abgabeverbote (Alterslimite) für E-Zigaretten	Ja (<18)	Ja (<18)	Ja	Nein	Ja (<18)

<https://www.bag.admin.ch/bag/de/home/strategie-und-politik/politische-auftraege-und-aktionsplaene/politische-auftraege-zur-tabakpraevention/tabakpolitik-kantone/e-zigarette.html>

Prevalence and trends in tobacco use among adolescents aged 13–15 years in 143 countries, 1999–2018: findings from the Global Youth Tobacco Surveys

Chuanwei Ma, MSc · Prof Bo Xi, MD · Zilin Li, BSc · Han Wu, MSc · Min Zhao, MD · Yajun Liang, MD · et al.

[Show all authors](#)

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Findings

530 234 adolescents were included from the 143 countries that had done at least one survey between 2010 and 2018. 1 192 312 adolescents were included from the 140 countries that had done two or more surveys between 1999 and 2018. The most recent global prevalence of cigarette smoking was 11·3% (95% CI 10·3–12·3) in boys and 6·1% (5·6–6·6) in girls, based on cigarette smoking on at least 1 day during the past 30 days, 6·0% (5·5–6·6) and 2·6% (2·4–2·9) based on smoking on at least 3 days, and 4·2% (3·8–4·6) and 1·6% (1·4–1·8) based on smoking on at least 6 days. The most recent prevalence of the use of tobacco products other than cigarettes (eg, chewing tobacco, snuff, dip, cigars, cigarillos, pipe, electronic cigarettes) on at least 1 day during the past 30 days was 11·2% (9·9–12·6) in boys and 7·0% (6·4–7·7) in girls. The most recent prevalence of any tobacco use on at least 1 day during the past 30 days was 17·9% (16·1–19·6) in boys and 11·5% (10·5–12·4) in girls. The prevalence of cigarette smoking on at least 1 day during the past 30 days decreased between the first and last surveys in 80 (57·1%) of 140 countries, was unchanged in 39 countries (27·9%), and increased in 21 countries (15·0%).

However, the prevalence of the use of tobacco products other than cigarettes was unchanged or increased in 81 (59·1%) of 137 countries.

Interpretation

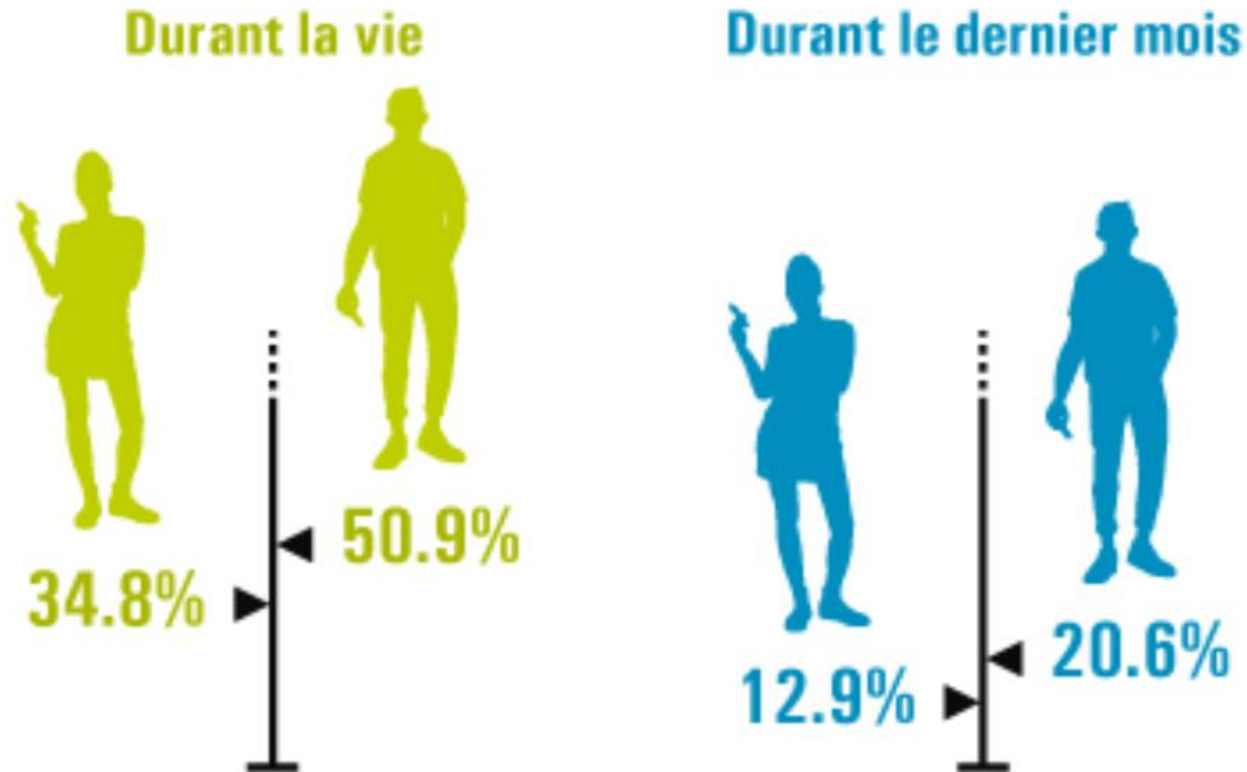
The global prevalence of tobacco use among adolescents aged 13–15 years was substantial. Although the prevalence of cigarette smoking decreased over time in the majority of countries, the prevalence of the use of other tobacco products increased or did not change in the majority of countries during the past two decades. These findings re-emphasise the need to strengthen tobacco control efforts among young adolescents globally.

