

Trends in the use of tobacco and e-cigarettes in Germany: recent findings from the new DEBRA study

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using 6 waves of data over 12 months (the DEBRA study).

Dtsch Arztebl Int 2018; 115:235-242

15. Deutsche Konferenz für Tabakkontrolle

Bitte kreuzen Sie die für Sie zutreffenden Antworten an:	Interessenskonflikt/Ja – Nein (Wenn ja, welche)
Haben Sie in den letzten 5 Jahren Vortragshonorare von der Pharma-, Tabak- oder E-Zigarettenindustrie oder deren Lobby-Organisationen bezogen?	Nein
Haben Sie in den letzten 5 Jahren Beratungshonorare von der Pharma-, Tabak- oder E-Zigarettenindustrie oder deren Lobby-Organisationen bezogen (Advisory Boards)?	Nein
Haben Sie in den letzten 5 Jahren von der Pharma-, Tabak- oder E-Zigarettenindustrie oder deren Lobby-Organisationen finanzielle Unterstützung für Projekte bezogen?	Nein
Haben Sie kommerzielle Verbindungen zu den Herstellern oder den Vertriebsorganisationen für Tabakprodukte, Nikotinersatzprodukte oder E-Inhalationsprodukte, die im Rahmen der 15. Deutschen Konferenz für Tabakkontrolle erwähnt werden (soweit vorhanden)?	Nein
Haben Sie kommerzielle Verbindungen zu Konkurrenten von Herstellern oder den Vertriebsorganisationen für Tabakprodukte, Nikotinersatzprodukte oder E-Inhalationsprodukte, die im Rahmen der 15. Deutschen Konferenz für Tabakkontrolle erwähnt werden (soweit vorhanden)?	Nein
Haben Sie sonstige Verbindungen zur Pharma-, Tabak- oder E-Zigarettenindustrie oder deren Lobby-Organisationen?	Nein
Bitte beschreiben Sie hier potentielle andere Interessenskonflikte: Keine.	

Ich deklariere hiermit, keine Interessenkonflikte im Rahmen der 15. Deutschen Konferenz für Tabakkontrolle zu haben.

NACHNAME, VORNAME (BLOCKBUCHSTABEN)

KOTZ, DANIEL

Datum und Unterschrift

1.12.2017, Daniel Kotz

SRNT Europe Munich 2018

www.srnt-e-munich.com



SRNT Europe
18th Annual Conference
September 6 – 8, 2018
Munich

4. Fachtagung Tabakentwöhnung
8. – 9. September 2018

WHO Framework Convention on Tobacco Control



DEBRA Deutsche Befragung zum Rauchverhalten

<http://www.who.int/fctc>

Part III, Articles 6-14: Measures relating to the reduction of demand for tobacco

- Art. 6: Price and tax measures
- Art. 8: Protection from exposure to tobacco smoke
- Art. 11: Packaging and labelling of tobacco products
- Art. 12: Education, communication, public awareness
- Art. 13: Tobacco advertising, promotion and sponsorship
- Art. 14: Tobacco dependence and cessation

UKD Universitätsklinikum Düsseldorf

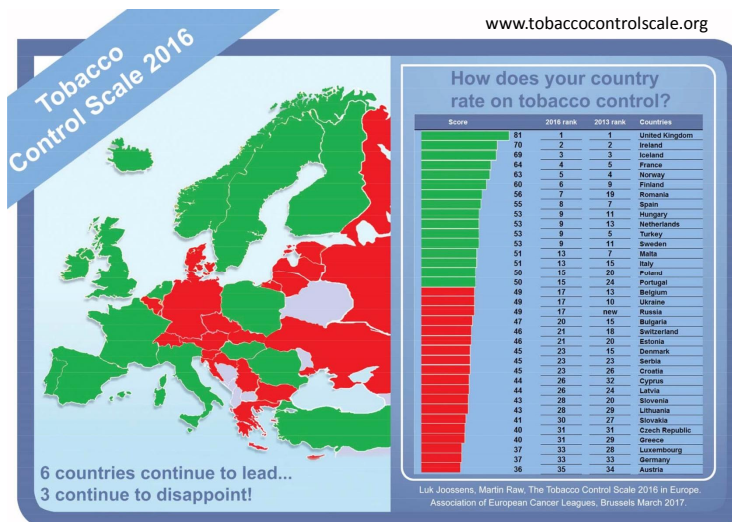
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Tobacco control scale

