

出國報告（出國類別：開會）

**2025年尼古丁和菸害研究協會
歐洲分會年度會議**

2025 Annual SRNT-E Conference

服務機關：衛生福利部國民健康署

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派赴國家/地區：羅馬尼亞克盧日納波卡

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報告日期：114 年 12 月 2 日

（本出國經費由菸品健康福利捐支應）

摘要

尼古丁和菸害研究協會（Society For Research On Nicotine & Tobacco, SRNT）是唯一專門致力於支持研究人員、政策制定者、臨床專業治療人員、政府部門以及尼古丁和菸害研究領域跨學科工作的其他人員的專業協會。尼古丁和菸害研究協會歐洲分會於2025年9月10日至9月12日，在羅馬尼亞克盧日納波卡舉辦「歐洲分會年度會議」，本次會議主題為「Navigating Inequities in the Evolving Nicotine and Tobacco Landscape」應對不斷變化的尼古丁和菸草模式中的不平等現象。

衛生福利部國民健康署及計畫委託單位共計獲大會接受口頭發表1篇及海報發表計10篇。藉由參與本次國際性會議，分享我國菸害防制成果，並了解國際防制菸害之趨勢及各國推動經驗交流與觀摩學習，以作為臺灣推動菸害防制之參考。

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壹、目的

- 一、藉由參與本次國際性會議，與歐洲菸害防制學術研究部門、民間組織等會談，經驗交流與觀摩學習，以了解國際防制菸害之趨勢及各國推動經驗、拓展與國際各國政府部門、民間組織及學術研究單位交流。
- 二、衛生福利部國民健康署及相關計畫委託單位（臺北醫學大學蔡奉真教授團隊、世新大學鍾起惠教授與中國文化大學柯舜智副教授團隊、長庚學校財團法人長庚科技大學張麗娟助理研究員團隊、彰化基督教醫院陳穆寬院長戒菸專線服務團隊）共計獲大會接受口頭發表 1 篇及海報發表 10 篇。衛生福利部國民健康署由林宛禎科長、李利涓副研究員出席，以「Use of flavoured tobacco products Among Junior and Senior High School Students in Taiwan」（臺灣國、高中學生加味菸使用情形）、「Challenges in promoting the prohibited addition of flavor additives to tobacco products, taking Taiwan's experience as an example」（禁止菸品添加物法規之挑戰-以臺灣為例）、「Preliminary outcome of the smoking cessation service reform in Taiwan」（臺灣戒菸服務精進改革之結果）、「Amendment of Tobacco Hazards Prevention Act in Taiwan: Brought about a reduction of 1,100,000 smokers and cut health inequality pragmatically within fourteen years」（臺灣菸害防制法修法與執行降低吸菸與健康不平等）、「Secondhand Smoke Exposure Concerning Tobacco Use among Junior High and Senior High School Students in Taiwan」（臺灣國、高中學生二手菸暴露現況）等進行發表，分享臺灣推動菸害防制法修法、戒菸服務、無菸環境等進展，以提高臺灣推動菸害防制之國際能見度。
- 三、了解各國菸品、加熱菸及電子煙等新類型產品管制、戒菸服務策略、青少年電子煙使用之防制策略、消弭健康不平等之策略方案等議題，並藉研討會現場與各國政府機關、學術機構等交流菸草和尼古丁產品使用趨勢、推動菸害防制相關政策的現況及未來方向，增進與建立菸害防制相關專業夥伴關係，提升國際合作機會，並汲取他國推動之經驗，作為日後規劃推動菸害防制及戒菸相關政策之參考。

貳、過程

一、本次出國行程表如下：

日期	行程
9月8日(一) 9月9日(二)	啟程至羅馬尼亞克盧日納波卡，熟悉會議場地及交通等，並進行「尼古丁和菸害研究協會歐洲分會年度會議」會前報告之準備。
9月10日(三) 9月11日(四) 9月12日(五)	1. 參加會前工作坊、張貼海報。 2. 參加「尼古丁和菸害研究協會歐洲分會年度會議」開幕典禮、專題演講、平行會議、衛生福利部國民健康署海報發表及展示。
9月13日(六) 9月14日(日)	返程回臺灣。

二、內容說明

(一) 尼古丁和菸害研究協會歐洲分會年度會議概況

尼古丁和菸害研究協會（Society For Research On Nicotine & Tobacco, SRNT）是唯一專門致力於支持研究人員、政策制定者、臨床專業治療人員、政府部門以及尼古丁和菸害研究領域跨學科工作的其他人員的專業協會。SRNT的總部於1994年成立於美國，成員遍佈全球40多個國家/地區，超過1,000多個會員。SRNT-E歐洲分會，於2011年成立。作為一個科學協會，SRNT的使命是促進有關尼古丁各種表現形式的新知識的產生和傳播，最終目標是在減少全球菸草和含尼古丁產品的危害。

尼古丁和菸害研究協會歐洲分會於2025年9月10日至9月12日，在羅馬尼亞克盧日納波卡舉辦「歐洲分會年度會議」，本次會議主題為「Navigating Inequities in the Evolving Nicotine and Tobacco Landscape」應對不斷變化的尼古丁和菸草模式中的不平等現象。本次大會成員來自世界各國的政府、非政府組織、學界、研究人員、公共衛生人員和政策制定者等，進行最新的菸害防制和尼古丁研究、推動策略和政策經驗交流與分享。

為期3天的研討會，本次研討會議題包括：吸菸與電子煙趨勢、菸草產

業影響與策略、尼古丁、菸草與心理健康、產品特性、毒性與危害認知、減少懷孕期間和產後吸菸：進展與挑戰、2030年實現無菸世代-夢想或實現？讓戒菸個案和戒菸門診機構參與戒菸策略、青少年使用電子煙情形、尼古丁袋與加熱菸議題、解決尼古丁與菸草使用中的不平等問題等。

第一天大會由歐洲分會現任主席**Dr Sarah Jackson**進行開幕致詞，並邀請當地羅馬尼亞教育與研究部國務秘書**Irina Danieleescu**進行歡迎致詞，該部的職責在於作為與年輕世代的橋樑，她表示透過過去在處理年輕族群吸菸成癮的經驗中去探索新的方法和接觸機會，了解是什麼讓年輕族群選擇更健康生活，以便找出與他們的共同點，並透過學校、家庭及社區的參與，將會更有效率的展現菸害防制的積極成果，進而從禁菸轉變成不吸菸的生活態度。

接著，第一天開幕演講安排由**Prof Daniel Kotz**主持，講題「強制減少菸草中的尼古丁：合乎邏輯的下一步還是一項行不通的政策」，由4位講者**Prof Robert West**、**Prof Irina Stepanov**、**Prof Kenneth Warner**及**Prof Katie East**，以正方與反方辯論型式進行思辨，於演講前、後以贊成、反對或棄權的投票方式，與與會者互動。正方（贊成）講者表示，以英國為例，他們正在推動無菸政策議案，包含任何人不能販售或贈送菸品給任何2009年以後出生的人；而美國也正在向公眾諮詢議案，將限制每克菸草中尼古丁含量低於2.7毫克，相當於減少96%。已有研究結果表明，將尼古丁減少90%以上，會降低尼古丁的強化作用，在這限量範圍可使吸菸不會上癮，減少每天吸菸量，同時增加嘗試戒菸。這將可使吸菸者能自由選擇是否想吸菸，而不是因尼古丁成癮而違背個人意願去吸菸，因此正方認為即使可能會存在地下化或面臨執法挑戰，仍要透過監管菸草產品的營銷活動和進行公眾教育等策略，讓無菸政策或限制菸草中尼古丁含量、以其他非菸草尼古丁產品作為提供尼古丁的替代品等政策，預期可發揮菸害防制的作用。反方（反對）講者則表示，首先透過限制尼古丁含量在預期確實可能讓年輕世代減少菸癮及降低吸菸人口，但有幾個關鍵問題，例如：透過研究雖然可以控制參與者使用的菸品，但他們仍然可能會在實驗期間嘗試使用普通菸品，且僅為小型、短期的研究結果，實際上也沒有顯著的戒菸證據，因為尚不清楚該如何在現實生活中施行尼古丁限量政策，且沒有合理的實驗研究可以評估現實生活中吸菸族群的真實反

應。而且，菸草業和吸菸者也可能試圖規避法規，例如雖然歐盟地區已施行禁止特徵風味菸品政策，但市面上卻出現調味配件，且出現使用合成尼古丁的類緣物作為模仿尼古丁作用的產品。此外，則是消費者長久以來會錯誤認知產品安全性的問題，也會導致即使不使用紙菸，也會透過使用其他含有尼古丁來源的替代品，仍然造成成癮問題。第二個關鍵問題，則是這項尼古丁限量政策的涵蓋範圍，是否要包含所有菸草產品和非燃燒的菸草產品，包括加熱菸與無煙菸品。這可能是錯誤的，因為吸菸者應該要轉換為降低風險的產品，才能使尼古丁限量政策有效發揮作用。而尼古丁具成癮性，但卻不是煙霧中毒性物質般的危害健康，將可能加劇普遍存在對於尼古丁的誤解，且可能造成地下化，及剝奪吸菸者選擇危害性較小的產品。此外，如同禁止薄荷菸政策，許多政策實施過程需要經過數年努力，這項政策肯定會有反對勢力的干預，且面臨菸草業訴訟的衝擊，將會推遲實施政策。且政府如何傳遞正確資訊，尤其讓吸菸者相信強制尼古丁限量並不會讓吸菸更安全？綜合以上觀點，這可能不是合乎邏輯的政策方向。經過正反雙方辯論結果，從演講前多數支持這項政策，反而於辯論後，棄權的人僅剩4%，且多數參與者反而是反對這項政策。

第二天上午主題演講則安排Prof Caitlin Notley演講：減少懷孕和產後吸菸—進展與挑戰，其分享倫敦西北部地區不同種族間孕婦的吸菸率存在顯著差異，且存在廣泛的健康不平等情形。另外，研究顯示，高達75%因懷孕戒菸的女性會重新吸菸，有很多複雜原因，關鍵原因之一有一項針對戒菸干預試驗結果顯示，94%女性會在產後12個月的某個時期想要放鬆。但除了預防復發吸菸行為外，懷孕期間吸菸，實際上會產生非常嚴重的健康結果，且對於嬰兒來說，母親持續完全戒菸才是最佳的健康結果，而非暫時戒菸，將可以減緩醫療保健與家庭和社會支出成本。女性吸菸有著許多因素，可能缺乏動力、心理困難或社會文化背景等，多數難以戒菸女性對尼古丁依賴程度極高。持續母乳哺餵對於保持無菸具有保護作用，很多孕婦表示自己有很高的動力具保護孩童健康，使有動機戒菸變得更容易；而伴侶或繼續吸菸的家庭，則對產後放鬆的影響極大，將使母親難保持戒菸。最後，幾項實驗顯示，懷孕期間使用尼古丁替代表確實會提高懷孕後期和產後12個月的戒菸率，但

研究證據仍有不確定性，懷孕期間可以發現孕婦沒有遵守尼古丁替代療法的劑量，擔心其安全性，且有副作用，導致放棄使用療法。也需要有二級保健和社區護理機構提供服務，共同合作解決懷孕和產後吸菸問題，而醫療人員也會告知同時戒除電子煙與吸菸。在英國，已將懷孕吸菸率降至4%以下，且需要關注減少不平等，考慮對社經地位低下人群真正有效的措施。

第二天下午主題演講則安排Prof Florin Mihaltan演講：2030年實現無菸世代-夢想或實現？除了分享近年各國為實現2030年無菸世代目標所推行的策略與政策，進一步建議必須不鼓勵吸菸；除了價格策略也必須執行非價格策略，包括禁止或限制；制定教育計畫，從相對年齡小時開始影響年輕族群，並訓練醫學和健康學程學生吸菸健康風險；提高吸菸年齡至21歲，已使有些國家發揮作用；停止使用會改變風味的加熱菸品，且加熱菸品亦須強制標示警示圖文等。

第三天主題演講則安排Prof Maciej Goniewicz演講：基礎科學（非人體）研究如何促進與尼古丁和菸草使用相關的健康公平，作為一名基礎科學研究學者，Goniewicz博士建議有鑑於新類型菸品推陳出新，應針對傳統與新類型菸草產品進行弱勢群體使用行為監測、使用原有疾病（如肺病、COPD）捐贈者的細胞測試進行體外毒性試驗，將會與使用健康者商業細胞樣本實驗結果有顯著差異、使用體內動物實驗進行社會及精神狀況試驗等比較研究。

最後，閉幕主題演講則安排Dr Deborah Robson演講：菸草減害：洞察未見之事。

（二）會議重點摘述：

有關9月10日至9月12日平行場次重點摘要如下：

（1）菸草業的影響與策略（包含臺北醫學大學蔡奉真教授發表口頭報告）

該主題場次，計有79國對FCTC執行之評析、薄荷紙菸與加味雪茄政策影響、菸商對於以色列廣告立法回應、亞美尼亞菸草業在販售點針對年輕人的欺騙性策略、英國一次性電子煙禁令等5個口頭報告。由Dr Floor van den Brand擔任主持與談人，其專業領域是菸草控制、健康行為、健康公平、預防醫學、戒菸與干預研究等。

首先由臺灣蔡教授分享研究分析了2019年至2023年79個國家根據FCTC和菸草業干擾指數（TII）實施需求和供應減少措施的水準之間的關係。結果顯示，FCTC實施水準較高的國家，往往受到較低的菸草業干擾。未來可進一步研究特定FCTC指標與菸草業干擾之間的關係。

接著由Andrea Villanti分享薄荷紙菸與加味雪茄政策影響報告，2022年5月，美國食品藥物管理局提出禁止紙菸中的薄荷醇和雪茄中的味道特徵的規定。2項擬議規定的公眾評論期於2022年開放，2023年美國品藥物管理局提出了審查的最終規定，2024年美國衛生與公眾服務部長指出，鑑於歷史上的關注和透過公眾評論提交的大量反饋，擬議的薄荷醇紙菸禁令將需要更長的時間。研究分析了2023年10月下載的評論，其中大部分與菸草公司的談論要點有關。調查結果引起了人們對菸草公司利用公眾評論機制並歪曲影響公共衛生政策的論點的存在和普遍性的擔憂。