Highlights

- Electronic cigarettes are very popular among adolescents but little is known about the reasons for use and the association with other substances.
- Adolescents tried or started using e-cigarettes mainly for curiosity but also to smoke where traditional cigarettes are banished.
- E-cigarettes are not only associated with the use of tobacco products but also with alcohol misuse and [cannabis use](#).
- Cannabis use at age 14 predicts the use of e-cigarettes two years later.

Surís, Joan-Carles; Berchtold, André; Akre, Christina (2015): Reasons to use e-cigarettes and associations with other substances among adolescents in Switzerland. In *Drug and alcohol dependence* 153, pp. 140–144. DOI: [10.1016/j.drugalcdep.2015.05.034](https://doi.org/10.1016/j.drugalcdep.2015.05.034).

Usage d'e-cigarette chez les jeunes de 15 ans (2018)





Source: HBSC (Delgrande Jordan et al., 2019)

Delgrande Jordan, Marina; Schneider, Eva; Eichenberger, Yvonne; Kretschmann, Andrea (2019): La consommation de substances psychoactives des 11 à 15 ans en Suisse –Situationen 2018 et évolutions depuis 1986. Résultats de l'étude Health Behaviour in School-aged Children (HBSC). Addictionsuisse. Lausanne. Available online at https://www.addictionsuisse.ch/fileadmin/user_upload/DocUpload/HBSC-2018-rr-100.pdf.

Nikotin-Boom an Zürcher Schulen: Über zwei Drittel der 16- bis 17-Jährigen rauchen

Eine Studie unter der Leitung des Kinderspitals Zürich mit Zürcher Schulkindern bescheinigt vor allem E-Zigaretten eine hohe Beliebtheit. Bereits jeder fünfte Junge im Alter von 13 Jahren raucht diese.

