The relevance of WHO FCTC for waterpipe tobacco control policies in light of decisions of COP8

Waterpipe Tobacco Smoking Regulatory Challenges KH Webinar Series-December 13, 2018 Rima Nakkash, DrPH Associate Professor, Health Promotion and Community Health Department, Faculty of Health Sciences Coordinator of the AUB tobacco control research group Associate Director, Knowledge to Policy Center Co-Director, KH-WTS



#UNtobaccocontro



Waterpipe Tobacco Smoking

- WP is known under different names: shisha, narghile, arghile, hookah, hubble-bubble, goza
- WP has different designs
- Misconception about its safety
- Use on the rise worldwide, mostly amongst youth

WTS: Factors that Contributed to Increased Use & Prevalence

- Introduction of flavoring which reduced harshness
- Perception as healthier than other tobacco products
- Affordability
- Quick lit charcoal
- Social media and Tourism (allure of WP)
- Social acceptance and Waterpipe cafes
- Lack of WP specific policies and regulations
- Immigration patterns from countries with high prevalence of use to low prevalence countries

The Prevalence and Trends of Waterpipe Tobacco Smoking: A Systematic Review

- 129 studies reported 355 prevalence estimates of waterpipe tobacco smoking 68 countries.
- Among adults, highest prevalence estimates were in the Eastern Mediterranean region.
- Among youth, highest prevalence estimates were in both the Eastern Mediterranean and European regions.
- Highest Prevalence Estimates:

37.2% of Lebanese youth used WP during the past 30 days (2008)
65.3% of Lebanese youth (2002) and Lebanese university students (2005) had ever used WP
16.3% of Iranian university students had regular or occasional WP use (2005)
10.4% of Egyptian youth had daily WP use (2005)

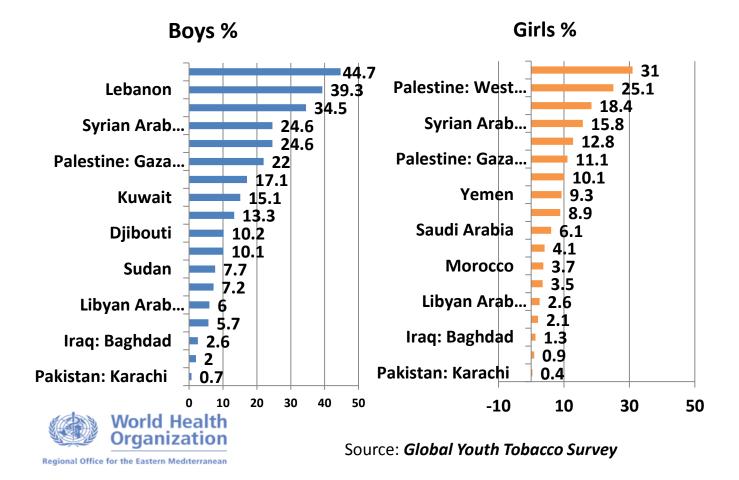
• Decreased Waterpipe Use:

In Turkey: 2.3% in 2008 to 0.8% in 2010

In Iraq: 6.3% in 2008 to 4.8% in 2012

Jawad M, Charide R, Waziry R, Darzi A, Ballout RA, Akl EA. The prevalence and trends of waterpipe tobacco smoking: A systematic review. PLoS One. 2018;13(2):e0192191. doi: 10.1371/journal.pone.0192191.

Current waterpipe smoking among youth, GYTS 2008-2014 Gender Difference



Today's WP Tobacco Product: Key Facts

- Is toxic and carcinogenic
- Is addictive
- Is attractive
- Is inexpensive
- Greatly popularized & evaded regulations

Waterpipe Tobacco Products: Price

- Very affordable
- Average of 25 30 US cents per 10 gm
- Can go up to US 1-1.3 per 10 gm
- Strong link to the entertainment industry
- Prices at cafes and restaurants (\$1-38)

Key Facts-Warning labels

- Limited compliance with warning labels on packages
- Small size labels & lack of exposure to them
- Warning labels on bottles or bowls
- Misleading information on emissions and contents