DEBRA Deutsche Befragung zum Rauchverhalten

www.tobaccocontrolscale.org



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MPOWER

- Monitor**
Monitor tobacco use and prevention policies
- Protect**
Protect people from tobacco smoke
- Offer**
Offer help to quit
- Warn**
Warn about the dangers tobacco
- Enforce**
Enforce bans on tobacco advertising, promotion and sponsorship
- Raise**
Raise taxes on tobacco

DEBRA Deutsche Befragung zum Rauchverhalten
www.debra-study.info

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Ministry of Innovation, Science
and Research of the State
of North Rhine-Westphalia



<https://tobaccocontrolgrants.org>



DEBRA methods

DEBRA Deutsche Befragung zum Rauchverhalten

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BMC Public Health

STUDY PROTOCOL

Open Access



Study protocol of the German Study on Tobacco Use (DEBRA): a national household survey of smoking behaviour and cessation

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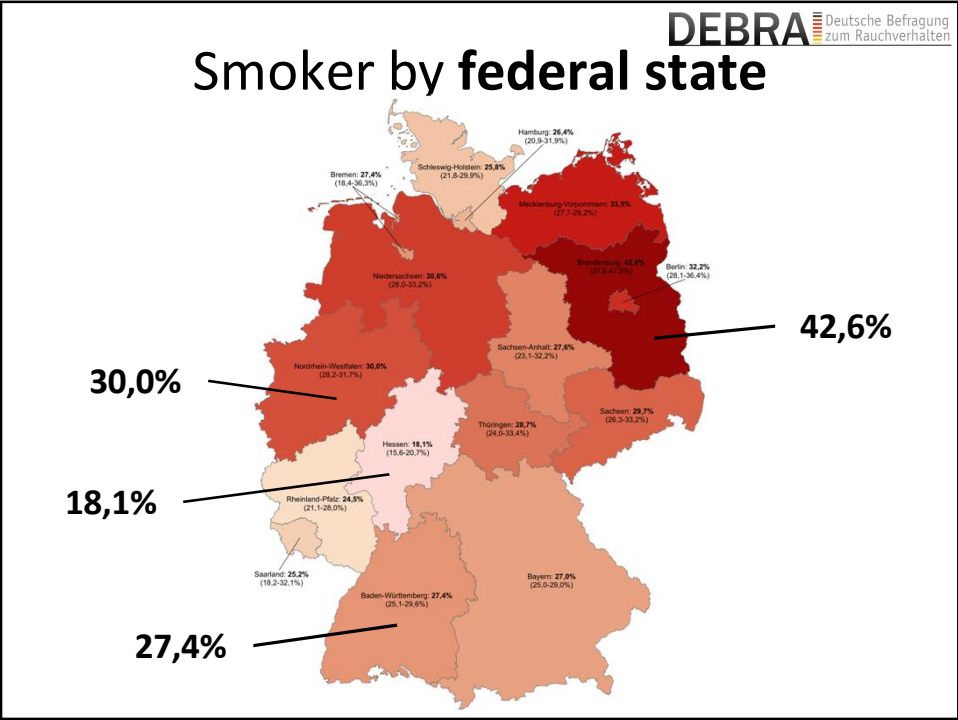
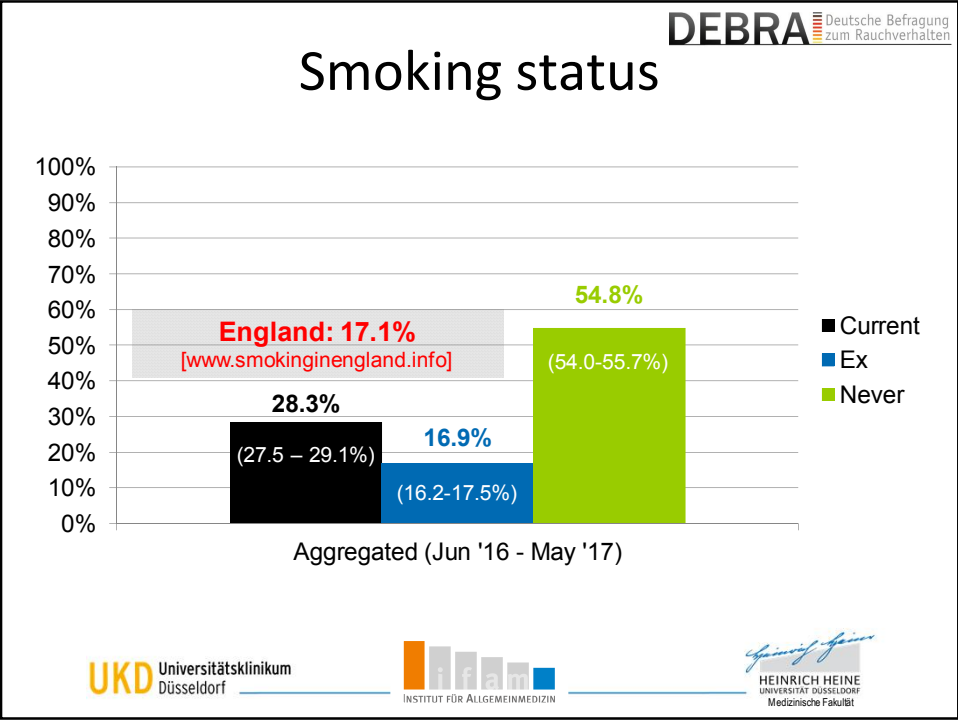


