



World Health
Organization

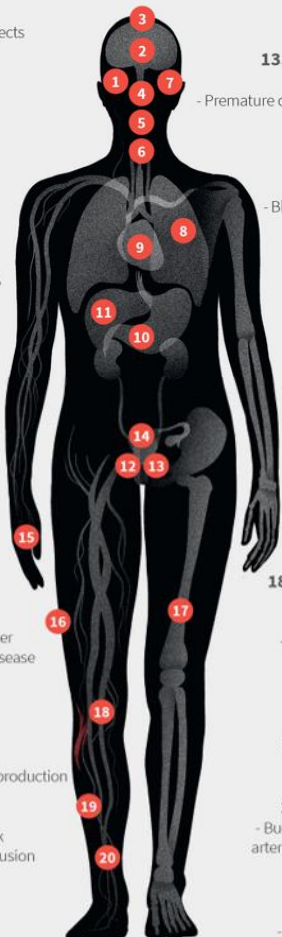


Health impacts of alcohol and tobacco use on the working age population and youth

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* **Disclaimer:** The views expressed in this presentation are mine alone and do not necessarily represent the views, decisions, or policies of the WHO.

• www.who.int/health-topics/health-taxes



1. EYES
- Cataracts, blindness (macular degeneration)
- Stinging, excessive tearing and blinking

2. BRAIN AND PSYCHE
- Stroke (cerebrovascular accident)
- Addiction/withdrawal
- Altered brain chemistry
- Anxiety about tobacco's health effects

3. HAIR
- Odor and discoloration

4. NOSE
- Cancer of nasal cavities and paranasal sinuses
- Chronic rhinosinusitis
- Impaired sense of smell

5. TEETH
- Periodontal disease (gum disease, gingivitis, periodontitis)
- Loose teeth, tooth loss
- Root-surface caries, plaque
- Discoloration and staining

6. MOUTH AND THROAT
- Cancers of lips, mouth, throat, larynx and pharynx
- Sore throat
- Impaired sense of taste
- Bad breath

7. EARS
- Hearing loss
- Ear infection

8. LUNGS
- Lung, bronchus and tracheal cancer
- Chronic obstructive pulmonary disease (COPD) and emphysema
- Chronic bronchitis
- Respiratory infection (influenza, pneumonia, tuberculosis)
- Shortness of breath, asthma
- Chronic cough, excessive sputum production

9. HEART
- Coronary thrombosis (heart attack)
- Atherosclerosis (damage and occlusion of coronary vasculature)

10. CHEST & ABDOMEN
- Esophageal cancer
- Gastric, colon and pancreatic cancer
- Abdominal aortic aneurysm
- Peptic ulcer (esophagus, stomach, upper portion of small intestine)
- Possible increased risk of breast cancer

11. LIVER
- Liver cancer

12. MALE REPRODUCTION
- Infertility (sperm deformity, loss of motility, reduced number)
- Impotence
- Prostate cancer death

13. FEMALE REPRODUCTION
- Cervical and ovarian cancer
- Premature ovarian failure, early menopause
- Reduced fertility
- Painful menstruation

14. URINARY SYSTEM
- Bladder, kidney, and ureter cancer

15. HANDS
- Peripheral vascular disease, poor circulation (cold fingers)

16. SKIN
- Psoriasis
- Loss of skin tone, wrinkling, premature aging

17. SKELETAL SYSTEM
- Osteoporosis
- Hip fracture
- Susceptibility to back problems
- Bone marrow cancer
- Rheumatoid arthritis

18. WOUNDS AND SURGERY
- Impaired wound healing
- Poor post-surgical recovery
- Burns from cigarettes and from fires caused by cigarettes

19. LEGS AND FEET
- Peripheral vascular disease, cold feet, leg pain and gangrene
- Deep vein thrombosis

20. CIRCULATORY SYSTEM
- Buerger's disease (inflammation of arteries, veins and nerves in the legs)
- Acute myeloid leukemia

IMMUNE SYSTEM
- Impaired resistance to infection
- Possible increased risk of allergic diseases

OTHERS
- Diabetes
- Sudden death

Health effects of tobacco use

Over 8 million tobacco-related deaths in 2019.