FCTC Article 11: Packaging and labelling of tobacco products

- 1. Each Party shall, within a period of <u>three years</u> adopt and implement effective measures to ensure that:
- (a) Tobacco product packaging and labelling do not promote a tobacco product by any means that are false or misleading or any other sign that directly or indirectly creates the false impression that a particular tobacco product is less harmful than other tobacco products.
- (b) Each unit pack of tobacco products and any outside packaging should also carry health warnings describing the harmful effects of tobacco use, and may include other appropriate messages. These warnings and messages:
- (i) shall be approved by the competent national authority, WHO Framework Convention on Tobacco Control 10
- (ii) shall be rotating
- (iii) shall be large, clear, visible and legible
- (iv) Should be **50% or more be no less than 30%** of the display areas
- (v) May be include pictures or pictograms

Article 11

- 2. Each unit pack of tobacco products and any outside packaging and labelling of such products shall (in addition to the warnings) contain information on relevant constituents and emissions of tobacco products as defined by national authorities.
- 3. Each Party shall require that the warnings and other textual information will appear on each unit pack of tobacco products in its principal language or languages
- 4. "Outside packaging and labelling" in relation to tobacco products applies to any packaging and labelling used in the retail sale of the product.

Countries That Implemented Health Warning Labels on WP products

- In 2012 Turkey has extended warning labeling practices by requiring placement of warnings on both sides of the bowls of the waterpipe device to cover 65 % of the surface
- FDA requires HWLs on WP packaging by August 2018 covering 30% of surface
- On August 9, 2011, the GSO (Bahrain, Kuwait, Oman, Qatar, Saudi Arabia, UAE) adopted a standard, Labelling of Tobacco Product Packages. This standard includes a requirement for picture based health warnings to cover 50% of the package front and back, with an Arabic warning on the front and an English warning on the back

Erdöl, C., Ergüder, T., Morton, J., Palipudi, K., Gupta, P., & Asma, S. (2015). Waterpipe Tobacco smoking in Turkey: Policy implications and trends from the global adult Tobacco survey (GATS). *International journal of environmental research and public health*, *12*(12), 15559-15566. Tobacco Labelling Resource Center (2013). Gulf Cooperation Council. <u>http://www.tobaccolabels.ca/countries/</u>

Countries That Implemented Health Warning Labels on WP products

- In 2014 the EU Tobacco Products Directive requires waterpipe tobacco products to carry combined health warnings consisting of a picture from the EU picture library, a text warning and information on stop smoking services. The warnings should cover 65% of the front and back of packages
- In 2014 Egypt places four generic pictorial health warnings (PHWs) on the front and back half of waterpipe tobacco packs (WTPs)
- Lebanon textual warnings as of March 2012

European Parliament, Council of the European Union. (2014). Directive 2014/40/EU of the European Parliament and of the Council of 3 April 2014 on the approximation of the laws, regulations and administrative provisions of the Member States concerning the manufacture, presentation and sale of tobacco and related products and repealing Directive 2001/37/EC. Official Journal of the European Union.

Mostafa, A., Mohammed, H. T., Hussein, W. M., Elhabiby, M., Safwat, W., Labib, S., ... & Hoek, J. (2018). Plain packaging of waterpipe tobacco? A qualitative analysis exploring waterpipe smokers' and non-smokers' responses to enhanced versus existing pictorial health warnings in Egypt. BMJ open, 8(10), e023496.

Waterpipe specific Health Warning Labels (HWLs):Why?

- Identify risks
- Misconception that smoking waterpipe is less harmful than smoking cigarettes
- Aiming for an effective policy tool to control waterpipe smoking
- Effective & cheap for reducing tobacco use
- WP can be smoked at home or café/restaurant so smokers are usually not exposed to the tobacco packaging