接續由Amal Khayat分享菸商對於以色列廣告立法回應報告，菸商菲利浦莫里斯（PMI）公司的IQOS於2016年進入以色列市場，從作為消費品受到監管，到根據當時薄弱而嚴格的立法與紙菸相同的監管，包括排除印刷媒體的全面廣告禁令，銷售點展示禁令和普通包裝，研究分析不同監管時期IQOS廣告的趨勢。結果顯示，在不同的監管時期，IQOS營銷存在巨大差異。大多數IQOS廣告發生在廣告禁令之前，強調持續監控菸草業營銷活動的重要性。

接續由Varduhi Hayrumyan分享亞美尼亞菸草業在販售點針對年輕人的欺騙性策略報告。

最後由Britta K. Matthes分享英國一次性電子煙禁令報告，菸草製造商，包括跨國菸草公司（TTC），因設計和營銷吸引年輕人的產品而面臨批評。作為回應，英國規範一次性電子煙禁令於2025年6月生效，立法理由是環境保護和青少年預防。TTC和相關行為者試圖將自己定位為符合公共衛生目標的可信、負責任的利益相關者，但反對將禁止和重新框架青少年使用一次性電子煙作為個人不合規的問題。很少有人提到該政策的環境危害。業界將擬議的禁令描述為不成比例，政策缺陷、經濟有害，並可能增加非法貿易和吸菸。菸草業首選的替代方案側重於符合商

業利益的自願、有針對性的措施。這些凸顯了TTC的轉型言論與其持續抵制監管之間的差距，同時努力將責任從其產品和實踐中轉移出來，對環境影響幾乎保持沈默。隨著越來越多的國家考慮類似的禁令，公共衛生和環境行為者之間的加強合作，以及預測性政策設計，對於對抗菸草業反對和支援綜合有效的監管至關重要。

(2) 吸菸與使用電子煙趨勢

該主題場次，計有官方數字是否低估英國吸菸盛行率？德國吸菸盛行趨勢、德國雙重使用電子煙與菸草產品的趨勢、英國成年人使用電子煙戒菸的趨勢、美國青少年對於吸菸與使用電子煙的社會信念趨勢等5個口頭報告。由歐洲分會現任主席Dr Sarah Jackson擔任主持與談人，其專業領域是菸酒使用情形監測調查、戒菸服務等。

首先由Jamie Brown分享官方數字是否低估英國吸菸盛行率？該研究並比較英國國家統計局的年度人口吸菸盛行率調查（APS）與另一項全國性吸菸研究調查（STS）的預估趨勢，結果顯示英國吸菸盛行率的官方數據，可能有排出非日常吸菸者的情形，進而使2023年整體吸菸盛行率達低估3%，且顯示非日常吸菸及增加非吸菸趨勢，可能與使用電子煙有關，且非吸菸的增加情形在電子煙使用者上更明顯。

接著由Anne Starker分享德國吸菸盛行趨勢，該研究顯示德國在2003年至2023年間，成人吸菸率雖從32%下降至28.8%，但近年下降幅度有趨緩，自2006以來沒有顯著變化。而吸菸率的降低，在年輕成年吸菸者中最為明顯；與低教育程度相比，高教育程度吸菸者降低比例也較明顯。持續的教育差距可能凸顯當前菸害防制政策的侷限性，政府需要採取更針對性、以公平為重點的措施，以減少健康不平等問題，並確保所有群體的健康。

接著由Daniel Kotz分享德國雙重使用電子煙與菸草產品的趨勢，該研究顯示德國在2016年至2024年間，雙重使用者盛行率趨勢維持約1.4%，且約有7成至8成電子煙使用者也同時抽菸，而約3%至5%的吸菸者同時使用電子煙。而相比僅吸菸者，雙重使用者每天吸菸量較低，並且戒菸動機較高，但差異很小。因此推論，雙重使用者對健康的淨影響可能是負

面的。

接著由Loren Kock分享隨著新型一次性電子煙興起，對於英國成年人使用電子煙戒菸的趨勢，該研究顯示自2021年一次性電子煙興起，嘗試使用電子煙戒菸的人數有增加，且一次性電子煙產品可能吸引依賴性較低者，包括年輕人，可能不會再嘗試戒菸時使用有效的輔助工具。未來對於一次性電子煙的監管應考慮對戒菸者的潛在好處，並須同時設計限制年輕族群接觸的策略。

最後由Giang Vu分享美國青少年對於吸菸與使用電子煙的社會信念趨勢，該研究以美國菸草和健康研究人口評估第3波（2015-2016年）至第6波（2021年）調查，顯示在2021年，有使用電子煙的朋友與目前使用電子煙有關，且和目前雙重使用者有關，而對使用電子煙的負面看法降低目前使用電子煙的可能性。因此，未來仍應持續進行菸害防制工作，並善用同儕或父母的影響力。

(3) 英國非紙菸菸草使用情況：青少年和成年人的趨勢和政策選擇

該主題場次，計有非紙菸菸草使用盛行率趨勢、3個國家青少年非紙菸菸草使用盛行率趨勢、菸草業活動推動使用新舊非紙菸菸草產品、標準化包裝和限制HTP風味描述詞對成年人嘗試HTP的興趣和危害的看法的影響等4個口頭報告。由Dr Stephanie Klosterhalfen擔任主持與談人。

首先由Dr Sarah Jackson分享非紙菸菸草使用盛行率趨勢，該研究顯示，過去10年間，英國非紙菸菸草使用趨勢增加，最常見為使用雪茄及水菸，且更常為男性與現在吸菸者使用。在年輕人中，使用水菸更常見。在目前吸菸者（包含紙菸或非紙菸）中，則常見使用鼻菸、加熱菸或其他無煙菸品。研究顯示，紙菸與非燃燒菸品的使用情形因社會人口群而異，並凸顯針對性的公共衛生措施、長期監測的必要性。

接著由Katherine East分享英國、加拿大與美國青少年非紙菸菸草使用盛行率趨勢，該研究以於2017年至2024年3個國家進行的ITC調查（共10波調查），顯示在7年間，僅英國過去30天內使用非紙菸菸草產品比例增加至11.6%，但加拿大與美國則呈降低趨勢。這可能是英國對於禁止薄荷醇紙菸而造成增加的差異，且不排除美加2國政策轉變（如加拿大標準化

包裝的政策）所造成差異的影響。

接著由Sophie Braznellz分享菸草業活動推動使用新舊非紙菸菸草產品，加熱菸（HTP）是市場上最新的非紙菸菸草產品之一，HTP的使用在全球範圍內正在上升，Braznellz博士深入研究菸草行業推動HTP使用增加的活動和策略，包括針對特定群體進行營銷以及使用減少傷害的資訊。

最後由Eve Taylor分享研究標準化包裝和限制HTP風味描述詞對英國成年人嘗試HTP的興趣和危害的看法的影響。英國政府提出了加熱菸草產品的包裝法規，目前可以帶有概念風味描述的彩色包裝出售。研究顯示，HTP的包裝和口味名稱標準化並沒有降低成年人對試用產品的興趣，也沒有增加對危害的看法。

(4) 使用尼古丁袋與加熱菸情形

該主題場次，計有用於停止或減少菸草產品和電子煙、口服尼古丁袋的進行中試驗、尼古丁袋試驗、加熱菸產品對人類支氣管上皮細胞急性毒性試驗、加熱菸產品可負擔性與德國人口加熱菸產品使用趨勢等5個口頭報告。由Prof Irina Stepanov擔任主持與談人。

其中，由Alexander Remels分享加熱菸產品對人類支氣管上皮細胞急性毒性試驗，該研究表明加熱菸品牌IQOS誘導支氣管上皮細胞顯著毒理學特徵。

接著，由Alex Maximilian Keller分享德國人口加熱菸產品使用趨勢，加熱菸於2016年引進德國，現行已有營銷和廣告限制等類似紙菸的監管措施。自2018年至2023年間，目前使用者與曾經使用者皆分別上升至1%、8.4%。與從未使用者相比，使用過加熱菸者較有可能是男性、更年輕、居住在都市。目前使用者平均每天使用7.3根，而有56%使用具風味的產品，使用主因則為認為他們比燃燒菸草產品危害小。因此，建議因對主要族群提高潛在健康風險認識與公共衛生介入措施，而德國對風味成分禁令可能會降低對新使用者的吸引力。

最後，由Giorgi Mzhavanadze分享加熱菸產品可負擔性，該研究顯示可負擔性仍是非高收入國家使用加熱菸的最大障礙。若其稅收優惠，則可能會促進從可燃性紙菸轉換為使用加熱菸。

(5) 自從 FDA 2017 年發布菸草和尼古丁監管綜合計畫以來，可以學到哪些尼古丁政策和監管方面的教訓，可以繼續前進嗎？

該主題場次，計有科學基金會對於以尼古丁為重點的監管策略、美國食品藥物管理局2017年菸草和尼古丁監管綜合計畫執行情形、改變年輕族群對於尼古丁和癌症的知識、預測尼古丁減少政策對青少年和其他弱勢族群的影響等4個口頭報告。由Joe Gitchell擔任主持與談人。

首先，由Dorothy Hatsukami分享科學基金會對於以尼古丁為重點的監管策略。現階段研究顯示，大幅降低紙菸中尼古丁含量，吸菸者每天吸菸量與依賴性減少、戒菸率增加，且跨越年齡、性別、教育水準、種族或心理健康狀況等。動物研究顯示，在尼古丁劑量極低情況下，尼古丁自我給藥會大幅降低，這可能表明不大可能促進成癮。最近的研究也顯示，減少紙菸或其他燃燒菸草產品中的尼古丁含量，可以與非燃燒替代尼古丁傳送系統偕同作用減少吸菸。

接著，由Kevin Schroch分享美國食品藥物管理局2017年菸草和尼古丁監管綜合計畫執行情形。

接著，由Andrea Villanti分享改變年輕族群對於尼古丁和癌症的知識，Prof Villanti表示，依據美國國家資料顯示，2015年至2019年美國年輕族群對尼古丁認知甚少，尤其在年輕人電子煙使用率迅速增長之後。且該研究結果顯示，特別是在菸草和尼古丁市場演變中，有機會教育年輕人了解尼古丁。

最後，由Rachel Cassidy分享預測尼古丁減少政策對青少年和其他弱勢族群的影響，該研究表示試驗者持續購買極低尼古丁含量紙菸（VLNCs），且年輕人可能因為吸菸無法滿足而戒菸，或改用其他尼古丁替代產品。不過，對於替代產品的監管和菸草產品相關風險溝通，仍存在研究結果的差距。

(6) 電子煙戒菸早期研究發現

該主題場次，計有對英國提供免費電子煙作為戒菸工具國家倡議的初步結果、全國交換戒菸計畫（Swap to Stop）提案評估初期投資回報與對戒菸意圖的初步影響等3個口頭報告。由Prof Peter Selby擔任主持與談

人。

首先，由Leonie Brose報告英國提供免費電子煙作為戒菸工具國家倡議的初步結果，該研究分享2024年英國發起首創倡議，提供約20%吸菸者免費電子煙和行為支持來鼓勵戒菸，特別是吸菸率高的群體，包含社會經濟地位較低者。結果顯示，近四分之一民眾知曉該計畫，而社會經濟弱勢群體的覆蓋率較高，表明對健康不平等的積極影響。仍應有更面的資料收集評估倡議情形。

接著，由Esther Moore及Vera Buss分別分享英國全國交換戒菸計畫（Swap to Stop）提案評估初期投資回報與對戒菸意圖的初步影響，其中一研究顯示該計畫前6個月的戒菸率與類似計畫相當，入門套件平均成本約39英鎊，估計每次成本約113英鎊。另一研究則顯示，2023年12月英國過去一年吸菸者使用電子煙嘗試戒菸大幅增加，可能與該計畫推動鼓勵更多吸菸者嘗試戒菸有關。

參、心得及建議

一、持續關注新型態菸品對全體人口的影響，及預防青少年接觸使用

於研討會期間針對各國發表之演講或海報內容，均進一步顯示各國無不關注監測新型態產品之使用盛行率，進而去應對並推行新型態產品之管制措施，惟各國關注不同產品，例如尼古丁袋、鼻菸、加熱菸、電子煙或水菸等，特別是對青少年或年輕族群之影響。在交流過程，特別是歐洲地區國家與美國開放加熱菸、電子煙及尼古丁袋等無菸產品，亦會將重點放在無菸或非燃燒產品作為一種戒菸替代品的效果及其危害，並發展相關研究結果；針對已禁用風味菸品之國家，亦關注執法實際效果，甚至因應菸商為規避法規而推出調味配件之彌補管制措施。與會學者專家或研究機構對於臺灣已全面禁止電子煙等類菸品管制措施表達肯定，惟仍須關注違法物品之查緝與管理機制，例如網路社群平臺散布違法資訊對青少年與年輕族群之影響，與中國大陸走私違法電子煙零組件等邊境查緝作為等，另刻正研議禁用菸品之添加物或是預防因應菸商可能推出的調味配件之立法與後市場監管機制，亦是未來需要面對的重要課題。

此外，對於年輕族群的教育推廣仍是各國努力不懈的重點，因為孩童健康也攸關國家健康安全。本次研討會開幕致詞特別邀請當地羅馬尼亞教育與研究部進行歡迎致詞，在克盧日納波卡市區仍可見民眾邊走邊吸菸的情形，而該部為了應對年輕族群菸品使用問題，從根本了解並探索年輕族群的生活與觀點，與年輕世代的橋樑，並透過學校、家庭及社區的參與，期望扭轉年輕世代轉變成不吸菸的生活態度。而我國教育部與各級學校單位，不應僅是透過查緝違規吸菸行為與戒菸教育輔導，或納入教學課綱而已，如何從建立年輕世代健康生活型態，並擴大到家庭及社區的參與，建立社群網絡去落實推動無菸校園，才能真正從小影響年輕世代轉變為不吸菸的生活態度與健康觀念。