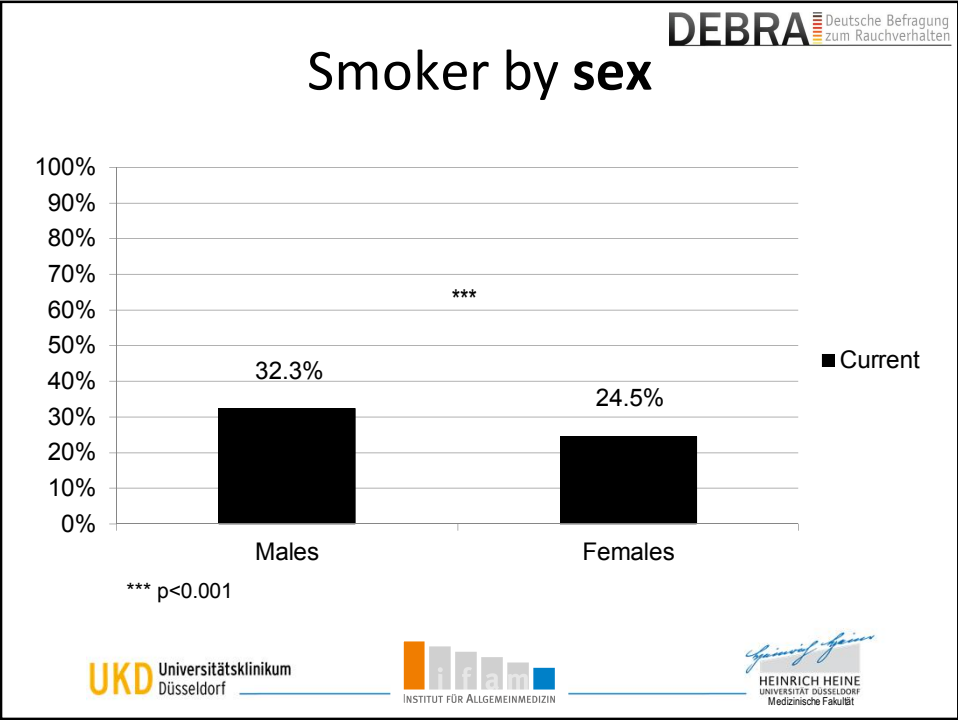
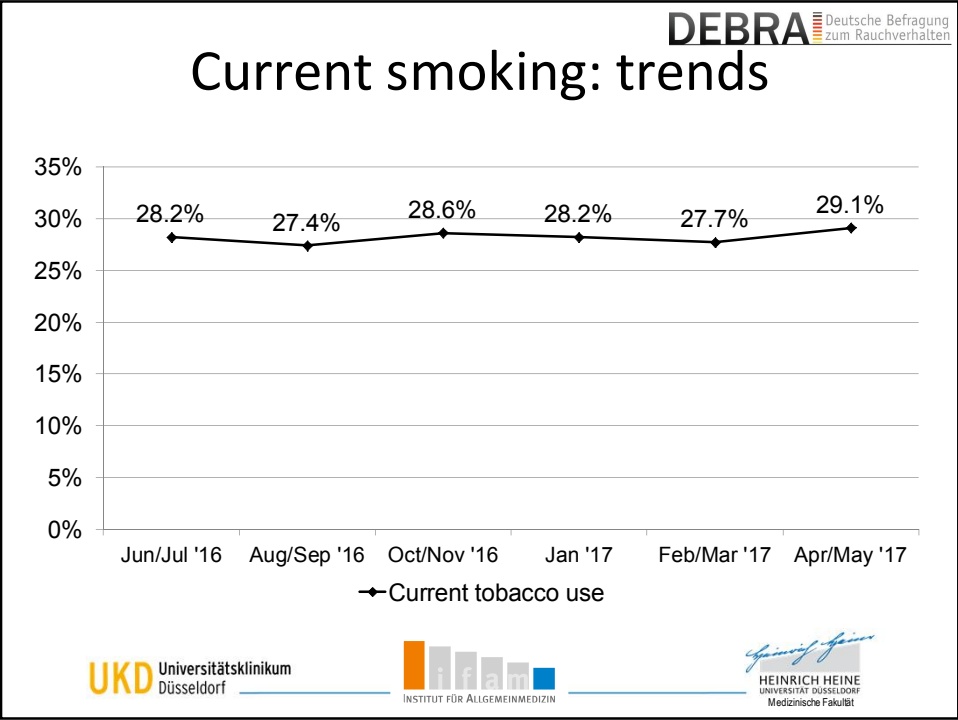
DEBRA sampling