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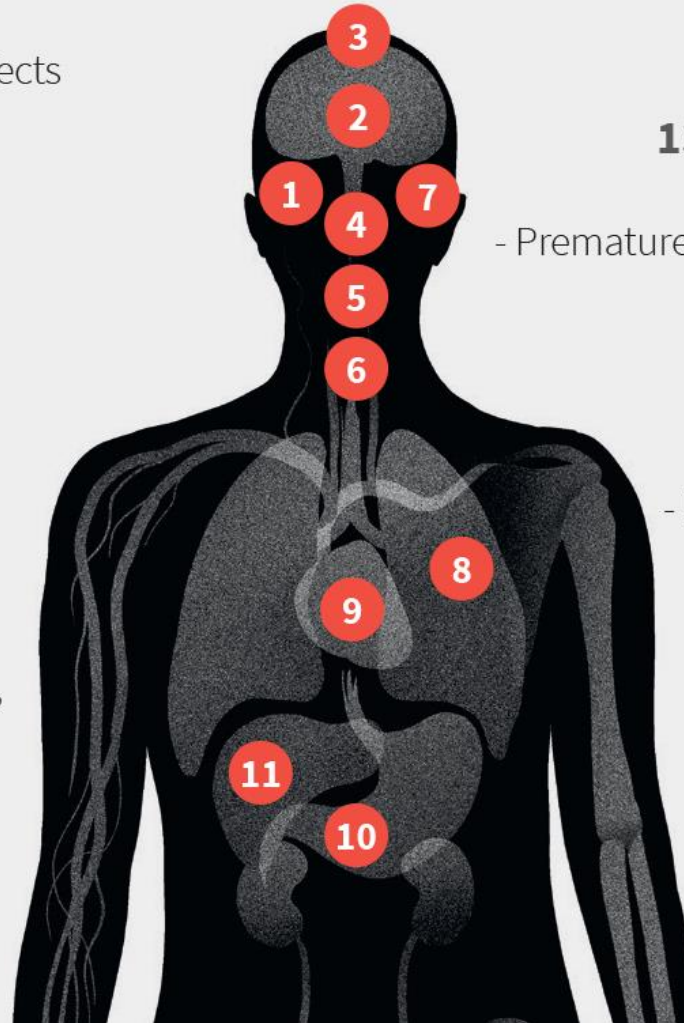
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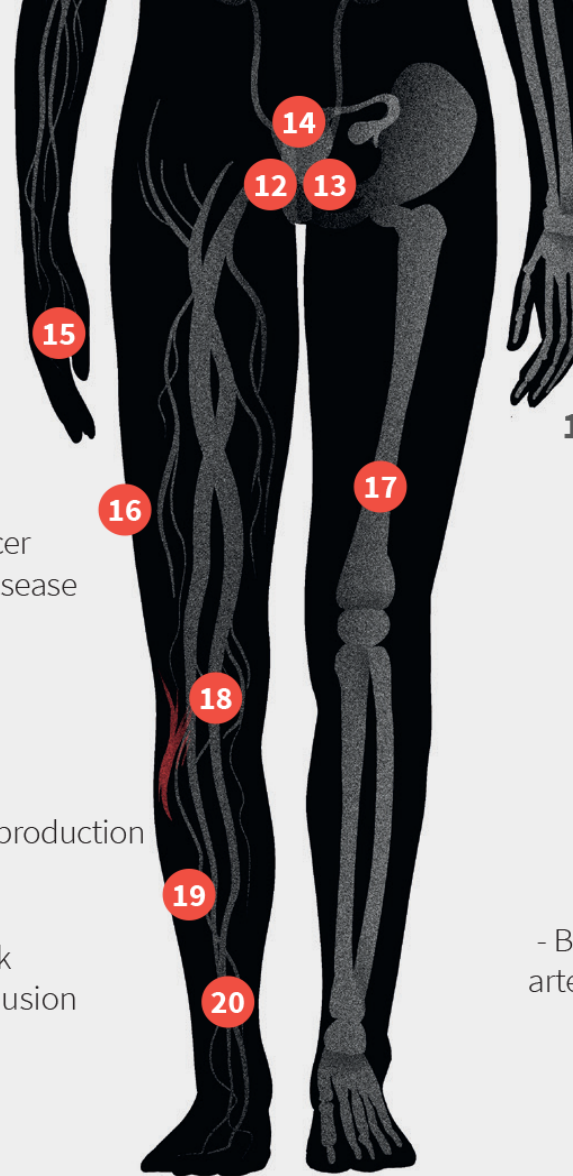