二、網際網路之管理，並進行跨部門合作

本次研討會期間與澳洲昆士蘭大學年輕世代物質使用研究國家中心研究人員、波蘭與英國等各國學者專家進行交流，澳洲也正因為社群平臺無法配合監管措施散布違法資訊，或各國遇到跨境網際網路平臺違法訊息傳遞問題

而面臨嚴重挑戰。本次出席人員也進一步分享臺灣經驗，透過與網際網路平臺、數位經濟主管機關數位發展部、通訊傳播委員會間建立合作管道，去賦予網際網路平臺業者責任移除違法資訊、限制接取境外平臺違法資訊及刻正研議修正菸害防制法加強應對網際網路之管理等措施，已於菸害防制法 112 年修正施行後 2 年間得到初步成果，但仍然必須持續監測與執行查處，並思考下一步對網際網路管理、跨境網際網路平臺與其他國家合作管理的有效策略，並借鏡其他國家立法經驗，我國可透過數位發展部及通訊傳播委員會對於網際網路與社群平臺建立整體管理架構，請平臺業者善盡風險管理責任，避免觸犯我國法規（如菸害防制法、食品安全衛生管理法、詐欺犯罪危害防制條例等）；至於，各目的事業主管機關亦應思考透過權管法規研議立法管制，並建立監督與管理機制。

三、針對特殊族群的戒菸服務策略

我國施行戒菸服務已有廣泛且系統性的服務基礎，甚至戒菸成效堪比其他國家。但本次研討會主題也有其他國家分享發展懷孕女性吸菸與復吸、癌症病患戒菸與心理健康等策略，值得我國深思與學習，主管機關需跨部門間協調，進一步分析臺灣的吸菸特殊人口族群（如孕婦、原住民族或代謝症候群病患等）現況與問題，進而針對目標族群發展合適的戒菸策略，並兼顧心理健康，且專注優先需要的族群，以減少健康不平等，並減緩健保醫療與社會成本支出。

四、強化菸害防制研究發表與國際交流

SRNT 是對我友善的協會組織，其關注面向包含政策、研究發展、戒菸機構策略、健康不平等、菸商干預等議題，且會員涵蓋全球重要國家與地區。本次衛生福利部國民健康署及委辦單位投稿踴躍，並能參與盛會，進行國際交流，是難能可貴的機會。對於突破臺灣正面臨的外交困境，如何能夠透過其他管道實質參與並與各國進行菸害防制交流，汲取經驗，彼此合作，需要有效且持續性的與該組織建立合作管道，並思考如何在國內聯合學術機構、醫療機構及政府部門擴大參與，分享臺灣菸害防制與研究發展進展，深化國際交流與成效。

附錄一、照片紀實



海報展示合影



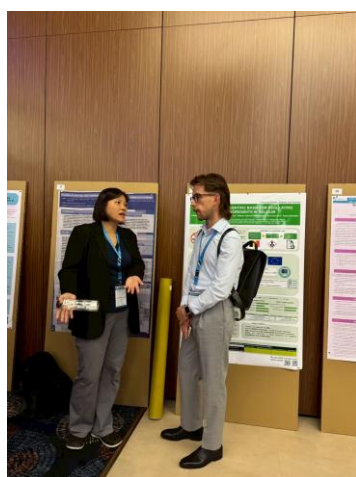
與其他國家與會者交流



臺北醫學大學蔡奉真教授口報



海報展示



分享臺灣菸害防制成果

附錄二、投稿發表摘要清單

「尼古丁和菸害研究協會歐洲分會年度會議」投稿摘要清單

1. Analysis of FCTC implementation and Tobacco Industry Interference Index in 79 countries.
臺北醫學大學蔡奉真教授團隊蔡奉真、陳子穎、國民健康署羅素英組長、劉家秀組長、林宛禎科長、李利涓副研究員(口頭報告：蔡奉真教授)
2. Challenges in promoting the prohibited addition of flavor additives to tobacco products, taking Taiwan's experience as an example.
國民健康署吳昭軍前署長、賈淑麗副署長、羅素英組長、劉家秀組長、林宛禎科長、王俊皓技士、財團法人安全衛生技術中心方澤沛博士(現場海報負責單位：國民健康署)
3. Use of flavoured tobacco products Among Junior and Senior High School Students in Taiwan.
國民健康署吳昭軍前署長、賈淑麗副署長、羅素英組長、林宛禎科長、王俊皓技士(現場海報負責單位：國民健康署)
4. Preliminary outcome of the smoking cessation service reform in Taiwan.
國民健康署吳昭軍前署長、賈淑麗副署長、羅素英組長、劉家秀組長、黃瑜盈科長(現場海報負責單位：國民健康署)
5. Amendment of Tobacco Hazards Prevention Act in Taiwan: Brought about a reduction of 1,100,000 smokers and cut health inequality pragmatically within fourteen years.
國民健康署吳昭軍前署長、賈淑麗副署長、羅素英組長、曾伯昌科長、黃子瑜前約用專業人員(現場海報負責單位：國民健康署)
6. Secondhand Smoke Exposure Concerning Tobacco Use among Junior High and Senior High School Students in Taiwan.
國民健康署吳昭軍前署長、賈淑麗副署長、羅素英組長、曾伯昌科長、黃子瑜前約用專業人員(現場海報負責單位：國民健康署)
7. Feedback of One Year After Implementing the Tobacco Hazards Prevention Act in Taiwan.
臺北醫學大學蔡奉真教授團隊蔡奉真、陳子穎、國民健康署羅素英組長、劉家秀組長、林宛禎科長、翁瑞鴻科員(現場海報負責單位：臺北醫學大學)
8. Digital Marketing Strategies of E-Cigarettes under Regulatory Enforcement: Insights from Online Monitoring in Taiwan.

世新大學鍾起惠教授、中國文化大學柯舜智副教授團隊鍾起惠、柯舜智、國民健康署吳昭軍前署長、賈淑麗副署長、劉家秀組長、方天豪技士、曾伯昌科長(現場海報負責單位：國民健康署)

9. **The protective impact of revised tobacco control legislation on non-smoking adolescents in Taiwan.**

長庚學校財團法人長庚科技大學張麗娟助理研究員團隊張麗娟、李玉春、陳珮青、國民健康署吳昭軍前署長、賈淑麗副署長、羅素英組長(現場海報負責單位：國民健康署)

10. **Explore Factors of Smoking Relapse in Smokers Using Tobacco Quitline in Taiwan.**

彰化基督教醫療財團法人彰化基督教醫院陳穆寬院長戒菸專線服務團隊郭馨鎂、劉子慧、陳素珊、詹淑如、林慶雄、劉晏孜、國民健康署羅素英組長、劉家秀組長、黃瑜盈科長、易莉婕前公衛護士(現場海報負責單位：彰化基督教醫院)

11. **Impact of Quitline Service Intensity on Smoking Cessation Success Rate in Taiwanese Population.**

彰化基督教醫療財團法人彰化基督教醫院陳穆寬院長戒菸專線服務團隊陳富滿、劉子慧、陳素珊、詹淑如、林慶雄、劉晏孜、國民健康署羅素英組長、劉家秀組長、黃瑜盈科長、易莉婕前公衛護士(現場海報負責單位：彰化基督教醫院)

附錄三、發表口頭報告簡報(臺北醫學大學蔡奉真教授口頭報告)

 <p>Analysis of FCTC Implementation and Tobacco Industry Interference Index in Countries</p> <p>Professor Feng-Jen Tsai Taipei Medical University</p> <p>2025 SRNTE, Cluj-Napoca, Romania, Sep 10, 2025</p>	<h3>Background</h3>
<h3>Background</h3> <ul style="list-style-type: none"> • Around 7 million deaths worldwide annually due to tobacco smoking. • WHO Framework Convention on Tobacco Control (FCTC) started in 2005. • Tobacco Industry Interference (TII) is a major obstacle to tobacco control implementation. 	<h3>Background</h3> <h4>FCTC and Tobacco Industry Interference</h4> <ul style="list-style-type: none"> • Article 5.3 of FCTC requires protection of public health policies from tobacco industry interference • Tobacco companies use covert, legal challenges, CSR activities, etc., to undermine control policies • Interference affects price control, smoke-free policies, product packaging and labeling regulations 
<h3>Objective</h3> <ul style="list-style-type: none"> • This study examines the relationship between the implementation levels of demand and supply reduction measures under the Framework Convention on Tobacco Control (FCTC) and the Global Tobacco Industry Interference Index (TII) across countries from 2019 to 2023. 	<h3>Methods - Data Collection</h3> <h4>Global Tobacco Industry Interference Index (TII)</h4> <ul style="list-style-type: none"> • TII of 75 countries were collected from the official website of the Global Center for Good Governance in Tobacco Control. • The index rates countries on their response to tobacco industry interference through a survey questionnaire, which developed from Article 5.3 Guidelines, contains 20 questions covering 7 indicators of industry interference on which countries are scored. • The themes of the 7 indicators are "Levels of participation in policy-development", "So-called CSR activities", "Benefits to the tobacco industry", "Forms of unnecessary interaction", "Conflict of interest and "Preventive measures". Countries get lower score have better ranking (Chugh, et al., 2020).
<h3>Methods - Data Collection</h3> <h4>Global Tobacco Industry Interference Index (TII)</h4> <ul style="list-style-type: none"> • TII of 75 countries were collected from the official website of the Global Center for Good Governance in Tobacco Control. • The index rates countries on their response to tobacco industry interference through a survey questionnaire, which developed from Article 5.3 Guidelines, contains 20 questions covering 7 indicators of industry interference on which countries are scored. • The themes of the 7 indicators are "Levels of participation in policy-development", "So-called CSR activities", "Benefits to the tobacco industry", "Forms of unnecessary interaction", "Conflict of interest and "Preventive measures". Countries get lower score have better ranking (Chugh, et al., 2020). 	<h3>Methods - Data Collection</h3> 

Methods - data analysis

- Description analysis were used to explore the relationship between the level of FCTC implementation and the TII Index..
- Logistic regression analysis was conducted to analyze the relationship among FCTC implementation level and tobacco industry interference and other factors.

Results

Overall Scores

- The overall implementation score of the FCTC is a total of 251 points. The total demand-reduction measures score is 209 points, while the total supply reduction measures score is 42 points.
- In this study, the average FCTC demand and supply implementation score for 59 countries in 2018 and 2023 are as Table 1.
- From 2018 to 2023, the overall FCTC implementation scores in 59 countries showed a declining trend. The score for demand-reduction measures decreased by 3.43 points, while the score for supply-reduction measures decreased by 1.24 points.

Table 1: Comparison of 2018 and 2023 average scores of 59 countries

	Year	FCTC implementation			Tobacco Industry Interference Index
		Total	Demand	Supply	
Average Scores of 59 Countries	2018	148.11	111.89	22.56	56.60*
	2023	142.27	108.46	21.32	57.64
	2023-2018	-5.84	-3.43	-1.24	

*2019 TII Index, 33 countries

Comparison of top 10 and bottom 10 countries

- To further understand the trends in FCTC implementation changes from 2018 to 2023 and the relationship with tobacco industry interference, the top 10 and bottom 10 countries based on the 2023 total FCTC implementation scores were selected. The differences in FCTC implementation levels and the TII index between these two groups of countries were further analyzed.
- This study found that the average FCTC implementation score in 2023 for the top 10 countries was 198.85, which is 92.45 points higher than that of the bottom 10 countries (106.40). Among them, the top 10 countries, an increase of 8.4 points in their demand scores from 2018 to 2023, while the bottom 10 countries experienced a decrease of 7.35 points, resulting in a difference of 15.75 points between the two groups. Both groups showed a downward trend in supply scores, with the top 10 decreasing by 0.2 points and the bottom 10 by 0.7 points. Regarding the TII index, the top 10 had an average score of 54.2, while the bottom 10 scored 58.1 (table 2).

Table 2: Comparison of top 10 and bottom 10 countries on 2018-2023 difference of demand and supply reduction measures scores

FCTC implementation level	Average of 2023 FCTC implementation level	Average 2018-2023 difference of demand scores	Average 2018-2023 difference of supply scores	TII Index
Top 10 countries	198.85	8.40	-0.2	54.2
Bottom 10 countries	106.40	-7.35	-0.7	58.1

Comparison of top 10 and bottom 10 countries

- These data indicate that the top 10 countries improved in their demand scores from 2018 to 2023 but regressed in supply scores, whereas the bottom 10 countries showed a declining trend in both demand and supply scores. The TII index shows that the bottom 10 countries faced more tobacco industry interference compared to the top 10 countries.
- In addition, based on the FCTC implementation scores in 2018, 2020, and 2023, three countries among the top 10 showed a consistent upward trend over this period, while six countries exhibited an increase from 2018 to 2020 followed by a decrease from 2020 to 2023. In the bottom 10 group, only one country demonstrated a continuous increase from 2018 to 2023, and seven countries showed a decrease from 2018 to 2020 with an increase from 2020 to 2023, while two countries exhibited an increase from 2018 to 2020 followed by a decrease from 2020 to 2023.

Logistic Regression analysis of 2023 Demand measures implementation and TII

- To examine the relationship between tobacco industry interference and the level of FCTC implementation, this study used 2023 data for logistic analysis, as the TII index data for that year was more complete.
- Lower implementation of demand-reduction policies were significantly more likely to face higher tobacco industry interference (ORs = 3.633, p=0.050) compared to those with high implementation levels.

Table 3: Logistic regression of TII Index, demand measures scores and related variables

Health related variables		Tobacco Industry Interference Index Level					
		Estimate	Standard Error	P Value	Odds Ratio	95% CI	
						Low	High
HDI		2.271	2.093	0.278	9.694	0.160	586.729
Demand reduction measures scores	Low to High	1.290	0.659	0.050	3.633	0.998	13.222
	Middle to High	0.360	0.644	0.576	1.434	0.406	5.062

Logistic Regression analysis of 2023 Supply measures implementation and TII

- There was no significant association between tobacco industry interference index level and supply-reduction measures level.