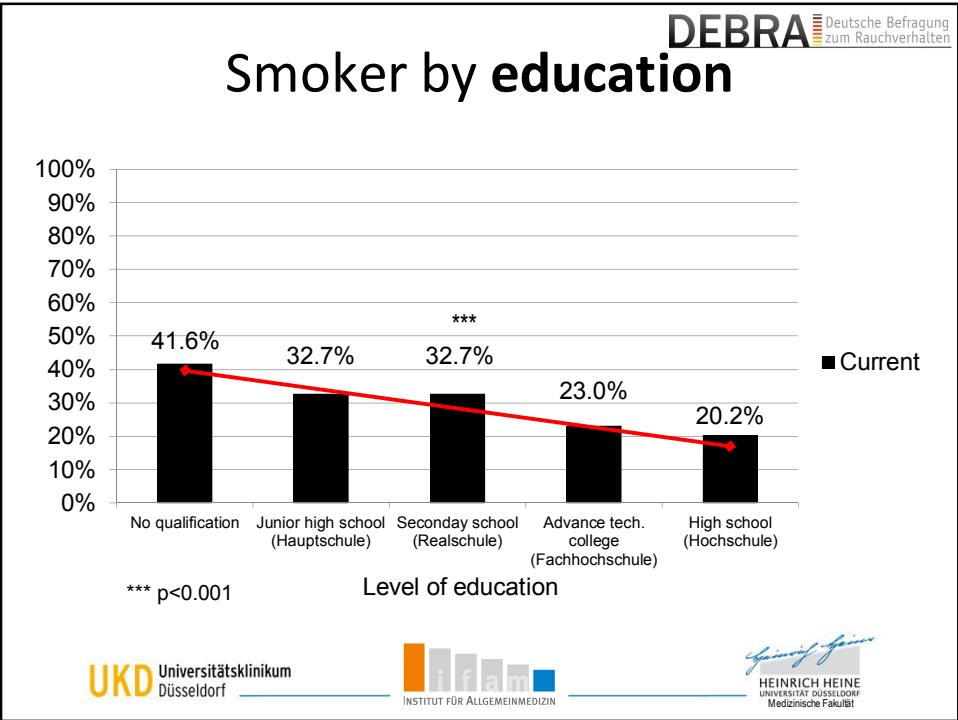
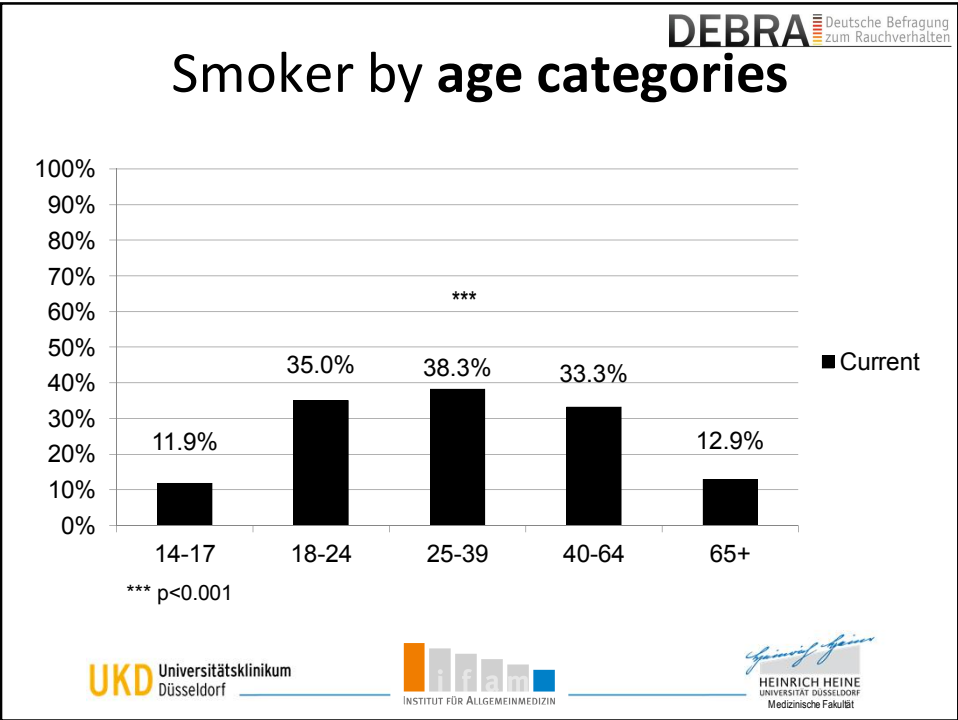
- Multi-topic omnibus survey by market research institute Kantar Health
- Multi-stage, multi-stratified random probability sampling of German population 14+
- Bi-monthly representative sample $N \approx 2,000$
 - 500-600 smokers > $\sim 10,000$ smokers in total