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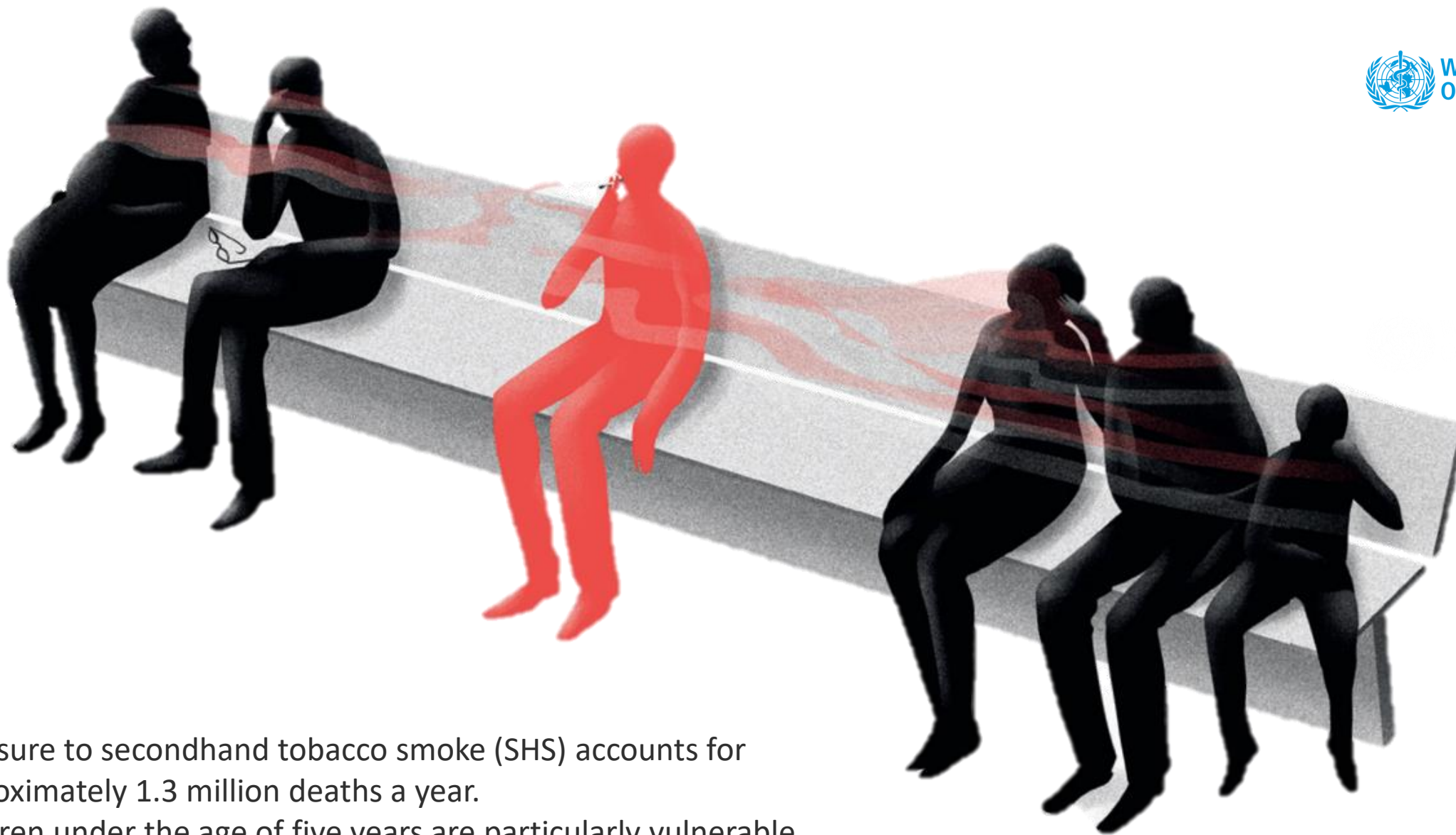
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Health effects of tobacco use (cont.)