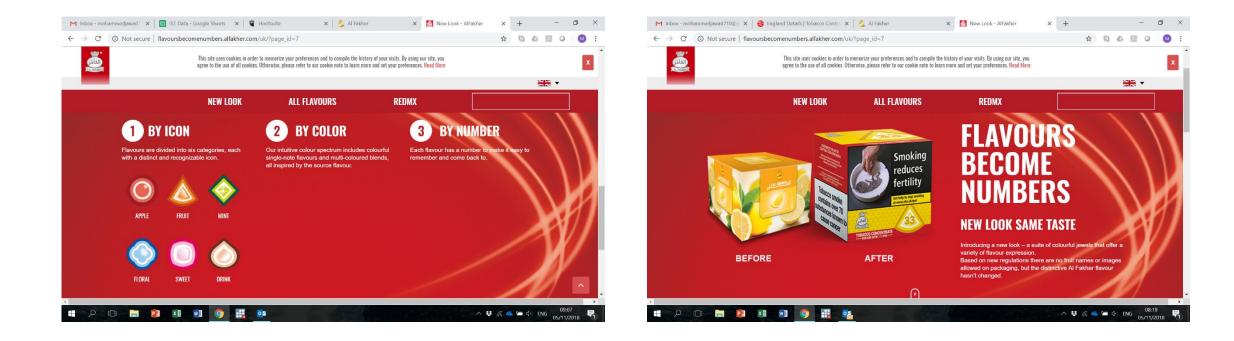




Shape, colour, and number together identify the flavours.

Al-Fakher has to register all their products with the UK

It's meant to be all over the EU (28 countries)



P.O. Box 20037 Ajman - United Arab Emirate Tel.: +971 6 7425500 Fax: +971 6 7425505 www.alfakher.com Components: Tobacco - Molasses - Glycerine -Natural Flavour . Nicotine: 0.05%, Tar: 0%.







ShishaSyrup -Wasserpfeifenaroma für Gastro Tabak

tür Gastro Tabak halt: 325 gramm seiner vor Gebrauch kräftig schütteln Shishatabak schemen, sodass sie die Flüssigkeit gleichmässig in sich sorto Tabak serb Tabak serb Tabak

be hould be the second second

de Luxe GASTRO FINEST WATERPIPE TOBACCO

1759

Gastro Tabak Waterpipe Tobacco

Inhaltstoffe: Virginia Tobacco, Zucker, Konservierungsstoff, Glycerin. Made in EU.

Examples of the HWL Tobacco Packages



Isfahan Governmental Warning: Smoking is the primary cause for Lung cancer and other lung, heart and vascular diseases