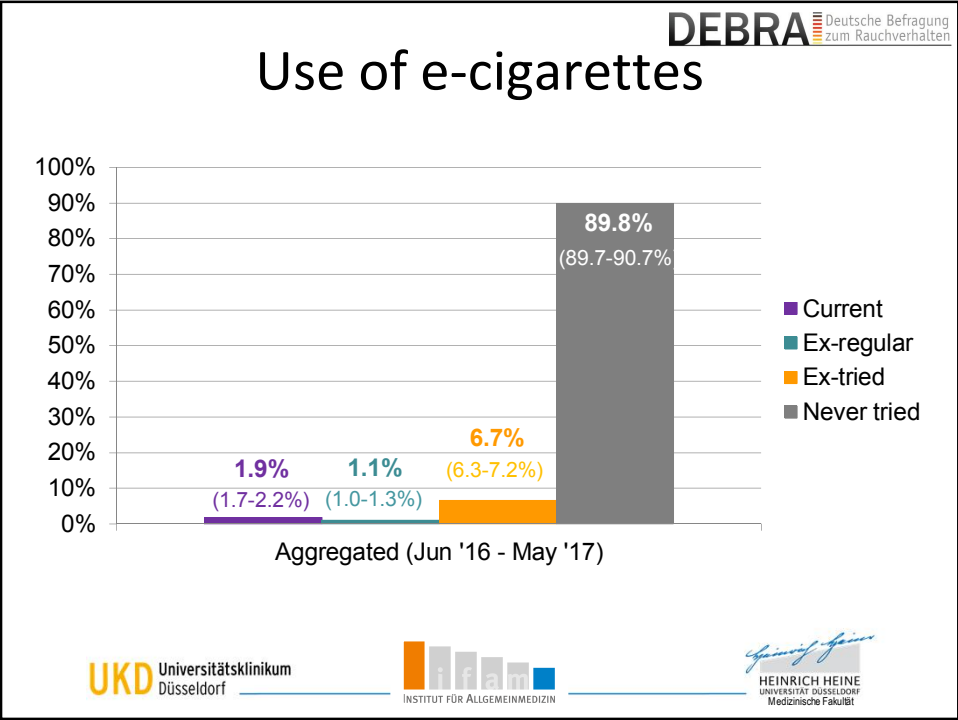
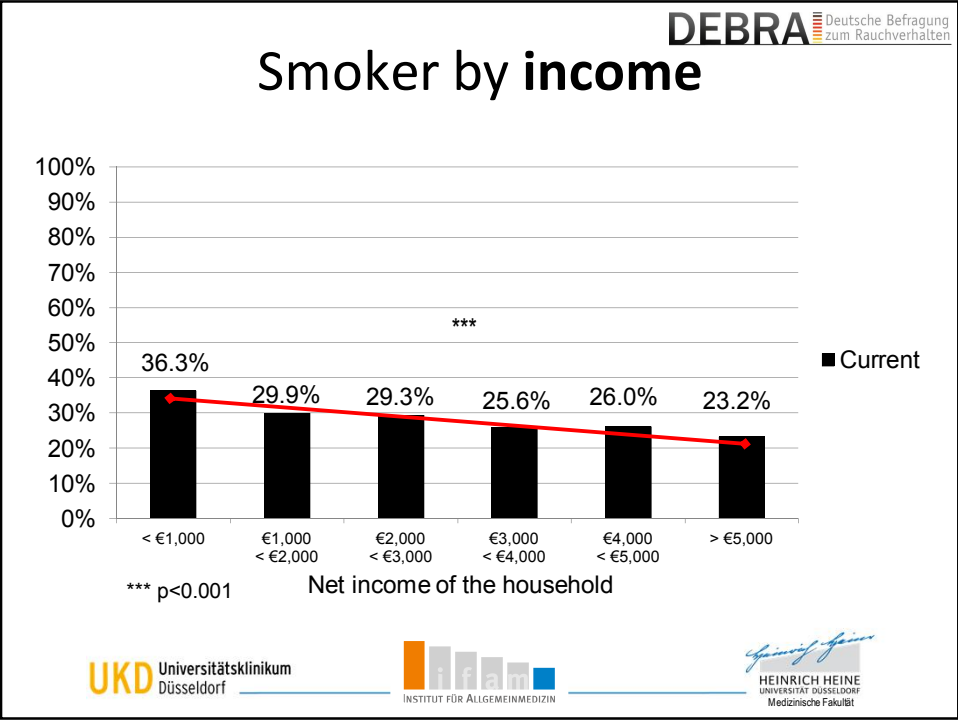
DEBRA methods current analysis