Tobacco use health effects depend on:

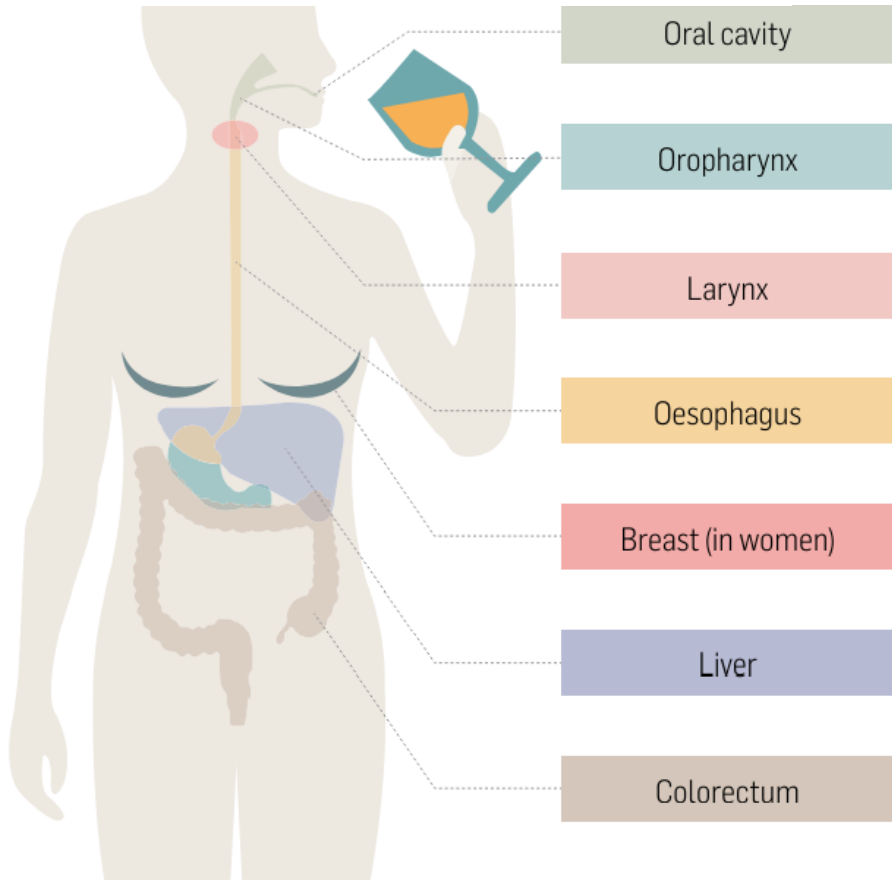
- Intensity (packs per day)
- Duration (years used)
- Type of tobacco product



Exposure to secondhand tobacco smoke (SHS) accounts for approximately 1.3 million deaths a year. Children under the age of five years are particularly vulnerable.

Health effects of alcohol consumption

Cancers caused by alcohol



- In 2019, alcohol consumption resulted in 2.6 million deaths (4.7% of all deaths) globally.
- The largest contributors to alcohol-related deaths are non-communicable diseases, including cancers, digestive diseases (predominantly liver diseases), cardiovascular diseases, and diabetes.
- Other health effects:
- Communicable diseases (including an increased risk of tuberculosis, HIV/AIDS, and other sexually transmitted infections transmission)
- Perinatal conditions such as fetal alcohol spectrum disorders
- Intentional and unintentional injuries (including road traffic injuries, drowning, and self-harm)
- Mental and behavioral disorders

Health effects of alcohol consumption (cont.)

Alcohol health effects depend on:

- volume of lifetime alcohol use
- frequency of alcohol consumption
- amount consumed per occasion
- context

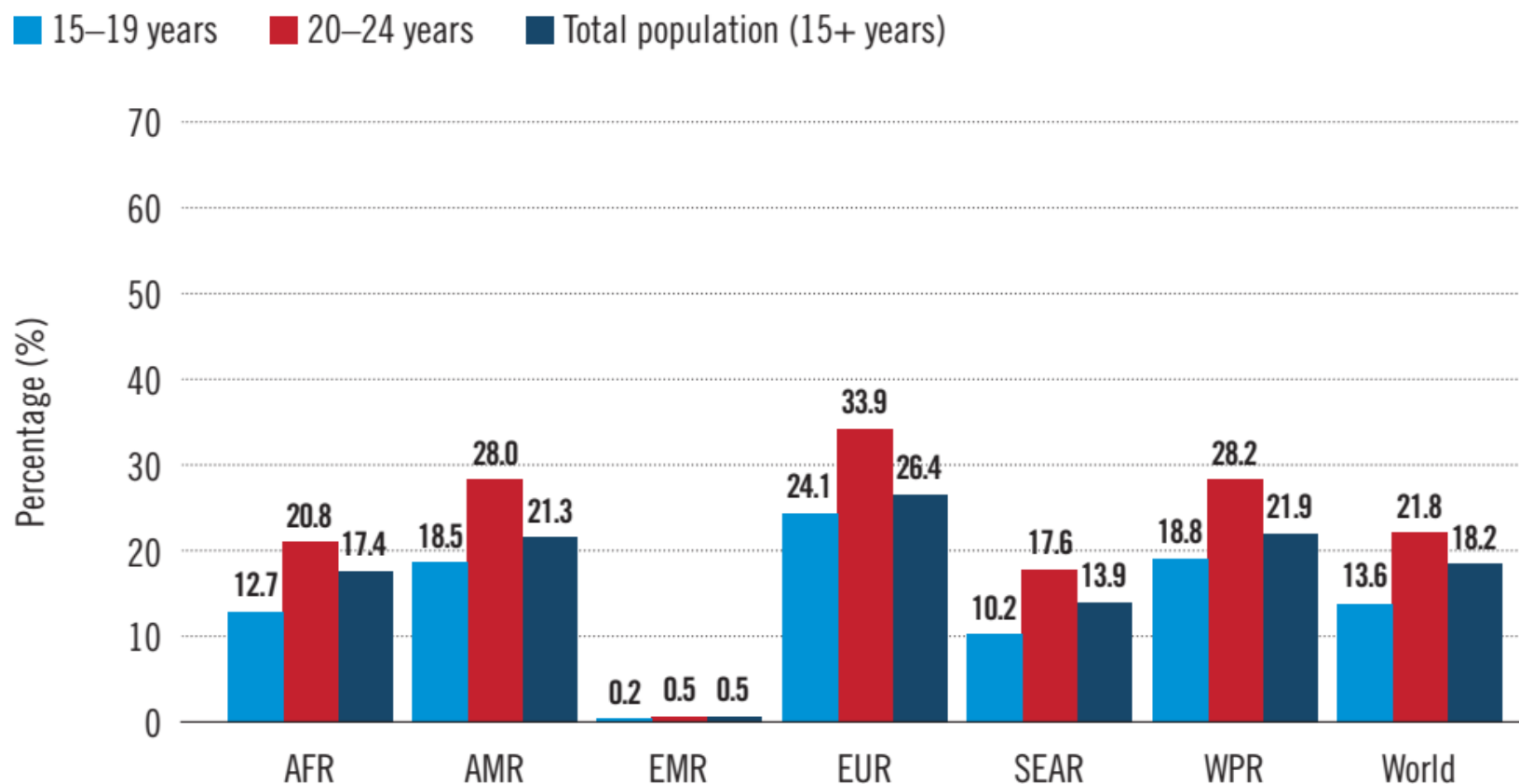
The risks increase largely in a dose-dependent manner with the volume of alcohol consumed and with the frequency of drinking, and exponentially with the amount consumed on a single occasion.