Table 4: Logistic regression of TII Index, supply measures scores and related variables

Health related variables		Tobacco Industry Interference Index Level					
		Estimate	Standard Error	P Value	Odds Ratio	95% CI	
						Low	High
HDI		2.567	2.141	0.231	13.023	0.196	865.509
Supply-reduction measures scores	Low to High	1.260	0.6870	0.067	3.524	0.916	13.556
	Middle to High	0.255	0.660	0.700	1.290	0.354	4.701

Discussion

<h2 style="text-align: center;">Discussion</h2> <ul style="list-style-type: none"> ● Overall Score: According to Table 1, the FCTC implementation levels in 59 countries showed a declining trend from 2018 to 2023. Both demand- and supply-reduction measures experienced decreases, and the TII Index also increased during this period; however, it should be noted that only 33 countries had data available in 2018. ● Comparison of top 10 countries and bottom 10 countries: According to Table 2, the top 10 countries demonstrated an upward trend in demand-reduction measures implementation from 2018 to 2023, while supply-reduction measures implementation showed a downward trend. In contrast, the bottom 10 countries exhibited a declining trend in both demand and supply implementation. ● TII may be a contributing factor to the decline in FCTC implementation levels, especially in low- and middle-income countries: as most of the top 10 countries are classified as "Very High Human Development" with HDI values greater than 0.8, averaging 0.8337, while the average HDI for the bottom 10 countries is 0.717 (Yinmömlen et al., 2023). The bottom 10 countries experienced greater tobacco industry interference compared to the top 10 countries, which may be one of the reasons for the decline in both demand- and supply-reduction measures implementation from 2018 to 2023. Hebbat et al. (2022) also showed that the tobacco industry actively intervenes in low- and middle-income countries due to their vulnerable and unstable governmental structures. <div style="text-align: right;">17</div>	<h2 style="text-align: center;">Discussion</h2> <ul style="list-style-type: none"> ● Comparison of top 10 countries and bottom 10 countries <ul style="list-style-type: none"> ● Illicit trade may be a factor to decline of supply implementation in top 10: The downward trend in supply-side implementation among the top 10 countries may be attributed to issues related to Article 15 on illicit trade in tobacco products. Ulep (2021) found that the severity of illicit tobacco trade is positively associated with gross national income per capita, meaning that higher-income countries tend to experience more severe illicit tobacco trade. In contrast, lower- and middle-income countries may have greater capacity to address illicit trade compared to high-income countries. ● COVID-19 may cause the decline of FCTC implementation: the continued decline in FCTC implementation levels among the bottom 10 countries may also be attributed to the impact of the COVID-19 pandemic since late 2019, which further weakened already fragile health systems. This included a reduction in workforce dedicated to tobacco control activities, as resources were reallocated to prioritize the response to COVID-19. <div style="text-align: right;">18</div>
<h2 style="text-align: center;">Discussion</h2> <ul style="list-style-type: none"> ● Association Between Demand-Reduction Implementation and Tobacco Industry Interference: According to Table 3 and 4, the logistic regression results indicate a significant association between lower demand-reduction measures implementation and increased risk of higher tobacco industry interference, suggesting that insufficient implementation of demand-side measures renders countries more vulnerable to industry tactics (OR = 3.633, $p = 0.050$). In contrast, no significant association was observed for supply-reduction measures implementation. <div style="text-align: right;">19</div>	<h2 style="text-align: center;">Conclusion</h2> <ul style="list-style-type: none"> ● This study highlights that while global FCTC implementation efforts are ongoing, progress has stalled or reversed in many countries since 2018, particularly in demand-reduction strategies. ● Higher tobacco industry interference, especially in low- and middle-income countries with lower HDI, likely contributed to the declines in FCTC implementation. ● Lower implementation of demand-reduction measures is significantly linked to higher tobacco industry interference, underscoring the need for stronger adoption and enforcement of FCTC demand-reduction measures. ● Enhanced vigilance and more robust countermeasures against tobacco industry tactics are essential, especially in countries with lower implementation levels, to safeguard public health policies and sustain the gains achieved under the FCTC framework. <div style="text-align: right;">20</div>
<h2 style="text-align: center;">Thank you for listening !</h2> <div style="text-align: right;">21</div>	

附錄四、發表海報(國民健康署及相關委辦單位團隊)



Challenges in promoting the prohibited addition of flavor additives to tobacco products, taking Taiwan's experience as an example

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The work being presented has received funding or other means of support from any of the following sources	No
Any of the authors have received funding (including consultancy) from any of the following sources in the past 5 years	No

• Background

According to the WHO reports, evidence was found that several additives facilitate the inhalation of tobacco smoke and/or e-cigarette aerosol. In order to expand the market and generate revenue, the tobacco industry has sought to maintain brand appeal by addressing diverse tastes and preferences to attract new smokers and younger consumers. In order to deter young people from trying flavored tobacco products, the partial guidelines for the implementation of Articles 9 and 10 of the WHO FCTC recommend restricting the addition of ingredients used to increase palatability. However, according to the WHO report published in 2025, only some members currently ban all flavors or restrict or allow specific flavors. The prohibition of tobacco additive regulations is also under consideration in Taiwan.

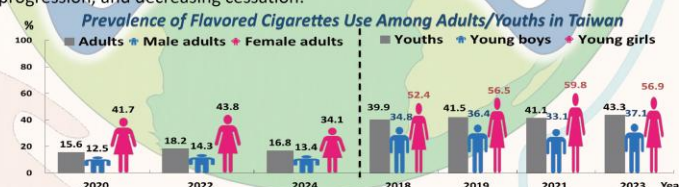
• Methods

Taiwan monitors the prevalence of tobacco use among various groups by conducting smoking behavior surveys. Data were collected from the Taiwan Global Youth Tobacco Survey (Taiwan GYTS) conducted under school-based and cross-sectional surveys from 2004 to 2023. The recent annual sample size is approximately 42,000 persons. In addition, data were collected from the Taiwan Adult Smoking Behavior Surveillance System (Taiwan ASBS) through comprehensive residential phone interviews and cross-sectional surveys conducted from 2004 to 2024. The recent annual sample size is approximately 26,000 persons.

Taiwan also monitors the ingredients used in tobacco products by the Tobacco Information Declaration Database and discloses the information to the public.

• Results

Various flavor characteristics such as mint, floral, vanilla, and fruity flavored additives were discovered to be present in tobacco products in Taiwan. This may explain the appeal of flavored tobacco products, especially the most preferred flavor categories of fruity, which are used in about 90% of cigarette items. According to the current results of the Taiwan ASBS and Taiwan GYTS, 34.1% of adult female smokers and 56.9% of the young girl smokers used flavored cigarettes, while 13.4% of adult male smokers and 37.1% of the young boy smokers used them. During recent surveys, the trend has either remained flat or increased slightly. Other studies have shown that flavors in tobacco products are associated with youth and young adults who are at risk of initiation, progression, and decreasing cessation.



• Conclusion

Taiwan's information shows a high rate of flavored tobacco consumption, particularly among youth, young adults, and girls or females, which is consistent with other countries. To protect youth and non-smokers from the hazards of tobacco and nicotine products, Taiwan amended the Tobacco Hazard Prevention Act in 2023. This amendment includes a complete ban on e-cigarettes and other imitation tobacco products, and requires pre-market health risk assessment reviews for designated tobacco products (including new tobacco products like heated tobacco products), and grants the authority to announce prohibited additives for use in tobacco products, etc. The Ministry of Health and Welfare announced the draft of "Prohibited Additives Shall Not Be Used in Tobacco Products" in August 2024. Different opinions were received from various stakeholders, including public health academia, anti-smoking civil society organizations, and the tobacco industry. The policy and regulatory measures are still under discussion, but have yet to be formally announced or implemented in Taiwan. It is expected that practical and enforceable regulations on tobacco management will be formulated. It could prevent tobacco companies from making tobacco products more attractive to expand their market to adolescents and non-smokers, and could further reduce the initiation and use of tobacco products among youth. The WHO has revealed that the tobacco industry has used flavoring accessories to circumvent regulations, and competent authorities must closely monitor market conditions and enforce effective regulatory controls.

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Use of flavored tobacco products Among Junior and Senior High School Students in Taiwan

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• Background

The tobacco industry is introducing flavored tobacco products and flavor accessories to enhance product appeal and attract new users. To deter adolescents from trying flavored tobacco products out of curiosity, the partial guidelines for the implementation of Articles 9 and 10 of the WHO Framework Convention on Tobacco Control recommend restricting the addition of ingredients used to increase palatability. In view of the prevalence of emerging products and flavored tobacco products, the WHO has recently issued more guidance on tobacco and nicotine products, urging policy makers around the world to ban flavored tobacco products and flavor accessories, prohibit any ingredient that facilitates inhalation, restrict the use of flavor images in packaging and marketing, and monitor the emergence of new and emerging products and flavors.

• Methods

Taiwan monitors the prevalence of tobacco use among various groups by conducting smoking behavior surveys. Data were collected from the Taiwan Global Youth Tobacco Survey (Taiwan GYTS), school-based and cross-sectional surveys conducted from 2004 to 2023. The recent annual sample size is approximately 42,000 persons.

• Results

The Taiwan GYTS survey shows a significant decrease in the prevalence of tobacco use by adolescents over the past few years, but the prevalence of e-cigarette use by junior and senior high school students has risen from 2.0% and 2.1% in 2014 to 3.2% and 6.3% in 2023 respectively, which has increased significantly over the past nine years.

The data also shows that about 40% of adolescent smokers in Taiwan use flavored tobacco products, and the prevalence among teenage girls is higher than that among teenage boys, especially in senior high and vocational schools, where more than 60% of the teenage girls use flavored tobacco products. Four recent Taiwan GYTS surveys conducted over the last five years have shown a steady or slight increase in the prevalence of flavored tobacco use among adolescents, which may explain the appeal of flavored tobacco products and the serious health risks they pose to youth in Taiwan.

• Conclusion

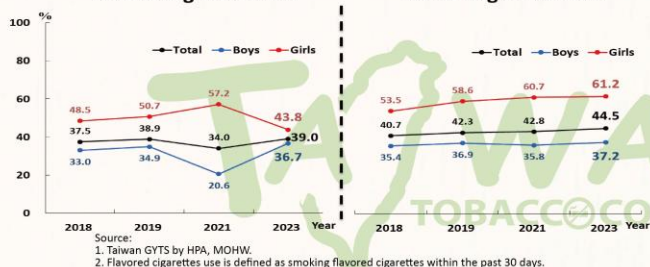
Research shows adolescents prefer sweet flavors more than adults, and flavored tobacco products are more appealing to youth and non-smokers. Flavored products are often the initial choice of first-time smokers, which can lead to their continuing to smoke and decreasing cessation. Taiwan GYTS survey—such as other countries—have revealed similar patterns that flavored tobacco use is prevalent among youth. In response, Taiwan amended the Tobacco Hazards Prevention Act in 2023, authorizing the competent authority to announce prohibited additives that shall not be used in tobacco products. Although Taiwan released a draft regulation for public consultation in August 2024, but received different opinions from various stakeholders, especially the tobacco industry, which continues to seek brand differentiation and market competitiveness by using prohibited flavor additives in the manufacturing process. The policy and regulatory measures are still under discussion, but have yet to be formally announced or implemented in Taiwan. It is expected that practical and enforceable regulations on tobacco management will be formulated. It could prevent tobacco companies from making tobacco products more attractive to expand their market to adolescents and non-smokers, and could further reduce the initiation and use of tobacco products among youth.

Moreover, Taiwan will continue to monitor tobacco use and raise public awareness about the dangers of tobacco and nicotine products, with a particular focus on youth and young people. Effective tobacco control measures should be implemented to reduce the availability of tobacco products and strengthen education of tobacco hazard prevention. These efforts should be carried out in collaboration with schools, civil society organizations, and parents, with the ultimate goal of preventing youth tobacco addiction and safeguarding youth health in Taiwan.

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Prevalence of Flavored Cigarettes Use Among Junior/Senior High School Students in Taiwan
Junior High Students Senior High Students



This research was funded by	Tobacco Industry	E-cigarette & nicotine product industry	Pharma Industry
The work being presented has received funding or other means of support from any of the following sources	No	No	No
Any of the authors have received funding (including consultancy) from any of the following sources in the past 5 years	No	No	No

Preliminary outcome of the smoking cessation service reform in Taiwan



衛生福利部國民健康署
Health Promotion Administration,
Ministry of Health and Welfare

Yu-Ying Huang, Chia-Hsiu Liu, Shu-Ying Lo, Shu-Li Chia, Chao-Chun Wu

This research was funded by [list all funding sources for the presented work]

Please add "yes" or "no" to each table cell. If "yes", please turn cell background color to yellow.

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Any of the authors have received funding (including consultancy) from any of the following sources in the past 5 years:	NO	NO	NO

Introduction : Taiwan Health Promotion Administration (THPA) has subsidized for smoking cessation services since 2002. Each eligible smoker could receive two medication courses and health education courses every year and only have to pay a maximum of NT\$200 per visit.

Methods : To help smokers who are economically disadvantaged to continue their treatments and to encourage more medical professionals to provide the service, the THPA has implemented several reforms toward the smokers and providers. For smokers, we have waived the copayment since May 15th, 2022. For providers, the training program was transformed from physical classes to online courses mainly, and the required training hours have been reduced since Nov 1st, 2022, and the payment has been increased since 2023. Besides, the functions of informatics systems were enhanced to improve efficiency, and the guidelines and medication protocols were also revised to fit in the clinical scenario in the post-pandemic era.

