

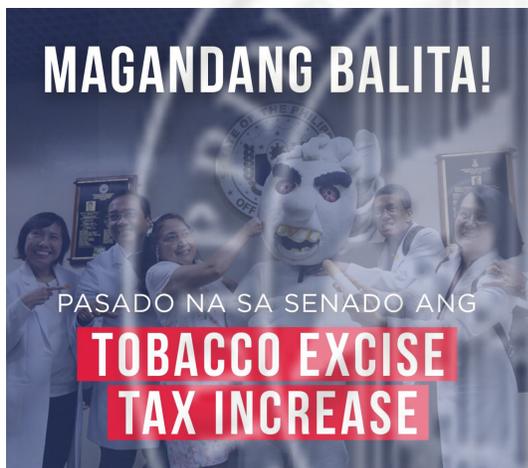
WHAT'S UP IN TOBACCO CONTROL?

2019 Breaking News and Developing News

by Rizalina RH Gonzalez,MD,FPPS

In July 25, 2019, President Duterte signed **Republic Act 11346**, an act increasing the excise tax on tobacco products or more popularly known as the Sin Tax Law of 2019, after more than 3 years of lobbying, participation through public hearings , radio, TV and social media clamor by the different medical societies at the Senate and Congress together with the other non-medical health advocates i.e. Sin Tax Coalition Group.

A photofinish triumph when the 17th Congress was about to close when 20 senators passed Senate Bill No. 2233 on June 3,2019 and majority of the House of Representatives passed House Bill No. 8677 in June 4,2019 .



This law hopes to decrease at least 500,000 smokers per year . This may not be the desired tobacco excise tax projected by sin tax coalition (the preferred tobacco excise tax of p70 would decrease at least 1Million smokers in a year) , but nevertheless , the revenues that will be collected from this tobacco excise tax will augment the funds needed for the implementation of the **Republic Act 112233** ,The Universal Health Care Act of 2019.

The Sin Tax Reform Law of 2012 ,was successful in decreasing Filipino smokers to 22% in 2015 from 28% in 2009 based on 2015 GATS .Raising tobacco excise tax is the most effective strategy to decrease smokers and consumption of tobacco products. The World Health Organization’s FCTC(Framework Convention on Tobacco Control) has the MPOWER strategy where R is raising tobacco excise tax. With the 2019 Sin Tax Law, we hope to have further decrease smokers in the Philippines.(2020 GATS is ongoing) and hoping that a significant reduction for replacement smokers,too from our teens.

mpower

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



Last June 4, 2019, DOH together with the different medical societies and health advocates launched in time for No Smoking Month, "Yosi Break Up Goals" at Dusit Thani Hotel and emphasized the availability of the DOH Quitline to help smokers break the habit.

On the contrary, excise tax on heated tobacco products and electronic cigarettes were lower.

These new products -Heated Tobacco Products(HTPs) i.e. IQOS, and e-cigarettes (Vape, E-cigars and the newest form JUUL) pose a threat for nicotine addiction in the young. Their form, marketing and numerous flavors are attractive to our minors. In the United States, there is a vaping epidemic among their youth since 2018 and has risen to nearly 80% this 2019.

DOH and FDA are quick to address this threat and health hazards from electronic cigarettes by passing the Administrative Order 2019 -0007, "Ban on the use of Electronic Cigarettes in Public Places" published on June 25, 2019 and would be effective 2 months upon publicity in two separate newspapers.

Cascading of A.O.2019-0007 rules regulation was held last August 7, 2019 at the DOH Convention Hall outlining how these e-cigarettes should be registered to FDA. Salient points to follow is restriction of sale to 21 years old and above, restriction of volume to 10ml, nicotine content not more than 20mg, childproof bottles, proper labeling of e-liquid contents and advertising only to point of sale.



The Philippine Pediatric Society's Chair on Tobacco Control, Dr. Rizalina Gonzalez was called in as an expert resource person to talk in front of the e-cigarette industry giants and retailers to defend and explain why these rules and regulations should be in place.



The children first and foremost has to be protected and restricted on using these products primarily because their brain is still developing and brain maturity is reached by 25 years old. Nicotine when regularly used has a detrimental effect on the young brain's prefrontal cortex, the seat of behavior, impulse and learning. Nicotine use and repeated exposure predispose the young brain to nicotine addiction . In the US, the 2018 PATH (Population Assessment of Tobacco and Health) study showed that youths who use of electronic cigarettes ,has 50% chance to smoke tobacco in a year , or become dual users. Worst, e-liquids can be mixed with restricted

substances like liquid marijuana and cocaine leading to substance abuse.

Knowledge gap specifically to the parents and the young has to be addressed to keep our minors away from this potentially dangerous nicotine addiction through e-cigarettes.

FACTS ON VAPE

Vaping is defined as the act of inhaling atomised vapour through a personal vapouriser or electronic cigarette. When users draw on the device, the battery heats the liquid, which is then atomised into an inhalable vapour.

E-juice
Contains:
• Nicotine
• Propylene glycol (PG)
• Vegetable glycerin (VG)
• Flavour concentrate. More than 7,700 flavours are sold without labelling or testing requirements

Inside the vapour
The vapour contains at least 10 chemicals known to cause cancer or birth defects.

- Acetaldehyde
- Benzene
- Cadmium
- Formaldehyde
- Lead
- Nickel
- Nicotine
- Toluene

Your body after vaping

BRAIN
Dopamine level increases as nicotine enters the brain.

MOUTH
Some users report cotton mouth, scratchy throat and coughing.

HEART
Nicotine in the liquid raises heart rate and blood pressure.

LUNGS
Nanoparticles from the vapour might be embedded in the lungs, causing inflammation and raising infection risks.

Health threats

- Expose non-users to **secondhand emissions**.
- Produces **third-hand nicotine residue** when used indoors.
- Exposure to formaldehyde is **15 times higher** than from smoking cigarettes.
- **Liquid nicotine is lethal**. Less than one tablespoon can kill an adult.
- Nicotine can cause **permanent brain damage** to teens and young adults
- The chemicals **destroy the lungs' tiniest airways**.

Sources : Yahoo Health, American Academic of Pediatrics, California Department of Public Health.

The 2020 Global Youth Tobacco Survey have included survey on e-cigarettes and hopefully, the PPS-Tobacco Control Advocacy Group can do a parallel survey on determinants of e-cigarette use among Filipino High School students per PPS Chapter within this year.

The Senate public hearing last August 13,2019 on excise tax on alcohol, has included discussion on further raising excise tax on e-cigarettes believing that e-cigarettes is not entirely safe and our young population has to be protected by making the cost higher and inaccessible to them.

Tobacco and all its forms i.e. HTPs and electronic cigarettes are all health hazards and as medical practitioners we should educate our patients and join forces to curb this all time slow but sure killer to our population.