- Wave 1 = start of DEBRA: June 2016
- Current analysis: 6 waves
 - June/July + August/September + Oct./Nov. 2016
 - + January + February/March + April/May 2017
 - **total N = 12,273 (N = 3,389 current smokers)**
- Weighting of data
 - Weighted 1-year-prevalence rates

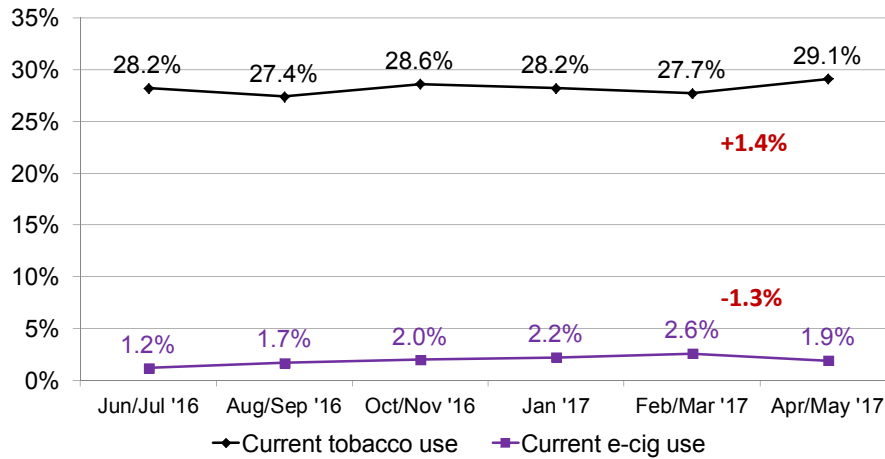




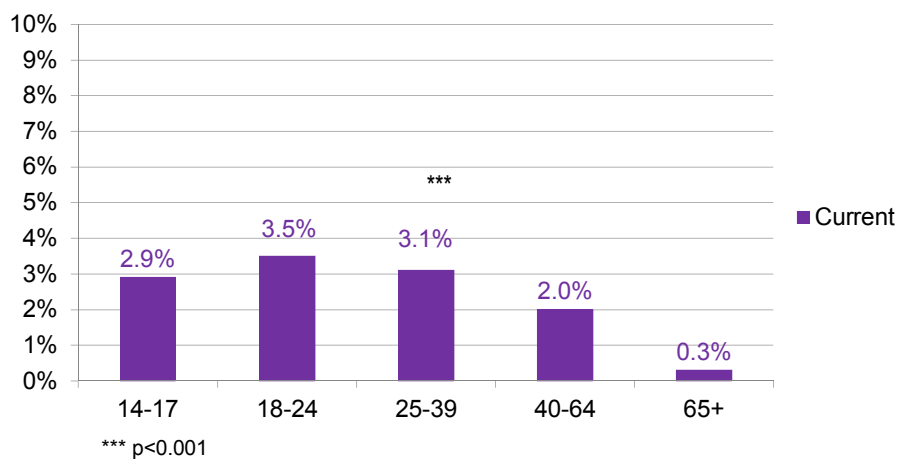


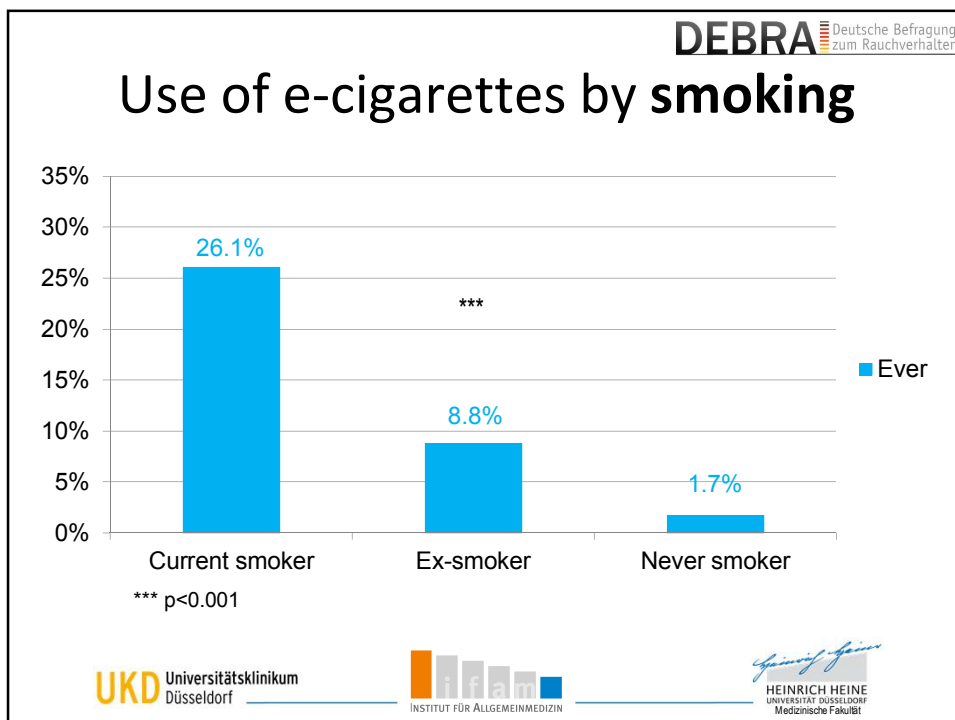
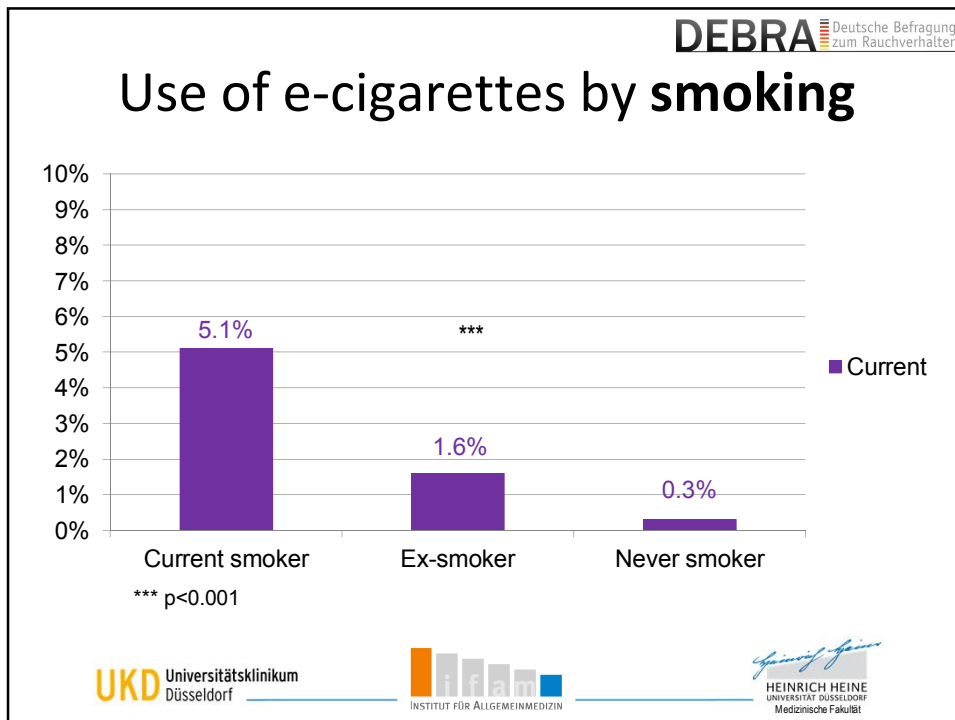