Results : The number of contracted smoking cessation institutions was 3,505 in 2023, an increase of 1.16% compared to 2022. The number of contracted professionals was 12,818, representing a 3.5% increase compared to 2022. Besides, the total utilization has also increased, the number of medication and health education visits had increased 19.35% and 29.37% separately, while the expenditure rose by 23%. The 6-month smoking cessation rate had rose from 30.1% in 2022 to 31.3% in 2023.



Conclusions : By reducing the economic burden and improving training efficiency and payment, the smoking cessation service reform showed a preliminary success without affecting smoking cessation rate. However, we should keep monitoring the quality of services in the future.

Amendment of Tobacco Hazards Prevention Act in Taiwan: Brought about a reduction of 1,100,000 smokers and cut health inequality pragmatically within fourteen years

Shu-Ying Lo¹, Chao-Chun Wu², Shu-Li Chia³, Po-Chang Tseng¹, Ziyu Huang¹

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Background

Smoking kills more than 27,000 people each year. Amendment of the Tobacco Hazards Prevention Act came into effect with expanded ban of smoking including all public indoor places and some public outdoor places. This study aims to evaluate the effectiveness of this amendment on smoking rate and health inequality.

Methods

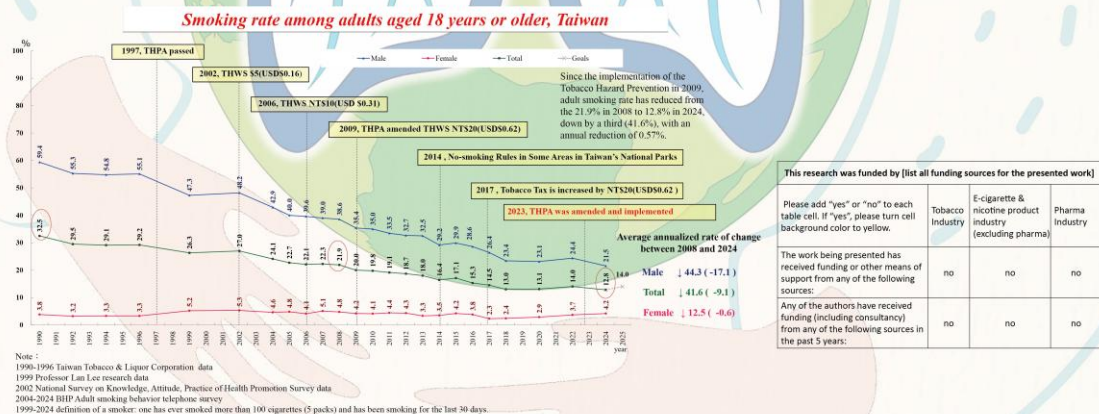
Data were drawn from the Taiwan Adult Smoking Behavior Survey (TASBS), a nationally representative cross-sectional study with telephone interviews from 2004 to 2024. Probability proportional to size (PPS) sampling and post-stratification were used to better represent the characteristics of the population. The annual sample size is approximately 15,000-26,000 persons.

Results

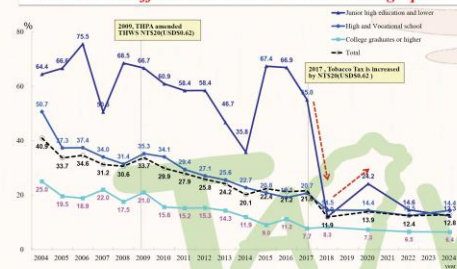
The adult smoking rate declined from 21.9% in 2008 to 12.8% in 2024, indicating a 41.6% decline in smoking rate and a reduction in the number of smokers by approximately 1,100,000 within sixteen years. The speed of reduction in this period was more remarkable than that experienced in 4 years before the amendment. Among different subgroups, the reduction was more significant in males aged 18-24 and 25-39 than those aged 40-64, and people of lowest level of education (junior high or lower) than those of higher education.

Conclusion

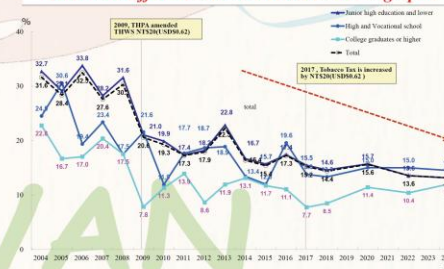
Implementation of the amended Tobacco Hazards Prevention Act has managed to remarkably reduce both smoking rate itself and inequality in smoking rates. However, continued efforts are needed to achieve the goal of a 30% relative reduction in smoking rate by 2025 set by the World Health Organization (WHO), decreasing the adult smoking rate from 20% in 2010 to 14% in 2025.



Rate of decrease in smoking rate amongst male between 18 and 29 with different education levels and demographic



Rate of decrease in smoking rate amongst male 65 and older with different education levels and demographic



Secondhand Smoke Exposure Concerning Tobacco Use among Junior High and Senior High School Students in Taiwan

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Background

The Global Youth Tobacco Survey, which was developed by WHO, US Centers for Disease Control and Prevention, and the Canadian Public Health Association, has been conducted annually in Taiwan since 2004. Surveys on junior high and senior high school students are rotated year by year. The objective of the study is to investigate the exposure to secondhand smoke, key-others smoking behavior among junior, general senior and vocational senior high school students to serve as a reference for future tobacco prevention program on campus.

Methods

The GYTS is a school base survey that uses a two-stage cluster sample design that produces representative samples of students in all three grades of junior secondary schools and all three grades of senior high school. The GYTS sample design produces representative, independent, cross-sectional estimates for each site. In 2023, the Taiwan Junior High GYTS had an overall response rate of 88.0%. A total of 20,386 students in the three grades of junior high participated. In 2023, the Senior High GYTS had an overall response rate of 82%. A total of 21,804 students in the three grades of senior high participated. The research instrument used is the Chinese version of GYTS designed by the WHO and CDC in the US.

Results

The study shows the smoking prevalence, 2.0% of junior high school and 6.7% of senior high school students currently smoked cigarettes. Overall, 2% of junior high school and 2.5% of senior high school students currently used tobacco products other than cigarettes. Overall, 10.7% of junior high school and 13% of senior high school students who had never smoked cigarettes indicated they were likely to initiate smoking cigarettes and e-cigarettes in the next year (i.e., susceptibility).

Conclusion

In 2023, 5% of junior high school students reported their friends smoke; and 12% of senior high school students reported their friends smoke. The percent of friends who smoke in junior high school and senior high school was consistent with the smoking prevalence of the respondents. Approximately 36.8% of junior high school and senior high school students reported that at least one of their parents smoked. Approximately 25.9% of junior high school and senior high school students reported to live in homes where they were exposed to secondhand smoke (SHS) from others who smoked. Approximately 29.2% of junior high school and senior high school students reported being exposed to SHS in indoor public places during the week prior to the survey; and 62% of junior high school and senior high school students reported being exposed to SHS in outdoor public places during the week prior to the survey. Intervention may focus on smoke free family and emphasized on adverse effects of parent smoking to the youth.

Trend of Smoking Rate in Taiwan

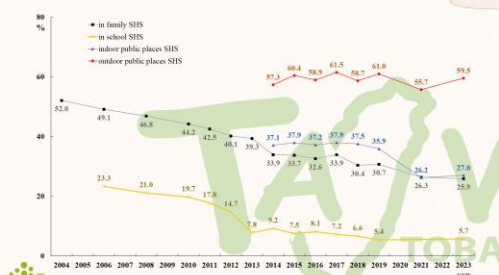


Source: 1990-1996 (Taiwan Tobacco company) ; 1999 (Lee et al.) ; 2002 (HKAAP) ; 2004-2023 (Taiwan ANSIS and GYTS)
Definition for adults: Current smoker. During survey, smoke more than 100 cigarettes/packs and smoking in past 30 days.
Definition for junior high school and senior high school students: smoking prevalence defined as having tried smoking over the previous 30 days

This research was funded by [list all funding sources for the presented work]

Please add "yes" or "no" to each table cell. If "yes", please turn cell background color to yellow.	Tobacco industry	E-cigarette & nicotine product industry (excluding pharma)	Pharma industry
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Trend of Junior High School students reported being exposed to SHS



Trend of Senior High School students reported being exposed to SHS



Source: The "Global Youth Tobacco Survey (GYTS)" by the Health Promotion Administration, Ministry of Health and Welfare.

Feedback of One Year After Implementing the Tobacco Hazards Prevention Act in Taiwan

Author: Tzu-Ying Chen¹, Feng-Jen Tsai^{1*}, Wan-Chen Lin², Jui-Hung Weng, Chia-Hsiu Liu², Shu-Ying Lo², Shu-Li Chia² and Chao-Chun Wu²

¹ Taipei Medical University, Taiwan

² Health Promotion Administration, Ministry of Health and Welfare, Taiwan

Introduction

- In response to concerns over increasing e-cigarette use among youth, Taiwan amended the "Tobacco Hazards Prevention Act" in 2023. The amendment includes a complete ban on e-cigarettes and strict regulation of heated tobacco products (HTPs). To support implementation, the Ministry of Health and Welfare (MOHW) issued "The Health Risk Assessment Review" requiring applicants to provide 13 specific documents, such as research data on health risk, addictive substances, and information on minor usage. This study analyzes feedback one-year post-implementation.

Results

- The study found 415 related news articles, with 100 analyzed in detail. Of the 100 news articles analyzed, general news media was the most frequent source, accounting for 43 articles. Health media followed with 20 articles, while industry media and citizen/independent media contributed 13 and 12 articles, respectively. The remaining 3 articles were sourced from government-related agencies. (Figure 1)
- Among the 100 news articles, those covering the applications and progress of the Health Risk Assessment for Designated Tobacco Products account for the largest share (33%). The main sources are general news media (36%), followed by industry media (27%), and then health media and citizen media (18%).
- 21 articles related to regulations, policy announcements, and supervision, primarily from general news media, accounting for 57%, with health media and industry media each accounting for 19%. 15 articles regards to smuggling control and law enforcement actions, mainly from general news media (53%), followed by industry media (27%). 12 articles covering social responses and advocacy activities, with citizen media as the primary source (58%). 10 articles on health warnings and public education, mainly from health media (60%). 9 media exposé and watchdog reports, with citizen media as the main source (56%) (Table 1).
- After the regulations for Health Risk Assessment of Designated Tobacco Products were introduced in March 2023, civic groups were first to criticize the unclear and vague assessment standards. When the application form was announced on March 30, legislators and mainstream media raised concerns about delays and lack of transparency, while tobacco companies complained about uncertain indicators and constantly changing requirements. In June, public health experts said the standards relied too much on foreign data and lacked local research, and the Ministry of Finance warned that smuggling was worsening due to review delays. By August, the HPA identified incomplete submissions as a reason for repeated rejections and slow processing. From 2024 onwards, civic groups continued to challenge the review procedures, applicants faced ongoing requests for additional materials, and legislators as well as health experts called for more rigorous science and better transparency. The Ministry of Finance also noted that inadequate enforcement and review delays remained a major problem (Table 2).

Conclusion

- One year after the 2023 amendment to Taiwan's Tobacco Hazards Prevention Act and the implementation of the Health Risk Assessment Review for Designated Tobacco Products, the policy has generated sustained public, political, industry, and expert scrutiny.
- News media coverage, largely sourced from general outlets, focuses on the progress of a specific application and review process. Stakeholders consistently criticize the slow review timeline, unclear standards, and insufficient scientific basis, including a lack of local research. These delays are linked to an increase in smuggling and inconsistent enforcement.
- This study found that when the competent authority discloses detailed information, it can also influence public opinion toward supporting the policy. It is recommended that the relevant authorities respond proactively to external scrutiny in order to enhance policy transparency.

Methods

- The study tracks submissions and approvals for HTP health risk assessment reviews through Health Promotion Administration (HPA) official information. Using keyword searches ("designated tobacco," "risk assessment", "heated tobacco products"), it reviewed news from March 22, 2023, to December 31, 2024. Search criteria limited to Traditional Chinese, sorted by relevance. A content analysis method identified patterns in industry responses to the amended regulations.

Figure 1: Numbers of News Articles by Sources

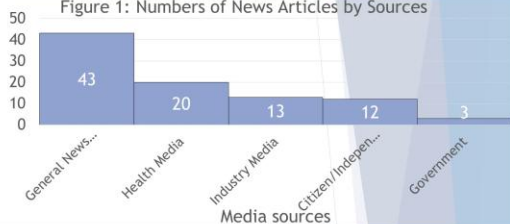


Table 1: Summary of News Categories, Article Counts, and Sources

Classification	Amount	Source
Health Risk Assessment and Review Progress	33%	General (12), Health (6), Industry(9), Citizen (6)
Regulations and Policy Announcements/Supervision	21%	General (12), Health (4), Industry(4), Citizen (1)
Smuggling Control and Law Enforcement Actions	15%	General (8), Health (1), Industry (4), Citizen(2)
Social Responses and Advocacy Activities	12%	General (2), Industry (3), Citizen (7)
Health Warnings and Public Education	10%	General (2), Health (6), Industry(1), Government (1)
Media Exposé and Supervisory Reports	9%	General (3), Industry(1), Citizen (5)

Table 2: Main information from stakeholders in news

Duration	Number of news articles	Civil society organizations	Legislator	Key messages announced by stakeholders	Tobacco Companies	public health expert	Ministry of Finance	Health Promotion Administration (HPA)
2023/3/22-3/30	12	Review process overly complex and slow, delaying HTP legalization.						
2023/3/31-6/7	11	Health risk assessment standards unclear.	Delays in risk assessment hinder policy implementation. Calls for accelerate review.	Review criticized as a "black box" with low transparency. High uncertainty for applicants.	Indicators unclear, shifting data requirements.			
2023/6/8-8/26	12	Risk assessment lacks transparency standards/procedures unclear.		Slow review causes market and social instability.		Overreliance on foreign data, weak local research; stronger scientific basis needed.	Smuggling linked to review delays; calls for stricter control and faster review.	
2023/8/27-12/31	40	Risk assessment opaque; standards/procedures unclear. Calls for impartiality, transparency and faster process to reduce health risks.		Companies' poor data preparation leads to repeated rejections and delays.			Poor data preparation by some companies has caused repeated rejections and delayed the overall review timeline.	
2024/1/1-12/31	33	Review remains controversial; insufficient company data prolongs timeline. Urges for transparency and quicker legal market entry.	Calls for stronger scientific support to improve robustness of risk assessment.			Transparency and impartiality concerns persist; potential conflicts of interest noted.	Smuggling and illegal sales worsen amid delayed reviews.	