14.10.2020, 15.00 Uhr

 Hören
  Merken
  Drucken
  Teilen

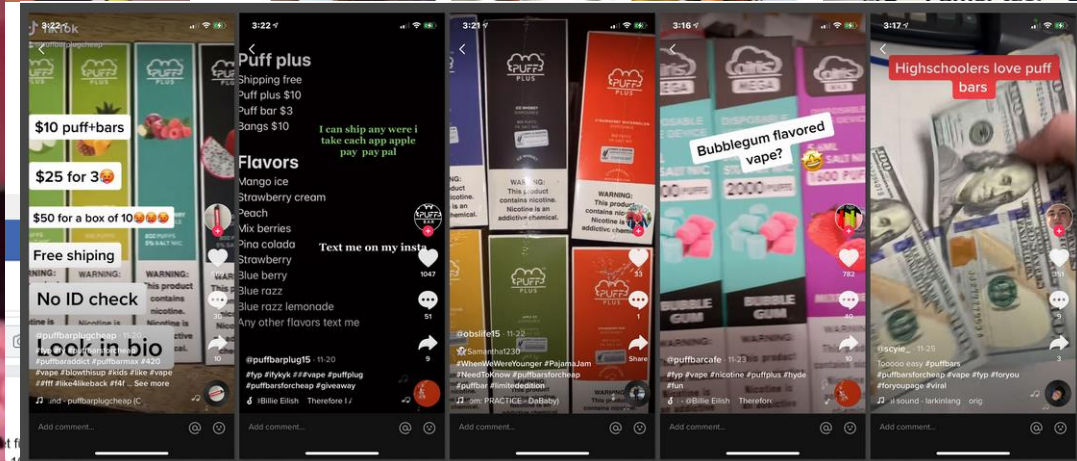
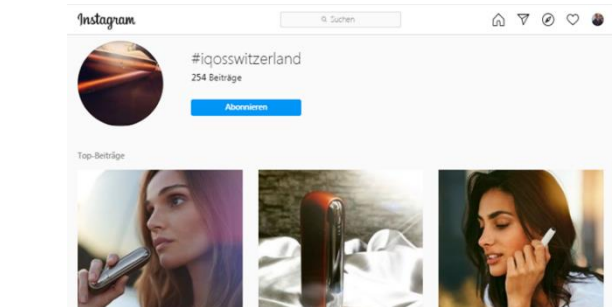
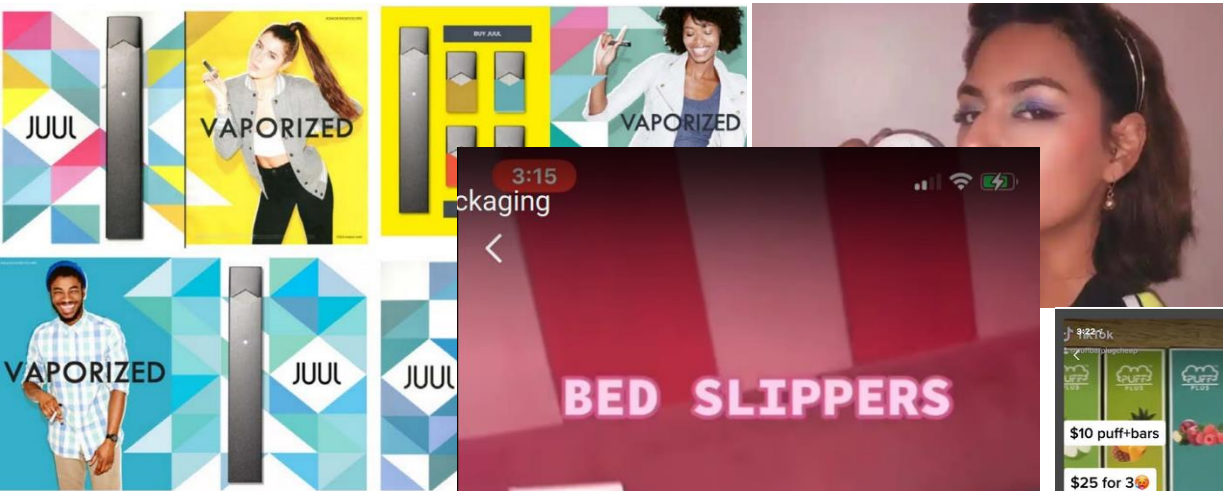


E-Zigaretten sind bei Zürcher Jugendlichen laut einer neuen Studie besonders beliebt – nicht ohne schädliche Nebenwirkungen.

Christian Beutler / Keystone

Conclusion: Smoking of shishas and ESDs is common among Swiss adolescents and often combined with smoking cigarettes. Adolescent smokers reported more respiratory symptoms than never smokers. We recommend smoking preventive strategies that include all forms of smoking.

Mozun, Rebeca; Ardura-Garcia, Cristina; Jong, Carmen C. M. de; Goutaki, Myrofora; Usemann, Jakob; Singer, Florian et al. (2020): Cigarette, shisha, and electronic smoking and respiratory symptoms in Swiss children: The LUIS study. In *Pediatric pulmonology*. DOI: 10.1002/ppul.24985.





WARNING: This product contains nicotine. Nicotine is an addictive chemical.



The Mint Leaf Honeydew Berry Kiwi



7000 ++

Ween, Miranda P.; Moshensky, Alex; Thredgold, Leigh L.; Bastian, Nicole A.; Hamon, Rhys; Badiei, Arash et al. (2020): E-cigarettes and health risks: more to the flavour than just the name. In *American journal of physiology. Lung cellular and molecular physiology*. DOI: 10.1152/ajplung.00370.2020.