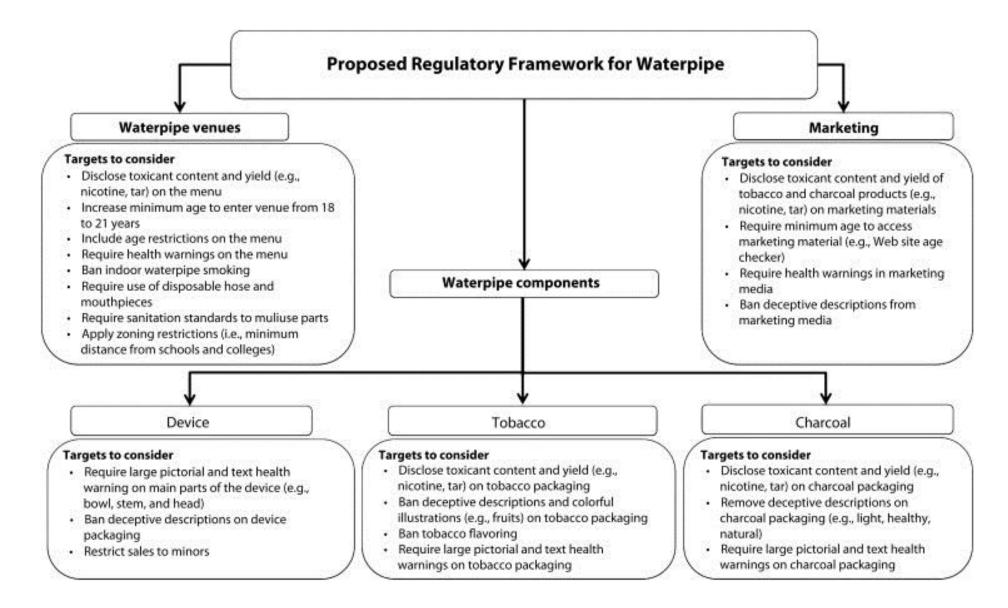
9:31 AM - 14 Jan 2013

Examples of HWL on WP Tobacco Packages







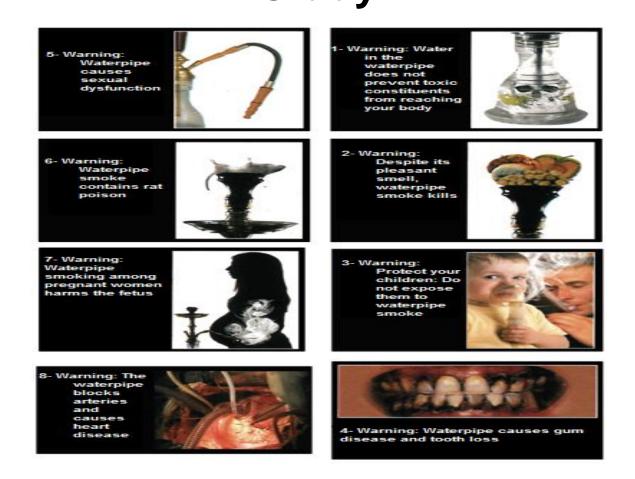


Examples of the HWL WP Device



Mostafa, A., Mohammed, H. T., Hussein, W. M., Elhabiby, M., Safwat, W., Labib, S., ... & Hoek, J. (2018). Would placing pictorial health warnings on waterpipe devices reduce waterpipe tobacco smoking? A qualitative exploration of Egyptian waterpipe smokers' and non-smokers' responses. *Tobacco control*, tobaccocontrol-2018.

Policy-Relevant Context of Waterpipe Tobacco Smoking among University Students in Six Countries Across the Eastern Mediterranean Region: A Qualitative Study



Effectiveness of health warnings for waterpipe tobacco smoking among college students

WARNING

Despite its pleasant smell, hookah smoke kills.

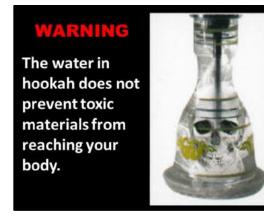


WARNING Protect your children: Don't let them be exposed to hookah smoke.









Eliciting preferences for waterpipe tobacco smoking using a discrete choice experiment: implications for product regulation



An Overview of Global Regulatory Practices in Controlling Waterpipe Tobacco Use

- <u>http://www.who.int/fctc/cop/sessions/cop8/WHO-FCTC-Regulatory-Practices-on-water-pipes.pdf</u>
- <u>http://www.who.int/fctc/publications/techseries/en/</u>

EMRO & AMRO

Country	FCTC Ratification Date	Smoke Free Policies	Text Warning Label	Pictorial Warning Label	Waterpipe Specific Health Warnings
Afghanistan	August 13, 2010	Yes	Yes	Yes	No
Bahrain	March 20, 2007	Yes	Yes	Yes	Yes
Egypt	February 25, 2005	Yes	Yes	Yes	Yes
Lebanon	December 7, 2005	Yes	Yes	No	Yes
Pakistan	November 3, 2004	Yes	Yes	Yes	No
Saudi Arabia	May 9, 2005	Yes	Yes	Yes	No
United Arab Emirates	November 7, 2005	Yes	Yes	Yes	No
Belize	December 15, 2005	No	Yes	No	No
Canada	November 26, 2004	Yes	Yes	Yes	No
Colombia	April 10, 2008	Yes	Yes	Yes	Yes
Jamaica	July 7, 2005	Yes	Yes	Yes	No
Panama	August 16, 2004	Yes	Yes	Yes	Yes
United States	N/A	Yes	Yes	No	No

SEARO & EURO

Country	FCTC Ratification Date	Smoke Free Policies	Text Warning Label	Pictorial Warning Label	Waterpipe Specific Health Warnings
India	February 5, 2004	Yes	Yes	Yes	No
Azerbaijan	November 1, 2005	Yes	Yes	No	Yes
Bulgaria	November 7, 2005	Yes	Yes	Yes	No
Czech Republic	June 1, 2012	Yes	Yes	Yes	No
Estonia	July 27, 2005	Yes	Yes	Yes	No
Israel	August 24, 2005	Yes	Yes	No	No
Germany	December 16, 2004	Yes	Yes	Yes	Yes
Netherlands	January 27, 2005	Yes	Yes	Yes	Yes
Norway	June 16, 2003	Yes	Yes	Yes	No
Portugal	November 8, 2005	Yes	Yes	Yes	Yes
Russian Federation	June 3, 2008	Yes	Yes	Yes	No
Serbia	February 8, 2006	Yes	Yes	No	No
Slovakia	May 4, 2004	Yes	Yes	Yes	Yes
Slovenia	March 15, 2005	Yes	Yes	No	No
Turkey	December 31, 2004	Yes	Yes	Yes	Yes
Ukraine	June 6, 2006	Yes	Yes	Yes	No
United Kingdom	December 16, 2004	Yes	Yes	Yes	No