(This work was funded by the Health Promotion Administration, Ministry of Health and Welfare)

(The content of this research may not represent the opinion of the Health Promotion Administration, Ministry of Health and Welfare)

Digital Marketing Strategies of E-Cigarettes under Regulatory Enforcement: Insights from Online Monitoring in Taiwan

Shun-Chih Ke¹, Chi-Hui Chung², Tien-Hao Fang³, Po-Chang Tseng³, Chia-Hsiu Liu³, Shu-Ying Lo³, Shu-Li Chia³, Chao-Chun Wu³
¹Chinese Culture University, Taiwan ² Shih Hsin University, Taiwan ³ Health Promotion Administration, Ministry of Health and Welfare, Taiwan

■ Background

Taiwan's revised Tobacco Hazards Prevention Act (THPA), effective March 22, 2023, imposes a comprehensive ban on e-cigarette manufacturing, import, sale, distribution, display, advertisement, and use. The government has intensified enforcement, targeting both physical stores and online platforms to achieve a smoke-free environment. However, the internet's anonymity, immediacy, interactivity, and regulatory leniency have made it a crucial medium for e-cigarette marketing. This study employs long-term online monitoring to analyze vendors' digital marketing strategies.



■ Methods

Digital platforms were classified into four categories: search engines, social media, video-sharing platforms, and e-commerce sites. Eight widely used platforms in Taiwan were selected for monitoring. Searches using e-cigarette-related keywords were conducted six times a week from January 1 to December 31, 2024. Each identified product was recorded and analyzed to assess marketing strategies.

Monitored 8 widely used digital platforms in Taiwan, from 2024.1.1-12.31



■ Results

Suspected violations decreased by 20% compared to the same period in 2023. E-cigarette vendors employed omnichannel digital marketing strategies, integrating online and offline promotions while using diverse content formats (text, images, videos). To evade detection, they frequently altered terminology referencing e-cigarettes. Paid media strategies were primarily utilized on e-commerce platforms, while earned media campaigns dominated social media. Notably, the number of self-hosted vendor websites surged from 86 before the law's implementation to 521, with most hosted on international domains, leveraging the advantages of owned media.

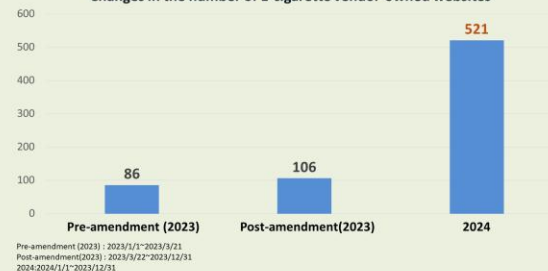
Statistics of suspected violations of the THPA detected in 2023-2024



■ Conclusions

Taiwan's government has strengthened e-cigarette regulations by regularly updating online platforms with the latest industry-related terminologies, enforcing community guidelines, and prohibiting e-cigarette advertisements. Collaborations among government agencies, industry associations, and platform operators have reinforced control measures. Consequently, vendors have increasingly shifted from paid and earned media to owned media for message dissemination. However, the proliferation of self-hosted websites on international domains poses a significant regulatory challenge, necessitating enhanced enforcement mechanisms to close this loophole.

Changes in the number of E-cigarette vendor-owned websites



This research was funded by [list all funding sources for the presented work]			
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Any of the authors have received funding (including consultancy) from any of the following sources in the past 5 years:	no	no	no

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The protective impact of revised tobacco control legislation on non-smoking adolescents in Taiwan

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2. Institute of Health and Welfare Policy, National Yang Ming Chiao Tung University, Taipei, Taiwan
3. Department of Health and Welfare, University of Taipei, Taipei
4. Master Program on Trans-disciplinary Long-Term Care and Management, National Yang Ming Chiao Tung University, Taipei, Taiwan
5. Health Promotion Administration, Ministry of Health and Welfare, Taiwan

BACKGROUND

- The continuous emergence of new types of tobacco products, the existing regulatory framework may not be comprehensive enough to effectively address the issue.
- The Tobacco Hazards Prevention Act was amended to strengthen existing regulations through a series of new tobacco control measures, and the revised law was enacted on March 22, 2023.

OBJECTIVE

- To assess the impact of amended Tobacco Hazards Prevention Act on smoking intention among Taiwan adolescents who were current non-smokers.

METHODS

- Data were from 2019, 2021 and 2023 Taiwan Global Youth Tobacco Survey which with entire country and city-county representative samples of junior high school and senior/vocational high school students.
- A non-smoking adolescent is defined as an individual who has not use any cigarette in the past 30 days.
- Smoking intentions were determined based on two questions: "If one of your friends offered you a cigarette, would you try it?" and "Do you think you will smoke a cigarette at any point in the next year?" Response options were "definitely yes," "probably yes," "probably no," and "definitely no." Individuals who answered "definitely no" to both questions were classified as non-susceptible. Individuals who answered "definitely yes" to both questions were classified as susceptible while those who could not rule out smoking were considered possible susceptible.
- Multinomial logistic regressions were employed to estimate the risk factors of Smoking intention among junior high school and senior/vocational high school students.

RESULTS

- Higher susceptibility (OR=10.95, 95% CI=8.93-13.44) was found among junior high school students in 2021.
- The implementation of amended Tobacco Hazards Prevention Act (year 2023) was significantly associated with lower susceptibility (OR=0.37, 95% CI=0.27-0.49) among junior high school students.
- Meanwhile, the implementation of amended Tobacco Hazards Prevention Act was significantly associated with higher susceptibility (OR=1.53, 95% CI=1.13-2.07) among senior/vocational high school students.

Conclusion

- The amended Tobacco Hazards Prevention Act seems to have an immediate effect on middle school students, but not on high school students. Meanwhile, the short time interval between the 2023 survey and the official implementation of the policy may explain why its effects were not immediately apparent.
- Long-term monitoring is necessary to assess the policy's effectiveness.

Address	Country	Province
Taipei	Taiwan	Taiwan

This work was funded by the Health Promotion Administration, Ministry of Health and Welfare.
The content of this research may not represent the opinion of the Health Promotion Administration, Ministry of Health and Welfare.

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2025 Annual SRNT-E Conference

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This research was funded by [list all funding sources for the presented work]

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Tobacco Industry	E-cigarette & nicotine product industry (excluding pharma)	Pharma Industry
no	no	no
no	no	no

Explore Factors of Smoking Relapse in Smokers Using Tobacco Quitline in Taiwan

Sin-Mei Guo¹, Zi-Hui Liu¹, Su-Shan Chen¹, Shu-Ju Chan¹, Ching-Hsiung Lin¹, Yen-Tze Liu¹, Yu-Ying Huang², Li-Jie Yi², Chia-Hsiu Liu², Shu-Ying Lo²

¹ Changhua Christian Hospital, Taiwan

² Tobacco Control Division, Health Promotion Administration, Ministry of Health and Welfare, Taiwan

Background

The tobacco Quitline 0800-636363 in Taiwan provides telephone-based tobacco cessation counseling services. However, some individuals continue to struggle with quitting both during and after the cessation process.

Aims

This study aims to explore the factors of smoking relapse in smokers using Quitline service in Taiwan.

Methods

This work was funded by the Health Promotion Administration, Ministry of Health and Welfare, and conducted by Changhua Christian Hospital. The content of this research may not represent the opinion of the Health Promotion Administration, Ministry of Health and Welfare.

Individuals who receive Quitline services from January 2023 to May 2024, and who complete follow-up phone calls both in the month immediately after and in the sixth month following their participation in Quitline services, will be included in the study. Factors such as gender, age group, smoking history, daily consumption, cohabitant smoking, nicotine dependence scores, time until the first cigarette after waking up, and self-reported experiences with cessation (including attempts to remain smoke-free for 24 hours, and physical and psychological withdrawal symptoms) were investigated. A multivariate logistic regression model was applied to examine smoking relapse.

Results

Among 1,669 individuals enrolled, the relapse rate is about 11.5%. Among those who relapsed, higher nicotine dependence scores (score 7-10, adjusted odds ratio=2.61 [95% CI=1.25-5.44], $p=0.01$) and the presence of withdrawal symptoms were significantly associated with smoking relapse. Specifically, physical symptoms such as increased appetite (adjusted odds ratio=2.06 [95% CI=1.17-3.65], $p=0.013$) and constipation (adjusted odds ratio=8.19 [95% CI=1.15-58.51], $p=0.036$) were more commonly reported by individuals who relapsed.

Conclusion

Addressing the intensity of nicotine addiction and the discomfort caused by physical withdrawal through tailored interventions, including managing withdrawal symptoms, could improve cessation outcomes. Further research is needed to explore effective strategies for mitigating these relapse triggers.



彰化基督教醫療財團法人

彰化基督教醫院

CHANGHUA CHRISTIAN MEDICAL FOUNDATION
CHANGHUA CHRISTIAN HOSPITAL



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Impact of Quitline Service Intensity on Smoking Cessation Success Rate in Taiwanese Population

Fu-Man Chen¹, Zi-Hui Liu¹, Su-Shan Chen¹, Shu-Ju Chan¹, Ching-Hsiung Lin¹, Yen-Tze Liu¹, Yu-Ying Huang², Li-Jie Yi², Chia-Hsiu Liu², Shu-Ying Lo²

¹ Changhua Christian Hospital, Taiwan

² Tobacco Control Division, Health Promotion Administration, Ministry of Health and Welfare, Taiwan

Background

Quitline service is cost-effective and an accessible tool for smoking cessation globally. In Taiwan, to adapt to changes in communication methods, the government implemented a Quitline referral system through health centers. Approximately 40,000 individuals annually use Quitline services supported by referrals from local health centers and hospitals. Proactive services, frequent counseling, reduced waiting times, and healthcare referrals enhance cessation success, however, the optimal counseling duration remains unclear.

Aims

This study examines how Quitline service intensity affects cessation success, providing evidence to optimize services and inform policy.

Methods

This study analyzed Taiwan Quitline data from January 2023 to December 2024, focusing on individuals who completed six-month follow-ups. Associations between first call duration, total call duration, and call frequency with cessation success were examined using a Restricted Cubic Spline model to assess nonlinear relationships. Multivariable logistic regression calculated Odds Ratios (ORs) and 95% Confidence Intervals (CIs), adjusting for demographics and smoking behavior. Statistical analyses were conducted using SAS9.4 version, with significance set at $p < 0.05$.

Results

A total of 3,713 participants met the inclusion criteria. The cohort included 3,241 males (87.3%) and 472 females (12.7%), comprising 59 adolescents (1.6%), 2,969 adults (80%), and 685 older adults (18.4%), with an average cigarette consumption of 13 ± 10 cigarettes per day.

The findings indicate that optimal smoking cessation success was observed among participants who received three calls, with a first call duration of 7.5–10.8 minutes and a total call duration of 10.4–15.4 minutes. Conversely, fewer than two calls (OR: 0.76, 95% CI: 0.62–0.94, $p=0.011$), a first call duration of <7.5 minutes (OR: 0.80, 95% CI: 0.64–0.99, $p=0.043$), or a total call duration >22.05 minutes (OR: 0.72, 95% CI: 0.58–0.90, $p=0.005$) were significantly associated with reduced six-month smoking cessation success.

Conclusion

This study highlights the critical role of Quitline service intensity in smoking cessation success. Maintaining an optimal number of calls and appropriate duration enhances outcomes, while insufficient or excessive interactions may reduce effectiveness. Structured and well-balanced counseling supports long-term cessation and strengthens Quitline's overall public health impact.



彰化基督教醫療財團法人
彰化基督教醫院
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- The content of this research may not represent the opinion of the Health Promotion Administration, Ministry of Health and Welfare.