Early initiation of alcohol consumption is associated with cognitive, structural, and functional brain changes in young people.



Concerning patterns of youth alcohol use in Europe

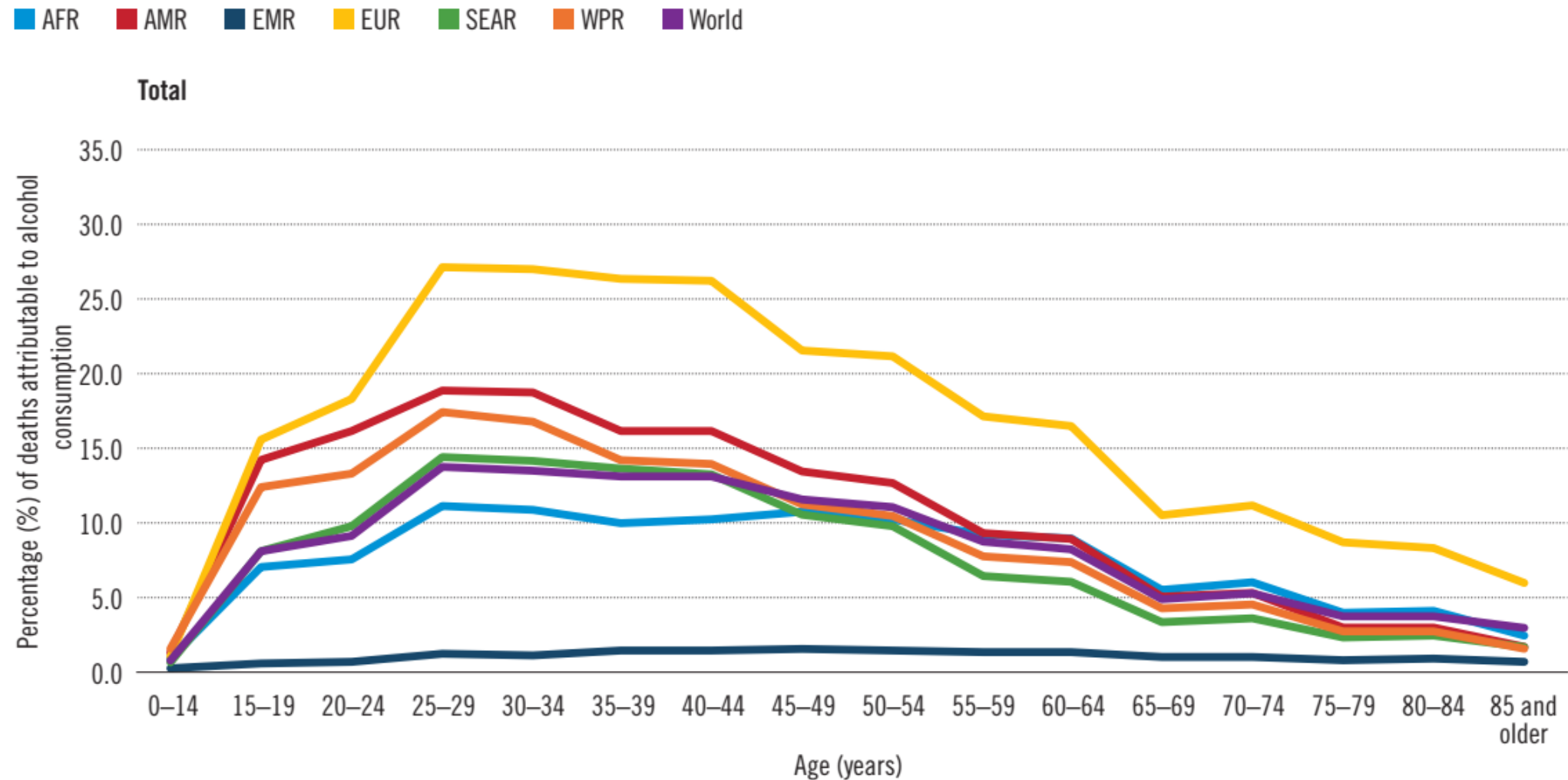
Prevalence (in %) of heavy episodic drinking (HED) by age group and region, 2016