AFRO & WAPRO

Country	FCTC Ratification Date	Smoke Free Policies	Text Warning Label	Pictorial Warning Label	Waterpipe Specific Health Warnings
Ghana	November 29, 2004	Yes	Yes	No	No
Kenya	June 25, 2004	Yes	Yes	Yes	No
Nigeria	October 20, 2005	Yes	Yes	No	No
Rwanda	October 19, 2005	Yes	Yes	No	No
Uganda	June 20, 2007	Yes	Yes	No	No
United Republic of Tanzania	April 30, 2007	Yes	Yes	No	No
Japan	June 8, 2004	Yes	Yes	No	No
Philippines	June 6, 2005	Yes	Yes	Yes	No
Republic of Korea	May 16, 2005	Yes	Yes	No	Yes

WPS Regulation

- Obviously we are dealing with a product that **requires** regulation and immediate action!
- How to go about it?

WHO FCTC - 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 and sponsorship
- Raise taxes on tobacco

Targets for Product Regulation

- Ingredients (tobacco leaves, flavorings and additives, heavy metals, etc...)
- Emissions
- Addictiveness (Dependence Potential)
- Attractiveness
- Design features

ADVISORY NOTE

Waterpipe tobacco smoking:

health effects, research needs and recommended actions for regulators

2nd edition

WHO Study Group on Tobacco Product Regulation (TobReg)



Policy Recommendations

WHO FCTC article Article 5	Specific policy recommendations for waterpipes General obligations. Even in countries with well-established tobacco control programmes, waterpipe tobacco smoking may be underrepresented or exempted because of its novelty in some	Article 6	Price and tax measures to reduce the demand for tobacco. Because tax measures have been shown to reduce tobacco consumption, especially by young people, Parties should implement both tax and price measures on waterpipe tobacco and waterpipe products.
	countries and its long-standing traditional presence in others. Legislation and regulations on tobacco should specify all tobacco, not just in cigarettes, and should ensure that waterpipe-specific stipulations ⁹ are included in legislation in countries with a high or increasing prevalence.	Article 8	Protection from exposure to tobacco smoke. Because all second-hand tobacco smoke has the potential to cause death, disability and disease, waterpipes should be included with cigarettes in clean indoor air policies. Waterpipe cafés or lounges should not be exempt from clean indoor air legislation.
Article 5.3	Protection from vested commercial interests. International exhibitions have been held recently to promote waterpipe tobacco products and accessories (1). Transparency should be required from waterpipe tobacco and accessory companies that are advocating for and against legislation and regulation, both directly and through	Articles 9 and 10	Regulation of the contents of tobacco products and to- bacco product disclosures. Policy should be implemented to ensure that waterpipe tobacco is included in legislation requiring the testing and regulation of tobacco contents and emissions, as well as the reporting thereof.
	third parties. No matter what role the tobacco industry plays in the production, distribution and sale of waterpipes and waterpipe products, this industry, its allies and front groups can never be	Article 11 a	Health claims. Waterpipe tobacco packaging and all waterpipe parts and accessories must not promote any misleading understanding about tobacco or give an erroneous view of the dangers inherent in its use.
	considered a legitimate public health partner or stakeholder while it continues to profit from tobacco and its products or to represent its interests.	Ь	Health warnings. Waterpipe tobacco, product packaging and waterpipes themselves should be labelled with health warnings in accordance with Article 11 of the WHO FCTC.

