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**Emne:** Nyere artikler om skadesreduktion (tobak og nikotin)

Kære Niels Sandø og Hanne Vibjerg,

Jeg skriver for at gøre jer opmærksom på nyere artikler m.m. om skadesreduktion på tobaks- og nikotinområdet.

### **Fra Folkehelseinstituttet (Norge)**

Karl Erik Lund og Tord Finne Vedøy fra det norske Folkehelseinstituttet har netop fået udgivet denne artikel: "A conceptual framework for assessing the public health effects from snus and novel non-combustible nicotine products"

[https://journals.sagepub.com/doi/10.1177/14550725211021248?fbclid=IwAR2ZoCJVXfb4QKaJkGfOynqNX3nUcOQuYapmK\\_h\\_u6AYbxvVAZKw0CWfv2E&#.YNnPGpV6kco.facebook](https://journals.sagepub.com/doi/10.1177/14550725211021248?fbclid=IwAR2ZoCJVXfb4QKaJkGfOynqNX3nUcOQuYapmK_h_u6AYbxvVAZKw0CWfv2E&#.YNnPGpV6kco.facebook)

De to forskere konkluderer, at der er basis for at revidere måden at regulere tobaks- og nikotinprodukter ude fra et hensyn til skadesreduktion:

"However, we argue that more emphasis should be given to the weighting principle and a policy aiming at maximising public health effects. Ideally, a justification for any regulation should demonstrate that it would add to the protection of public health, and that it is reasonable to expect that the benefits will outweigh the harms."

### **Fra National institute for Health and Care excellence (UK)**

I Storbritannien har NICE (National Institute for Health and Care Excellence) udsendt nye forslag til guidelines for rygestop. NICE fastslår, at e-cigaretter bør være en del af sundhedsprofessionelles samtaler med rygere – på lige fod med medicinske alternativer.

NICE skriver:

"The evidence shows that nicotine-containing e-cigarettes can help people to stop smoking and are similarly effective to other cessation options such as a combination of short- and long-acting nicotine replacement therapy (NRT). The expert committee agreed that people should be able to use e-cigarettes as one of several options to support smoking cessation, if they so choose". (...) "The draft recommendations state that people should be advised on where to find information on nicotine-containing e-cigarettes, that e-cigarettes are substantially less harmful than smoking, but that the long-term health effects of e-cigarettes are still uncertain. People should also be advised on how to use e-cigarettes correctly and be informed that they should stop smoking completely if they decide to start using nicotine-containing e-cigarettes."

<https://www.nice.org.uk/news/article/nice-and-phe-publish-comprehensive-draft-guideline-to-tackle-the-health-burden-of-smoking>

### **Fra Action on Smoking and Health (UK)**

Endelig har ASH udgivet et nyt survey, som bl.a. viser, at over halvdelen (64,6%) af de nuværende brugere af e-cigaretter er eks-rygere, mens andelen af brugere, som også ryger (dual users) er faldet til 30,5% i 2020.

"Fewer than 1% of never smokers are current vapers (amounting to 4.9% of vapers)".

<https://ash.org.uk/information-and-resources/fact-sheets/statistical/use-of-e-cigarettes-among-adults-in-great-britain-2021/>

Jeg håber, at oplysningerne kan være nyttige for jer."

Med venlig hilsen  
Christopher Arzrouni

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