Source: Global status report on alcohol and health 2018. Geneva: World Health Organization; 2018

Youth in Europe affected disproportionately

Percentage of total deaths attributable to alcohol by age group in 2016

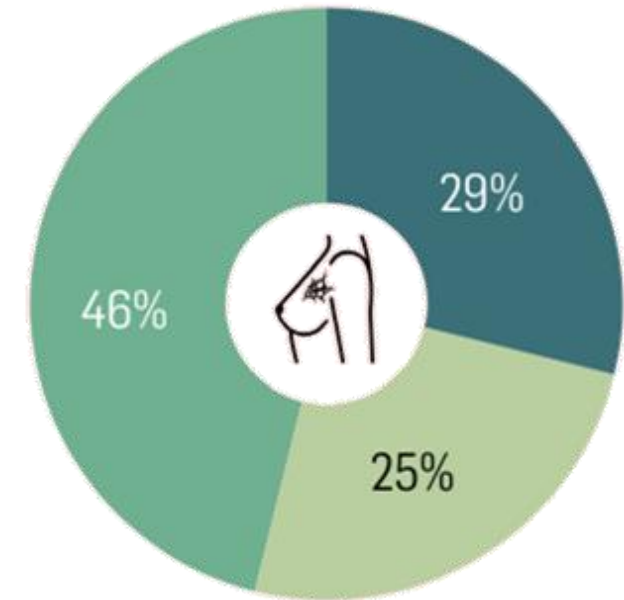


Source: Global status report on alcohol and health 2018. Geneva: World Health Organization; 2018

No level of alcohol consumption is safe for our health

- The risk of developing cancer increases substantially the more alcohol is consumed.
- Drinking the amount of alcohol you would find in just a single glass of wine every day caused more than 4600 breast cancer cases in women in the WHO European Region in 2018

The proportion of breast cancer cases in women due to alcohol in the WHO European Region, by drinking level, 2018



Moderate drinking:
a maximum of two drinks,
or 20 g of pure alcohol, per day



Risky drinking:
3–6 drinks, or a maximum of
60 g of pure alcohol, per day



Heavy drinking:
six drinks, or 60 g of pure alcohol,
or more per day

Source: Alcohol and cancer in the WHO European Region: an appeal for better prevention. Copenhagen: WHO Regional Office for Europe; 2020

Alcohol harms to others



Harms from drinking occur not only in those consuming alcohol

- **Harms to health**

- Injury, including road traffic injuries
- A family member's anxiety or depression
- Transmission of infection to a sexual partner

- **Harms to community**

- Assault
- Community nuisance

- **Economic harms**

- Damage to property
- Drain on family resources
- Lost productivity by alcohol consumers and those affected
- Healthcare spending

Drinking, particularly heavy drinking, more common among adult males: the others in the family – the female partner and children – particularly likely to be adversely affected, both in terms of the drinker's behavior after drinking and in terms of shared family resources being expended on or in the course.

Alcohol harms are likely underestimated

Current estimates of alcohol-related diseases only partly reveal the impact of harmful alcohol use.

Areas of underestimation:

- Links between alcohol and STIs (including HIV/AIDS)
- Secondary effects of alcohol on assaults

The alcohol-attributable harms are underestimated, especially for women and for people under 15 years of age who do not consume alcohol but who are at risk of injuries from violence due to the drinking of others.