附錄五、研討會議程



Wednesday 10 September

Time	Athena	Vienna	Foyer
09:30 – 11:00	-	Pre-conference workshop: Meet the editor of Nicotine & Tobacco Research <i>Caitlin Notley</i>	Pre-conference workshop: Collaborations and careers across the translational continuum of nicotine and tobacco research <i>Irina Stepanov</i>
11:00 – 12:00	Arrival / Registration / Hang posters for session 1 (see poster list at the end of this document) Nicotine & Tobacco Research Deputy Editor's Meeting – Vienna		
12:00 – 12:40	Lunch – Atrium Restaurant		
12:45 – 13:05	Opening ceremony Chair: Dr Sarah Jackson, SRNT Europe President Welcome <i>Sarah Jackson</i> Welcome address <i>Emilia Botezan, Head of International Affairs, Cluj-Napoca</i> Conference overview <i>Sarah Jackson</i> Welcome address <i>Irina Danielescu, Secretary of State for the Ministry of Education and Research, Romania</i>	-	-
13:05 – 13:55	Debate: Mandated reduction of nicotine in tobacco: The logical next step or an unworkable policy? Chair: Prof Daniel Kotz <i>Robert West, Irina Stepanov, Kenneth Warner, Katie East</i>	-	-

14:00 – 15:15	<p>Oral presentations: Trends in smoking and vaping</p> <p>Chair: Dr Sarah Jackson</p> <p>Do official figures underestimate cigarette smoking prevalence in England? <i>Jamie Brown</i></p> <p>Tobacco smoking in Germany: prevalence trends from 2003 to 2023 by age, gender, and education <i>Anne Starker</i></p> <p>Dual use of e-cigarettes and tobacco in the German population: associations and trends, 2016-2024 <i>Daniel Kotz</i></p> <p>Changes in the use of e-cigarettes (vapes) to stop smoking among adults following the rise of new disposable vapes: A repeat cross-sectional survey 2016-23 in England <i>Loren Kock</i></p> <p>Trends in social norms towards cigarette smoking and e-cigarette use among U.S. youth between 2015 and 2021 <i>Giang Vu</i></p>	<p>Oral presentations: Tobacco industry influence and tactics</p> <p>Chair: Dr Floor van den Brand</p> <p>Analysis of FCTC implementation and Tobacco Industry Interference Index in 79 countries <i>Feng-Jen Tsai</i></p> <p>Industry influence on national policymaking via public comments: the case of menthol cigarettes and flavored cigars <i>Andrea Villanti</i></p> <p>Philip Morris International's IQOS legislation-responsive advertising in Israel <i>Amal Khayat</i></p> <p>Framing the UK disposable e-cigarette ban: tobacco industry responses at the health–environment nexus <i>Britta K. Matthes</i></p>	<p>Symposium: A program of mHealth research and capacity building in pregnancy smoking cessation in Romania</p> <p>Chair/Discussant: Prof Caitlin Notley</p> <p>Development of a peer-supported pregnancy smoking cessation mHealth intervention: Smoke-Free Together 2.0 <i>Oana Blaga</i></p> <p>Healthcare provider advice and intention to quit smoking among pregnant women in Romania <i>Cristian Meghea</i></p> <p>Comparing the cost-effectiveness of social media and health ambassadors recruitment strategies for a smoking cessation trial among pregnant women in Romania <i>Andreea Morar</i></p> <p>Building motivational interviewing capacity for smoking cessation in Romania <i>Marina Dascal</i></p>
15:15 – 15:45	Coffee break / Browse posters – Lobby (see poster list at the end of this document)		
15:45 – 17:00	<p>Oral presentations: Nicotine, tobacco, and mental health</p> <p>Chair: Prof Leonie Brose</p> <p>A closer look at the characteristics and outcomes of people with mental health disorders receiving hospital-</p>	<p>Symposium: Non-cigarette tobacco use in the UK: Trends among youth and adults and policy options</p> <p>Chair/Discussant: Dr Stephanie Klosterhalfen</p> <p>Prevalence and patterns of different types of non-cigarette</p>	<p>Oral presentations: Product characteristics, toxicity, and understanding harms</p> <p>Chair: Prof Maciej Goniewicz</p> <p>Impact of cigarette type and smoking topography on toxicant-derived urinary metabolites</p>

	<p>initiated tobacco dependence treatment <i>John Robins</i></p> <p>E-cigarettes for smoking cessation and reduction in people with mental illness (ESCAPE): preliminary results from a randomised controlled trial <i>Dimitra Kale</i></p> <p>Promoting Smoking Cessation and Preventing Relapse to Tobacco Use following a smokefree mental health in-patient stay (SCEPTRE): a multi-centre randomised controlled feasibility study <i>Alex Mitchell</i></p> <p>Developing a communication resource to support smoking harm reduction for people with severe mental illness <i>Xinxin Yang</i></p> <p>Healthcare professionals' experiences of supporting pregnant women with mental illness with their smoking behaviours: A qualitative study <i>Ellie Jones</i></p>	<p>tobacco use in England: a population study <i>Sarah Jackson</i></p> <p>Trends in youth use of non-cigarette tobacco products in England, Canada, and the US and the association with England's menthol cigarette ban <i>Katie East</i></p> <p>Tobacco industry activities driving use of old and new non-cigarette tobacco products <i>Sophie Braznell</i></p> <p>Examining the effect of standardised packaging and limited flavour descriptors on the appeal and harm perceptions of heated tobacco products among adults in the UK <i>Eve Taylor</i></p>	<p><i>Milou Hendriks</i></p> <p>Association of sugar levels in cigarette tobacco with product characteristics and smoke toxicity <i>Irina Stepanov</i></p> <p>The effects of banning filter ventilation: a randomized controlled trial <i>Dorothy Hatsukami</i></p> <p>Knowledge about the causes of smoking-related diseases and harm among adults who smoke in the United States <i>Olivia Wackowski</i></p> <p>Adolescent's perceptions of roll-your-own tobacco in Argentina <i>Raul Mejia</i></p>
17:00 – 18:00	Poster session 1 – Lobby (see poster list at the end of this document)		
18:00 – 19:30	Welcome reception – Hotel Napoca, Forum Hall		

Thursday 11 September

Time	Athena	Vienna	Foyer
08:30 – 09:00	Arrival / Registration / Hang posters for session 2 (see poster list at the end of this document)		
09:00 – 09:50	<p>Keynote lecture</p> <p>Prof Caitlin Notley</p> <p>Reducing smoking in pregnancy and postpartum – progress and remaining challenges</p> <p>Chair: Prof Gillian Gould</p>	-	-
10:00 – 11:15	<p>Symposium: Advances in reporting, language, and terminology in nicotine and tobacco research</p> <p>Chair/Discussant: Prof Caitlin Notley</p> <p>Using ontologies to support research on nicotine and tobacco use <i>Robert West</i></p> <p>Reporting outcomes in smoking cessation trials: the updated Russell Standard <i>Harry Tattan-Birch</i></p> <p>Towards an ontology of nicotine and tobacco industries and competing interests that arise from working with these <i>Sharon Cox</i></p>	<p>Oral presentations: Engaging patients and providers in smoking cessation strategies</p> <p>Chair: Dr Lukasz Balwicki</p> <p>Assessing smoking cessation preferences: a discrete choice experiment <i>Kathleen Gali</i></p> <p>Exploring health care professionals' attitudes and perceptions of moral responsibility in smoking cessation interventions <i>Angela Difeng Wu</i></p> <p>"It's been the mortar that's held the bricks together": exploring quality of interpersonal interaction for client engagement with tobacco dependence treatment <i>Omara Dogar</i></p> <p>Mixed methods evaluation of a community co-designed financial incentive for smoking cessation in Ireland <i>Reham A. Lasheen</i></p> <p>Building consensus on effective smoking cessation strategies in Ontario cancer care <i>Nadia Minian</i></p>	<p>Oral presentations: Neurocognitive responses to nicotine products</p> <p>Chair: Prof Florin Mihăltan</p> <p>Cue-reactivity in young adult nicotine users: a functional MRI study <i>Kanwar Boparai</i></p> <p>Investigating attentional bias in e-cigarette users and cigarette smokers using eye-tracking <i>Kameron Iturralde</i></p> <p>Neurocognitive response to existing video communication comparing the risk of cigarettes and e-cigarettes <i>Caitlin Weiger</i></p> <p>Effects of menstrual cycle phase on the neural correlates of electronic cigarette use versus tobacco use <i>Marium Ali</i></p>

11:15 – 11:45	Coffee break / Browse posters – Lobby (see poster list at the end of this document)		
11:45 – 13:00	<p>Oral presentations: Youth vaping</p> <p>Chair: Prof Daniel Kotz</p> <p>The lifetime mortality implications of vaping and smoking initiated during adolescence <i>Kenneth Warner</i></p> <p>Changing patterns of nicotine product use and nicotine dependence among US high-school students: the National Youth Tobacco Survey, 2014-2023 <i>Sarah Jackson</i></p> <p>Validation of susceptibility measures for use of electronic nicotine delivery systems (ENDS) in youth <i>Arielle Selya</i></p> <p>Predictive performance and validity of 'gateway' models of prior e-cigarette use and subsequent smoking among young people <i>Floe Foxon</i></p>	<p>Symposium: Addressing inequities in large smoking cessation programmes: A learning health system approach</p> <p>Chair/Discussant: Prof Peter Selby</p> <p>Outcomes among people with schizophrenia participating in general-population smoking cessation treatment <i>Scott Veldhuizen</i></p> <p>Determinants of delivering a brief alcohol intervention to smokers drinking at hazardous levels: results of a pragmatic cluster randomized trial <i>Nadia Minian</i></p> <p>Predictors of smoking cessation in women across the lifespan: the potential role of ovarian hormones <i>Laurie Zawertailo</i></p> <p>Tailoring the STOP program for Ontario's indigenous population: the STOP with AHACs program <i>Ryan Ting-A-Kee</i></p>	<p>Oral presentations: Pregnancy, post-partum, and menopause</p> <p>Chair: Dr Yael Bar Zeev</p> <p>"Like real stories – not just made up" – perceived effectiveness of the iSISTAQUIT social media campaign targeting Aboriginal women and health professionals in Australia: a mixed methods study <i>Gillian Gould</i></p> <p>Early implementation of SMOKE-FREE HOPE: EHR, clinic and community-based recruitment in a CHW-delivered perinatal cessation program <i>Anne Berit Petersen</i></p> <p>Preventing return to smoking postpartum: process evaluation findings from the Babybreathe trial <i>Caitlin Notley</i></p> <p>Supporting postpartum smoking abstinence: adapting health visiting practices and use of smartphone-connected carbon monoxide monitoring <i>Louisa Clifford-Taylor</i></p> <p>Investigating the effects of menopausal status on quit outcomes in a smoking cessation program offering nicotine replacement therapy <i>Tina Kabir</i></p>
13:00 – 14:00	Lunch – Atrium Restaurant Annual General Meeting – Vienna		

14:00 – 14:50	Keynote lecture Prof Florin Mihăițan The First Tobacco Free Generation by 2030 – Dream or Certainty? Chair: Dr Cristian Meghea	-	-
15:00 – 16:00	Coffee break / Poster session 2 – Lobby (see poster list at the end of this document)		
16:00 – 17:15	Oral presentations: Nicotine pouches and heated tobacco Chair: Prof Irina Stepanov Oral nicotine pouches for cessation or reduction of tobacco products and nicotine vapes: a Cochrane review of completed and ongoing trials <i>Nicola Lindson</i> Comparative PK-study of dry bioceramic and cellulose based nicotine pouches <i>Håkan Engqvist</i> Heated tobacco products: chemical characterization and determination of acute toxicity in human bronchial epithelial cells <i>Alexander Remels</i> Affordability of heated tobacco products vs. cigarettes: implications for equity in access to harm reduction <i>Giorgi Mzhavanadze</i> Heated tobacco products in the German population: trends in usage patterns and user characteristics, 2018-2023 <i>Alex Maximilian Keller</i>	Oral presentations: Addressing inequalities in nicotine and tobacco use Chair: Dr Sharon Cox Closing or widening the gap? trends in educational inequalities in smoking across Europe (2014–2019) <i>Dorothea Moessnang</i> Impact of the United Kingdom's smokefree generation policy on tobacco-related equity in England: a simulation study <i>Nathan Davies</i> Social variations in trends of e-cigarettes and dual-use trends among adults aged 18-69 in Ireland 2015-2024: Analysis based on representative survey data <i>Mengyang Zhang,</i> A multi-method, pragmatic evaluation of a new stop smoking service offered to people experiencing financial difficulty in a community setting <i>Annika Theodoulou</i> Expenditures on nicotine and tobacco products in Germany: a focus on proportionate share of income and on cigarettes that where not subject to the usual taxes and duties <i>Stephanie Klosterhalfen</i>	Symposium: Scoping of Policy Impacts for Regulating E-cigarettes (SPIRE): a data and decision-analytic model mapping project Chair/Discussant: Dr Alexander Peck Evidence identification for e-cigarette policy decision modelling: datasets and evidence syntheses <i>Loren Kock</i> Modelling e-cigarette policies <i>Hazel Squires</i> Recommendations from a data and decision-analytic model mapping project to inform regulation of e-cigarettes <i>Lion Shahab</i>

19:30	Conference dinner – Chios Event Hall Buffet served from 20:00
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Friday 12 September

Time	Athena	Vienna	Foyer
08:30 – 09:00	Arrival / Registration		
09:00 – 09:50	<p>Keynote lecture</p> <p>Prof Maciej Goniewicz</p> <p>How basic science research can advance health equity related to nicotine and tobacco use</p> <p>Chair: Prof Lion Shahab</p>	-	-
10:00 – 11:15	<p>Symposium: What lessons for nicotine policy and regulation can we learn since FDA's 2017 comprehensive plan for tobacco and nicotine regulation and can we move forward?</p> <p>Chair: Joe Gitchell Discussant: Kenneth Warner</p> <p>The statutory basis for FDA's 2017 Comprehensive Plan and critical regulatory and legal issues <i>Kevin Schroth</i></p> <p>The scientific foundation for a nicotine-focused regulatory strategy <i>Dorothy Hatsukami</i></p> <p>Changing knowledge about nicotine and cancer among youth and young adults: opportunities for correction <i>Andrea Villanti</i></p> <p>Forecasting the implications of a nicotine reduction policy for youth and other vulnerable populations <i>Rachel Cassidy</i></p>	<p>Oral presentations: Vaping prevention interventions</p> <p>Chair: Dr Nicola Lindson</p> <p>What type of vaping prevention materials do young people perceive as effective: perceived effectiveness of health consequences and alternative message themes <i>Giang Vu</i></p> <p>What's in a vape? Co-design and development of an educational resource package on illicit vaping in schools <i>Anna Varley</i></p> <p>#NoIDVape: a content analysis of illicit vape messaging in young people's information sources <i>Eleanor Bray</i></p> <p>The effect of pictorial health warning labels placed on the ENDS device on low and high-dependent smokers' subjective experiences: a crossover study <i>Taghrid Asfar</i></p> <p>Testing health communication messages to increase youth awareness of e-cigarette associated health risk <i>Taghrid Asfar</i></p>	<p>Oral presentations: Tobacco use in LMICs</p> <p>Chair: Dr Amanda Farley</p> <p>Smokeless tobacco retail outlets as a source of second-hand exposure to tobacco in customers purchasing non-tobacco products <i>Irina Stepanov</i></p> <p>Addressing co-use of tobacco and khat in Eastern Ethiopia: a qualitative study <i>Jennifer LeLaurin</i></p> <p>An air quality monitoring study across three cities in Bosnia & Herzegovina <i>Kai Wasson</i></p> <p>Evidence to inform the adaptation and implementation of population-level tobacco control strategies in low- and middle-income countries: A mixed-methods study in Lebanon <i>Jennifer LeLaurin</i></p>