Current smoking and vaping: trends

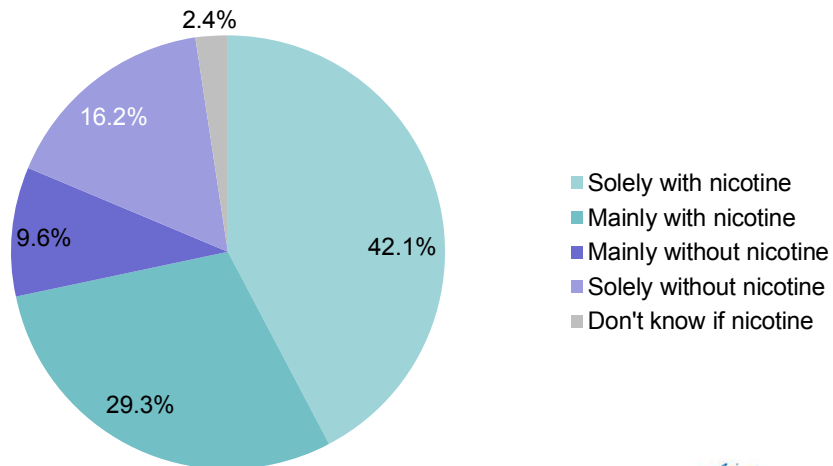


Use of e-cigarettes by age categories





Nicotine content of e-cigs [subset of current users, N=235]



Reasons for e-cig use – top 10 [subset of current users, N=235]

Reason	% (multiple choice)
1. Different flavours	35.9
2. To smoke less tobacco without quitting	33.5
3. Less expensive than tobacco	31.9
4. It's fun	31.8
5. Less harmful than tobacco	31.4
6. Less annoying for others than tobacco smoke	29.7
7. To quit tobacco	27.5
8. For use at places where tobacco is prohibited	24.5
9. Tastes better than smoking tobacco	22.2
10. Reduces urges to smoke tobacco	19.3

Attempts to quit smoking

[subset of current + recent ex-smokers, N=3,569]

- Mean = 1.1 (SD = 13.3)
- Median = 0 (IQR = 0-1)
- Min = 0
- Max = 365

- One or more attempts: 28.1%
- No attempts: 71.9%

Methods used during last attempt

[subset of current + recent ex-smokers, N=3,569]

Method (selection)	% (multiple choice)
Brief support by a physician	6.0
Behavioural counselling	1.7
Nicotine replacement therapy on prescription	2.7
Nicotine replacement therapy over-the-counter	3.5
E-cigarette with and/or without nicotine	9.1
	England: ~35% [www.smokinginengland.info]
Any evidence-based method	12.5
	~50% [Kotz, Addiction 2009]
Combi of behav. support (any) + pharmaco (any)	2.4

Conclusions: tobacco

- **Prevalence** of tobacco smoking in Germany is relatively **high**
 - 28.3% of the population smokes tobacco, incl.
 - 11.9% of adolescents aged 14-17 years
- **Social gradient** in smoking tobacco: the lower the education and income the higher the prevalence of smoking
- Only very few smokers attempting to quit use **evidence-based treatments**

Conclusions: e-cigarettes

- 1.9% of the population currently uses e-cigs, incl.
 - 2.8% of adolescents aged 14-17 years
- E-cigs are mainly used by tobacco smokers
- E-cigs are most frequently used aid to reduce and quit tobacco

→ **There is scientific need and public support for research into the effectiveness and safety of e-cigarettes as an aid to quitting**

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Tobacco use

"Which of the following best applies to you?"

- I smoke cigarettes every day > **current smoker**
- I smoke cigarettes, but not every day
- I do not smoke cigarettes at all, but I do smoke tobacco of some kind (e.g., pipe or cigar)
- I have stopped smoking completely in the last year > **ex-smoker**
- I stopped smoking completely more than a year ago
- I have never smoked (i.e., smoked for a year or more) > **never smoker**

Use of e-cigarettes

"Have you ever used an electronic cigarette (e-cigarette) or similar product (e.g., e-shisha, e-cigar, e-pipe)?"

- Yes, I still use them at current > **current user**
- Yes, I used them regularly, but currently not any more > **ex-user**
- Yes, I tried them in the past, but currently not any more > **ever tried**
- No, I never used them > **never user**