The combined risk of using alcohol and tobacco

- Combining alcohol and tobacco may overwhelm the body's defense mechanism, which can make it easier for cancers to develop
- People who use both alcohol and tobacco have a 30 times increased risk of developing cancers of the oral cavity, oropharynx, larynx, and esophagus compared to people who use either alcohol or tobacco alone.



Implications for tobacco tax work

Tax's substantial impact on youth initiation and use

- Tobacco taxes are also very effective in preempting or reducing consumption among price-sensitive groups, particularly youth.
- Specific taxes based on beverage volume (volumetric/unitary specific taxes) or volume-based minimum tax floors may be more effective than other tax types in preventing or delaying drinking initiation, particularly by young people, and reducing consumption of low-priced and low-strength alcoholic beverages.

Source: WHO technical manual on alcohol tax policy and administration. Geneva: World Health Organization; 2023.

WHO technical manual on tobacco tax policy and administration. Geneva: World Health Organization; 2021

Targeting particularly harmful alcohol consumption patterns through taxation

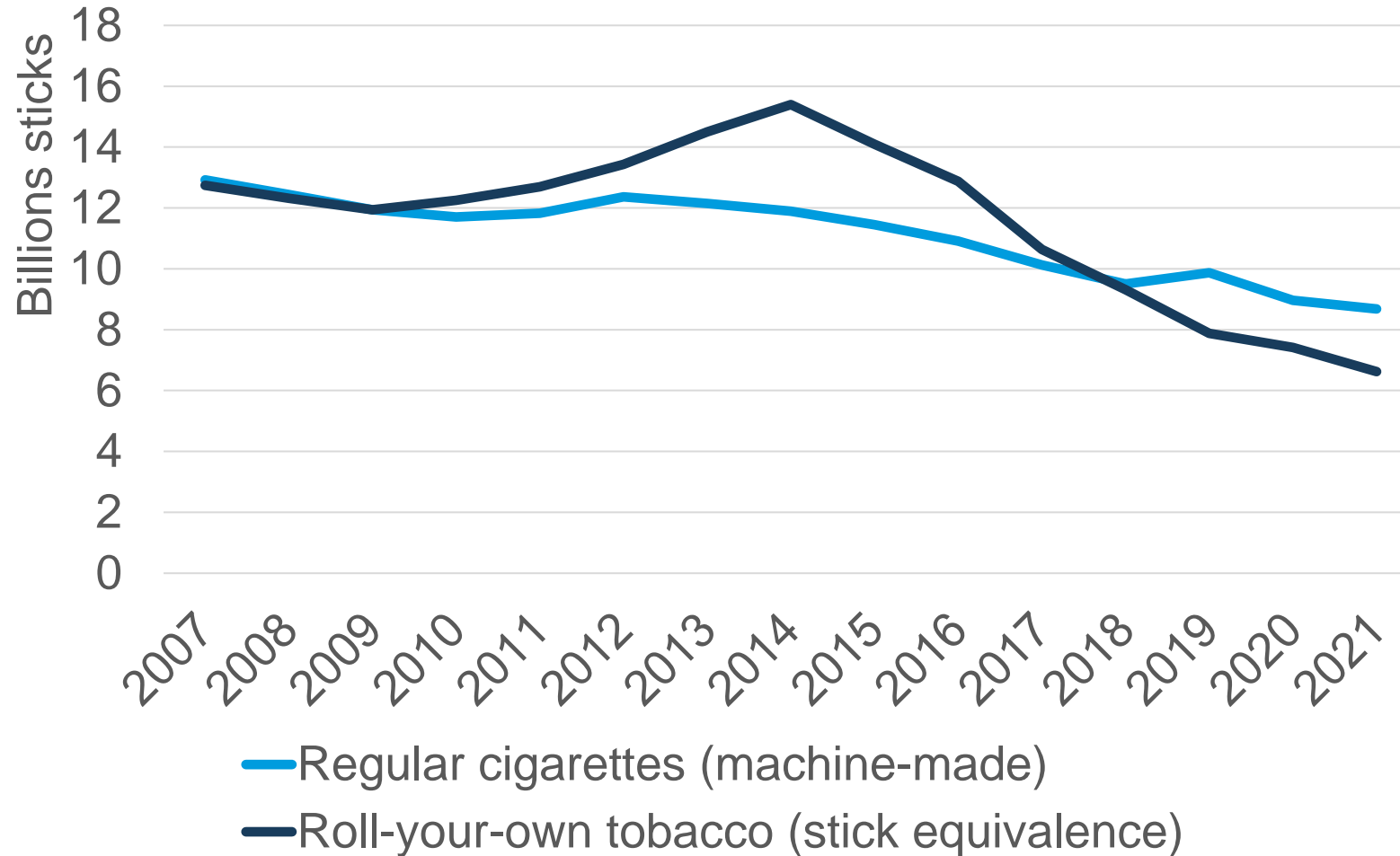
- Alcohol-content-based specific tax is more likely to reduce overall alcohol consumption by targeting cheap, high-alcohol-content beverages.
- Particularly useful in countries with a high prevalence of harmful alcohol consumption patterns, such as heavy episodic drinking