Policy Recommendations

		Article 16	Sales to and by minors. Sales of all tobacco, including waterpipe
Article 12	Education, awareness and training. Given the prevalence of misinformation surrounding the health dangers of waterpipe tobacco		tobacco, should be prohibited to minors under Article 16 of the WHO FCTC. Waterpipe venues should not be an exception to this legislation.
	smoking, specific education and training must be included in wider tobacco education and public awareness programmes implemented by Parties.	Additionally	 Product design and information. Waterpipes and waterpipe products should be regulated to: minimize the content and emissions of toxicants; ensure that any nicotine used is of pharmacological quality;
Article 13	Advertising, promotion and sponsorship. A comprehensive ban on advertising, promotion and sponsorship of waterpipes should be included under Article 13 of the WHO FCTC. Parties not in a position to undertake a comprehensive ban should strongly restrict such advertising, promotion and sponsorship.		 minimize acute nicotine toxicity; minimize CO toxicity from heated charcoal; impede product alteration to include other drugs; ban waterpipe tobacco with alcohol and sweet-like flavours that may appeal to children and young people; require manufacturers and importers to disclose to government
Article 14	Demand reduction measures concerning tobacco depen- dence and cessation. In accordance with the measures listed in Article 14 of the WHO FCTC and the guideline, Parties should include waterpipe tobacco smoking in cessation and treatment pro-		authorities information about the contents and emissions of waterpipe tobacco smoking; and - require registration of manufacturers and importers with govern- ment authorities.
Article 15	grammes for tobacco dependence. Illicit trade in tobacco products. Legislation and measures prohibiting illicit trade in tobacco should follow the guidelines set forth		Surveillance and monitoring. It is recommended that governments use or strengthen existing tobacco surveillance and monitoring systems to assess the current prevalence and the evolution of waterpipe use in various demographic groups, including by gender and age.
	in Article 15 of the WHO FCTC and should ensure that waterpipe tobacco is included with cigarettes and all other forms of tobacco.		Assessment of fire risk. The use of charcoal poses a regulatory challenge regarding its contribution to fires, which should also be assessed, and Parties should consider establishing monitoring systems for that purpose (1).

Suggested Actions for Regulators

WHO FCTC Article	Suggested actions for regulators
rticle 6	In order to conform to Article 6 of the WHO FCTC, Parties should both
a	implement tax measures on tobacco products and restrict or prohibit
	importation and sale of duty-free tobacco and waterpipe products.
b	The goal of tobacco taxation is to decrease demand by discouraging
	purchasers by cost. Therefore, the tax should actually be prohibitive.
	If waterpipe tobacco is taxed only in bulk (e.g. by kg), it is still relatively
	inexpensive for individual users. Parties should consider taxing
	waterpipe tobacco per individual serving or at higher bulk prices.
c	Waterpipes themselves, as well as parts and accessories, should also
	be taxed.
d	Waterpipes, waterpipe tobacco, parts and accessories should be
	prohibited or restricted from being sold tax- or duty-free.
Article 8	Waterpipe cafés or lounges must not be exempted from clean
	indoor air laws, as they are in some countries where waterpipes are
	traditionally smoked. Indoor waterpipe smoking in public areas should
	be prohibited and smoking allowed only outside. Waterpipe venues
	should not be allowed within large shopping areas, such as indoor malls.
rticles 9 and 10	Waterpipe tobacco and waterpipe smoke should be tested by the
	same stringent standards that are applied to cigarette tobacco.
	Legislation should ensure that waterpipe tobacco is not exempt
	from testing and regulation of contents and emissions. The results
	of the testing of contents and emissions should be reported to the
	appropriate government body. Effective measures should be in place
	to disseminate information to the public about the toxicity and
	emissions of waterpipe tobacco smoking.