GOALS

1. PURSUE PUBLIC HEALTH POLICY GOALS

The public health policy goals for any government regulating e-cigarettes should be to:

- 1.1** Prevent e-cigarette use by non-smokers, particularly youth
- 1.2** Minimize potential health risks to e-cigarette users and non-users
- 1.3** Prevent e-cigarettes from undermining progress in reducing tobacco consumption and nicotine addiction
- 1.4** Protect public health policy from the commercial interests of the tobacco and e-cigarette industries
- 1.5** Assist smokers to quit and avoid dual use



ASSESS

2. ASSESS COUNTRY CIRCUMSTANCES

- 2.1** Current status of tobacco control measures
- 2.2** Trends in smoking rates
- 2.3** Existing market for e-cigarettes



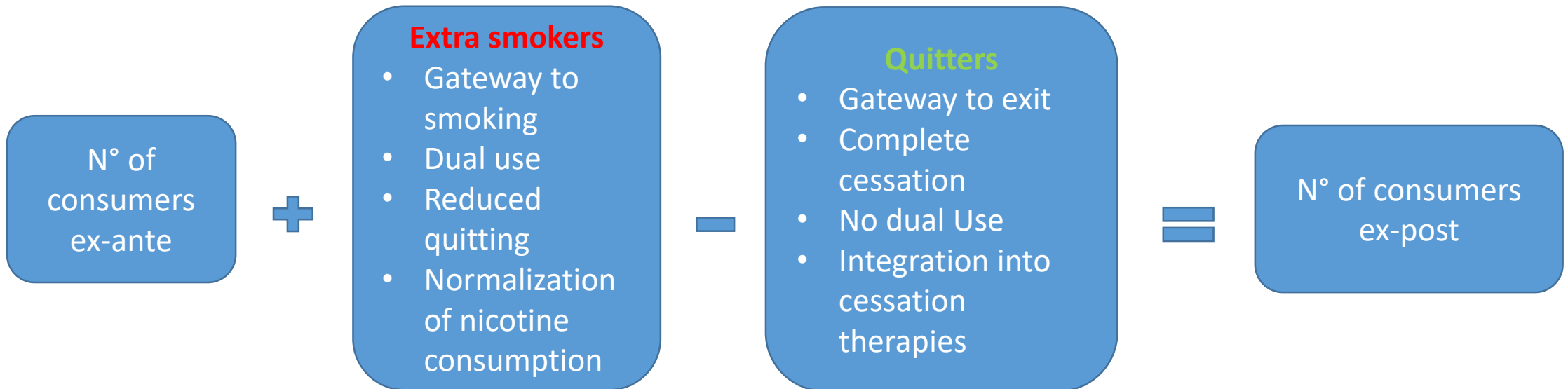
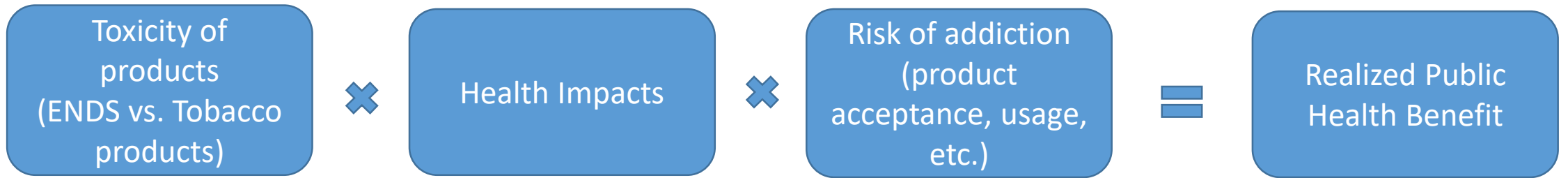
OPTIONS

3. SELECT REGULATORY OPTION

- 3.1** Complete ban
- 3.2** Regulate as medicinal product
- 3.3** Regulate strictly using tobacco control measures



- Public Health vs Individual Health



ENDS in der Schweiz seit 10 Jahren

Electronic Nicotine Delivery Systems (ENDS) auf der CH Markt seit ca. 2010

Rauchen prävalenzen bleiben gleich (27%) seit mehr als 10 Jahren, aber absolut Zahlen steigern.

ENDS sind frei verfügbar über alles (Coop, Denner, spez- Shops, online, Kiosk, etc.) und es gibt keine Alterslimite.

ENDS sind billig und 0% besteuert

Frage: wie so dann während die letzte 10 Jahren Tabak Prävalenz bleibt gleich?

Vielen Dank für Ihre Aufmerksamkeit