11:15 – 11:45	Coffee break		
11:45 – 13:00	<p>Symposium: A national initiative to provide free vapes for smoking cessation – early findings</p> <p>Chair/Discussant: Prof Peter Selby</p> <p>Initial results from a mixed-methods evaluation of a national initiative to provide free vapes for smoking cessation <i>Leonie Brose</i></p> <p>Swap to Stop: Evaluation of proposals to provide vaping devices for smoking cessation in England and an initial return on investment calculation <i>Esther Moore</i></p> <p>Impact of the national ‘Swap to Stop’ programme offering free e-cigarettes for smoking cessation on quit attempts in England: results from a population-based survey <i>Vera Buss</i></p>	<p>Symposium: Understanding the needs and perceptions", the key element for designing a tobacco-free school programme - the "Freshair for life" project in Romania</p> <p>Chair/Discussant: Dr Andrea Neculau</p> <p>Understanding the stakeholders' perceptions on a tobacco-free school policy <i>Magdalena Ciobanu</i></p> <p>Understanding tobacco-related health perceptions and educational needs among Romanian young adults aged 18–21 <i>Anca Gabriela Dumitrescu</i></p> <p>IF THEN in focus: a structured approach to selecting a school-based intervention for tobacco prevention in Romania <i>Adriana Antohe</i></p> <p>FRESHAIR4Life: implementation research to reduce adolescent exposure to tobacco pollution in Romania <i>Magdalena Ciobanu</i></p>	<p>Oral presentations: Smoking cessation interventions and outcomes across diverse settings and populations</p> <p>Chair: Dr Debbie Robson</p> <p>Early findings from an evaluation of the implementation of NHS-funded tobacco dependence services in England: perspectives from routine data and qualitative interviews <i>Maria Raisa Jessica (Ryc) Aquino</i></p> <p>Prevalence, trends and outcomes from smoking in elective surgical systems: a secondary analysis of a prospective observational cohort study across 442 hospitals from 29 countries across Europe <i>Amanda Farley</i></p> <p>Recommendations for tailoring smoking cessation interventions for substance use treatment services: staff and client perspectives <i>Zoe Swithenbank</i></p> <p>Smoking cessation: a study of professional practices in the provision of medical and social support to migrants <i>Simon Ducarroz</i></p> <p>Feasibility of a smoking cessation intervention for people with multiple sclerosis <i>Alex Maximilian Keller</i></p>
13:00 – 14:00	Lunch – Atrium Restaurant		

14:00 – 14:50	Keynote lecture Dr Deborah Robson Tobacco harm reduction: seeing the unseen Chair: Dr Sharon Cox	-	-
15:00 – 15:40	Closing ceremony and prizes		

Poster Session 1 (Wed)	Poster Session 2 (Thu)
The protective impact of revised tobacco control legislation on non-smoking adolescents in Taiwan - Shu-Ying Lo	Assessing the impact of socioeconomic factors on the use of electronic nicotine delivery systems and tobacco smoking. Pilot study, UKRAINE - Olga Sribna
Challenges in promoting the prohibited addition of flavor additives to tobacco products, taking Taiwan's experience as an example - Shu-Ying Lo	Use of flavoured tobacco products Among Junior and Senior High School Students in Taiwan - Shu-Ying Lo
Explore Factors of Smoking Relapse in Smokers Using Tobacco Quitline in Taiwan - Sin-Mei Guo	Amendment of Tobacco Hazards Prevention Act in Taiwan: Brought about a reduction of 1,100,000 smokers and cut health inequality pragmatically within fourteen years - Shu-Ying Lo
Digital Marketing Strategies of E-Cigarettes under Regulatory Enforcement: Insights from Online Monitoring in Taiwan - Shu-Ying Lo	Secondhand Smoke Exposure Concerning Tobacco Use among Junior High and Senior High School Students in Taiwan - Shu-Ying Lo
Knowledge and attitudes of pharmacy students on the use of e-cigarettes as a smoking cessation tool: a scoping exercise - Zoe Swithenbank	Missing-data analyses confirm observed-data analyses: Higher switch rates in US smokers using menthol ENDS - Saul Shiffman
Stress and women's smoking during pregnancy - Cristina M. Posse	Analysis of Roll-Your-Own Tobacco pack characteristics in Argentina - Raul Mejia
TRAnsforma Tu Salud Dejando de Fumar: Feasibility, acceptability and preliminary impact of a m-health intervention for cigarette smoking cessation for transgender and gender-diverse individuals in Argentina - Raul Mejia	Reimbursement of pharmacotherapy for smoking cessation in the context of brief general practitioner advice: A cluster-randomised pilot study in the HAFO.NRW primary care research network in Germany - Stephanie Klosterhalfen
Early-Stage Vaping Cessation Intervention Development: barriers and opportunities to offering vapers behavioural support to quit - Anna Varley	Supporting smoking cessation and preventing relapse to tobacco use following a smoke free mental health inpatient stay: Qualitative findings from a Process Evaluation - Jennifer Sweetman
Tobacco dependency support during and following a mental health inpatient admission: a survey of care provision in England. - Jennifer Sweetman	Barriers and Facilitators to Designing and Implementing a Financial Incentive Intervention for Stop Smoking Services in Ireland - Cheyenne Downey
The importance of nicotine concentration vs. flavor type among younger and older adults who vape regularly. - Julia Nowicka	SDT-driven Approach for Understanding Patient Perspectives and Motivating Employee Smoking Cessation in Occupational Health Services - Maarit Malin
Determination of cytosine in biological samples and safety evaluation of cytosine in smokers and non-smokers - Karol Wróblewski	What product-related and personal factors are associated with and predictive of vaping dependency in young people, aged 16 to 18, in England - Nikki Rowston
Validation of the Motivation to Stop Smoking Waterpipe Scale and its relationship with demographic characteristics - Cynthia Fedler	Health Warnings for Electronic Cigarettes Packaging: A Scoping Rapid Review - Elizabeth Klein
Optimization of the vaping method for the study of the in vitro toxicology of flavors in e-cigarettes - Aleksandra Khomutetckaia	

Analysis of carbonyl emissions in aerosols produced by different flavored disposable e-cigarettes - Ariel Turcios	Biases in analyses of individuals who dual-use ENDS and cigarettes - Saul Shiffman
The role of social support in smoking among Spanish pregnant women. - Cristina M. Posse	Taking a social norms approach to understand adult smokers' intentions to use e-cigarettes - Emke Brazier
Establishing a Scientific Basis for Regulating E-Liquid Ingredients in Belgium - Lukasz Mateusiak	Acceptability and accessibility of a smoking cessation offer for National Health Service (NHS) staff in the North East of England. - Caitlin Thompson
Feedback of One Year After Implementing the Tobacco Hazards Prevention Act in Taiwan - Feng-Jen Tsai	Factors influencing switching to e-cigarettes in people living with mental illness who smoke: a scoping review - Ethan Knight
Adapting and evaluating the iSISTAQUIT program for pregnant Indigenous Australians to a socioeconomically disadvantaged population of pregnant women in Bremen, Germany: a feasibility study protocol - Bibiana Bernal	Predictors of sustained postpartum smoking abstinence – secondary analysis of outcomes from the Babybreathe trial - preventing return to smoking postpartum - Caitlin Notley
Physical activity-based interventions to quit smoking: a scoping review of randomized controlled trials - María Ramos-Carro	Varenicline use in U.S. Medicaid: Patterns of use and disparities among low-income adults - Nathalia Machado
Impact of therapeutic contact intensity in a psychological smoking cessation intervention with an App: protocol of a randomized controlled trial - María Ramos-Carro	Social, cultural, and environmental barriers to smoking cessation in an Arab context: Emerging themes from interviews structured by the theoretical domains framework - Andrea Leinberger-Jabari
Smoking-attributable mortality in Israel – a significant burden - Yonatan Amir	Building on Common Ground: Smoking Cessation Interventions in Hospital Settings in Low- and Middle-Income Countries. A Rapid Narrative Review – Luz Angela Torres López
Latent class analysis of people who vape e-cigarettes in Australia: An analysis of the 2022-23 National Drug Strategy Household Survey - Carmen Lim	Co-use of Nicotine Products and Other Psychoactive Substances among Members of the Polish LGBTQ+ Community - Lukasz Balwicki
Communicating the Relative Risk of Vaping Compared to Smoking: Effects of Message Type and Harm Perceptions on Accuracy of Free Recall - Catherine Kimber	Opinion on Advertisement and Promotion of Nicotine Products among Members of the Polish LGBTQ+ Community - Julia Nowicka
The Spanish Partner Interaction Questionnaire Short Form: Translation and examination of its psychometric properties among Latino adults who smoke - Jeffrey Ramos Santiago	How do the number of predictor variables and the sampling frequency impact the prediction of cigarette cravings and smoking lapses? An ecological momentary assessment study - Corinna Leppin
The economic impact of a smokefree United Kingdom - Howard Reed	The effectiveness of Allan Carr' Easyway (ACE) commissioned for a stop smoking service to support those from disadvantaged backgrounds: a service evaluation - Kirstie Soar

<p>Evaluation of an extended group-based smoking cessation training for individuals in disadvantaged neighborhoods in the Netherlands - Floor A. van den Brand</p> <p>The Effect of Tobacco Taxation and Price on Smoking Behaviours Among Young Adults.A Systematic Review. - Manal Alblooshi</p> <p>Health education interventions to reduce smoking harms among people who use cannabis: a systematic review - Matilda Nottage</p> <p>Systematic Review of Facilitators and Barriers to Implementation of Financial Incentive Interventions for Health Behaviour Change - Reham A. Lasheen</p> <p>A 24-Month Longitudinal Prospective Cohort Study of Adult JUUL2 Purchasers in the United Kingdom - Saul Shiffman</p> <p>Preliminary outcome of the smoking cessation service reform in Taiwan – Shu-Ying Lo</p>	<p>Smoking and drinking among the Gypsy and Traveller communities: a population study in England - Eve Taylor</p> <p>Improving smoking cessation provision in severe mental illness: a mixed methods study of barriers and facilitators - Lauren Hoult</p> <p>Cytisine for nicotine electronic cigarettes cessation: a study protocol for a placebo-controlled randomized trial - Piotr Bernat</p> <p>Disentangling the reinforcing effects of tobacco and cannabis: Does smoking cannabis in a tobacco wrap differentially impact the relative reinforcing value of cannabis? - Elizabeth Aston</p> <p>Cytisine for smoking cessation in Poland: fifty years of experience - Piotr Tutka</p> <p>Evaluating the efficacy of “Getting Every Smoker to Participate and Quit” – GEMPAQ V2.0 mobile apps- Randomized controlled trial, preliminary result – Anne Yee</p> <p>Impact of Quitline Service Intensity on Smoking Cessation Success Rate in Taiwanese Population – Shu-Ying Lo</p> <p>Activatexto: Advancing smoking cessation and physical activity among Latinos. Study protocol for a randomized controlled trial – Jeffrey W. Ramos-Santiago</p>
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主題演講講者介紹：

Keynote Speakers



Prof Caitlin Notley

Public Health Research Department and the Addiction Research Group, University of East Anglia, UK

Professor Caitlin Notley leads the Public Health Research Department and the Addiction Research Group at the University of East Anglia. She is a social scientist, with research expertise in clinical trials and applied mixed methods. Her particular areas of expertise are tobacco smoking cessation, relapse prevention and harm reduction. She is Editor-in-Chief for the journal 'Nicotine and Tobacco Research', co-chairs the Cancer Research UK E-Cigarette Research Forum, and is also an author of the Cochrane 'E-cigarettes for smoking cessation' living systematic review.

[VISIT WEBSITE](#)



Dr Deborah Robson

Senior Lecturer in Tobacco Harm Reduction & Mental Health Nurse, King's College London

Dr Deborah "Debbie" Robson is a member of the Nicotine Research Group at the National Addiction Centre, King's College London, with over 30 years of experience in clinical practice, education, and research. Her work focuses on addressing the needs of populations often excluded from mainstream tobacco control efforts while ensuring the voices of these underserved groups are central to the research process. Debbie has co-developed and evaluated tobacco dependence treatment pathways, staff training programmes, and smokefree and e-cigarette policies within mental health services and currently leads a programme of tobacco research across acute, mental health, and community settings. Her work includes exploring the effectiveness of vaping in helping people in high-prevalence smoking groups quit and understanding its potential harms compared to smoking. She is a co-author of the Public Health England/Office of Health Improvement and Disparities commissioned e-cigarette evidence reviews 2018-2022. She also collaborates with the National Centre for Smoking Cessation and Training (UK) to develop training resources and is a Trustee for Action on Smoking and Health (England).



Prof Maciej L. Goniewicz

Professor of Oncology at the Department of Health Behavior, Roswell Park Comprehensive Cancer Center in Buffalo, USA

Dr. Maciej L. Goniewicz is a Professor of Oncology at the Department of Health Behavior, Roswell Park Comprehensive Cancer Center in Buffalo, USA. His primary research area is in nicotine pharmacology and toxicity of alternative tobacco products, with a focus on nicotine dependence and respiratory health risks. Dr. Goniewicz's current research is focused on the safety of nicotine vaping products, heated tobacco products, and nicotine pouches. These studies include the laboratory evaluation of the products, pharmacological and toxicological assessment, user surveys, and their potential application in harm reduction and smoking cessation.

[VISIT WEBSITE](#)



Prof Florin Dumitru Mihăițan

University of Medicine and Pharmacy "Carol Davila" in Bucharest, Romania

Prof. Mihăițan is a Senior Pneumologist, MD, PhD, FCCP at the Institute of Pneumophthysiology "Marius Nasta" and Professor & Head of the Pneumology Department (III) at the University of Medicine and Pharmacy "Carol Davila" in Bucharest. As a leading figure in respiratory medicine and tobacco control, his contributions have shaped national and international policies in smoking prevention, respiratory health, and sleep medicine.