Article 11.1	Health claims on packaging and labelling. In accordance with
a	Article 11 of the WHO FCTC, Parties should prohibit manufacturers
	and third parties from making health claims for waterpipe tobacco
	smoking and should prohibit deceptive descriptors that infer claims
	of health or safety (e.g. "contains 0% tar or 0.05% nicotine"). This
	must also apply to accessories, including claims made for charcoal
	("odourless", "free of chemicals", "100% natural"). Even "tobacco
	free" or "herbal" waterpipe alternatives contain large doses of
	toxicants, and the packaging should not be allowed to carry health
	or safety claims.
b	Health warnings on packaging and labelling. Health
	warnings should indicate the various harmful effects of tobacco use
	and should:
	 be approved by a competent regulatory body;
	- be rotated at set intervals (e.g. every 12 months);
	 be large, clear, legible and visible;
	- cover no less than 30% of the principal display area (i.e. not hidden
	on the bottom or side where it might not be seen); and
	- be in the form of or including pictures or pictograms.
	Warning labels must be placed on waterpipe tobacco packaging
	and also on all accessories and on waterpipes themselves. Labelling
	waterpipe tobacco is not sufficient, as smokers may not see the
	packaging (if they smoke in a bar or café). As waterpipe parts,
	charcoal, filters and mouthpieces can be sold separately, warning
	labels should be affixed to all individual packaging.
	Regulation should go beyond the placement of warning labels on
	waterpipes. Waterpipes are considered aesthetically pleasing as well
	as functional, and manufacturers and smokers may resist or remove
	labelling that is considered to mar the beauty of the waterpipe. This
	should not be allowed.
	Because waterpipes present a novel challenge in terms of the
	placement of warning labels (on the waterpipe itself as well as
	accessories), pre-market testing of warning label placement would
	be useful, as would monitoring of placement options found to be
	successful in trials.

Suggested Actions for Regulators

Article 12	Comprehensive education and public awareness programmes on the
	dangers of waterpipe smoking should be implemented. Programmes
a	should specifically address the fallacy that waterpipe smoking is safer
	· · · · · · · · · · · · · · · · · · ·
	or healthier than smoking cigarettes.
b	Education and programmes for and about the benefits of cessation
	should be widely available.
с	Training on and awareness of the dangers of waterpipe smoking
	should be provided for health workers, community workers,
	social workers, media professionals, educators, decision-makers,
	administrators and all those who are pivotal in tobacco control and
	health care.
Article 13	Any form of waterpipe advertising, promotion and sponsorship must
a	be regulated by an appropriate government body. This can be done
	most easily by making certain that waterpipes are included in all
	legislation and regulations governing cigarette advertising, promotion
	and sponsorship, without exception.
b	The regulations must be adapted to the unique feature of waterpipe
	vending, namely, that most advertising, promotion and sales are
	through the Internet.
c	At a minimum, Parties' regulations on advertising, promotion and
	sponsorship of waterpipes must:
	- not make them appealing to or target, either explicitly or implicitly,
	- non-smokers or non-nicotine users;

	- not make them appealing to or target, either explicitly or implicitly,
	minors, including through the selection of media, the location or
	the context in which they appear or through imagery that promotes
	sexual or sporting prowess;
	- encourage quitting smoking, and provide a quitline number if one exists;
	- not contain health, safety or medicinal claims;
	- not undermine any tobacco control measure, including not
	promoting exemption of waterpipe cafés from clean indoor air policies;
	 include factual information about the product's ingredients in a way that does not distort evidence of risks;
	 not link these products with gambling, alcohol, illicit drugs or activities or locations in which using them would be unsafe or unwise;
	 clearly state the addictive nature of nicotine and that these products are intended to deliver nicotine; and
	prohibit suggestions that waterpipes have positive qualities.
d	All authorized forms of waterpipe advertising, promotion and sponsorship must be cleared by the appropriate authority prior to publication or transmission in order proactively to prevent inappropriate marketing and then monitored to assess compliance with approval.
Article 14	Cessation programmes for tobacco dependence should include waterpipe tobacco smoking dependence. The interventions should target the unique features that make waterpipe smoking appealing and thus difficult to quit: - the appeal of the aroma,
	– the pleasant bubbling sound and
	- the social atmosphere or bonding and sharing over a waterpipe.

The Waterpipe Tobacco Smoking Knowledge Hub (WTS-KH)

The KH also established itself on various communication and social media platforms, and published news about the conference as follows:

The websit	e http://untobaccocontrol.org/kh/waterpipes/
Twitter	https://twitter.com/WaterpipeKH
Facebook	https://www.facebook.com/waterpipeKH/
Instagram	https://www.instagram.com/waterpipesmoking.kh/
YouTube	https://www.youtube.com/channel/UCuc1zwPfwV1mD-LY0mr-wOA



Thank You



RESEARCH FOR PREVENTION AND CONTROL

FCTC

WHO FRAMEWORK CONVENTION ON TOBACCO CONTROL

SECRETARIAT·KNOWLEDGE HUB

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