Immediate consequences of alcohol consumption increase urgency of action

- Alcohol-related domestic violence against women and children and road traffic injuries are immediate and visible consequences of alcohol consumption.
- In one Member State, after a tragic road traffic crash in which a drunk driver was involved, the pressure mounted for the country to adopt the Law on Control of Alcohol Products. Alcohol taxes were part of the discussion.

Tax all products in a comparable way

Cigarette and Roll-your-own tobacco sales in Belgium



In early 2010's, cigarette taxes increased substantially in Belgium. Because there was no corresponding increase in taxes on tobacco used to make roll-your-own cigarettes, some smokers started to switch to this type of tobacco. As a result, in the early 2010s, more cigarettes were smoked in the form of roll-your-own tobacco than in the form of machine-made cigarettes in Belgium. Roll-your-own consumption fell only after 2014, when the taxes on those products significantly increased.

Tax structures need to be determined by the local context: case study

- In one WHO Member State, the beer industry suggested that it was paying excessive taxes and selectively referred to the WHO endorsing taxes based on alcohol content.
- The industry used WHO statements out of context and implied that the WHO was endorsing its position of a lower beer tax.
- Beer consumption in the country is disproportionately concentrated among lower-income groups, who also bear the most significant alcohol-related health burden.
- The latest industry financial report indicates double-digit revenue growth and record-high sales volumes in the beer market in the country.
- In a letter to the authorities, WHO urged the country to promptly address this issue, with excise tax policies playing a key role in reversing this troubling trend of rapidly increasing beer sales.



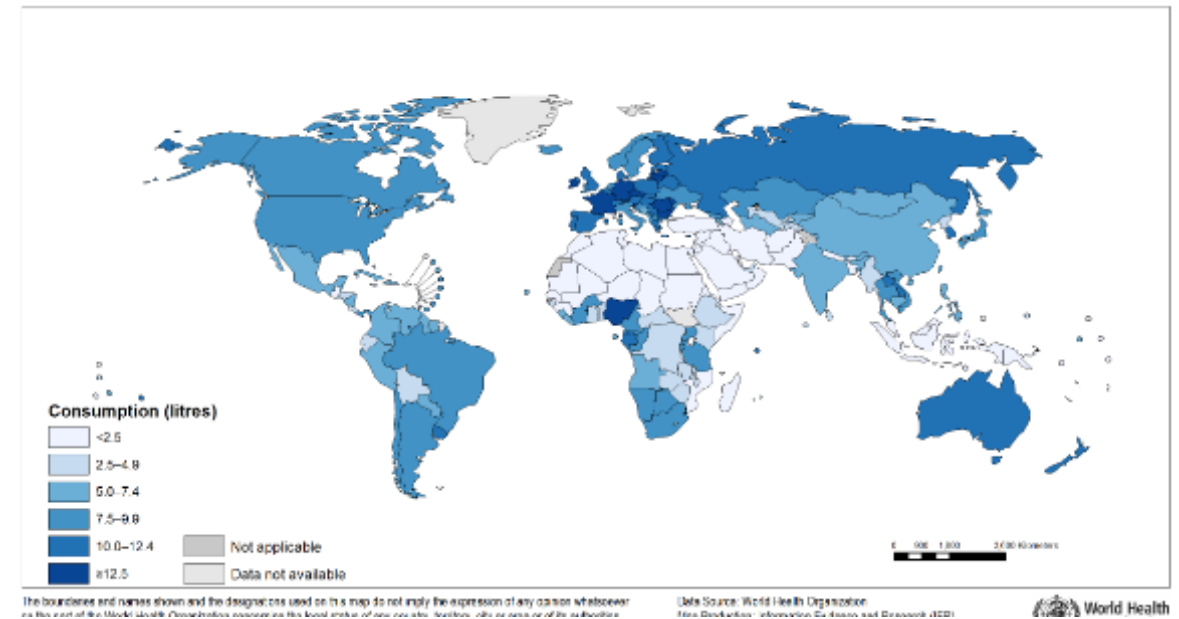
WHO resources

Prevalence and consumption monitoring

WHO global report on
trends in prevalence of tobacco use
2000–2030



The Global Information System on Alcohol and Health (GISAH)





WHO report on the global tobacco epidemic, 2023

Protect people from tobacco smoke

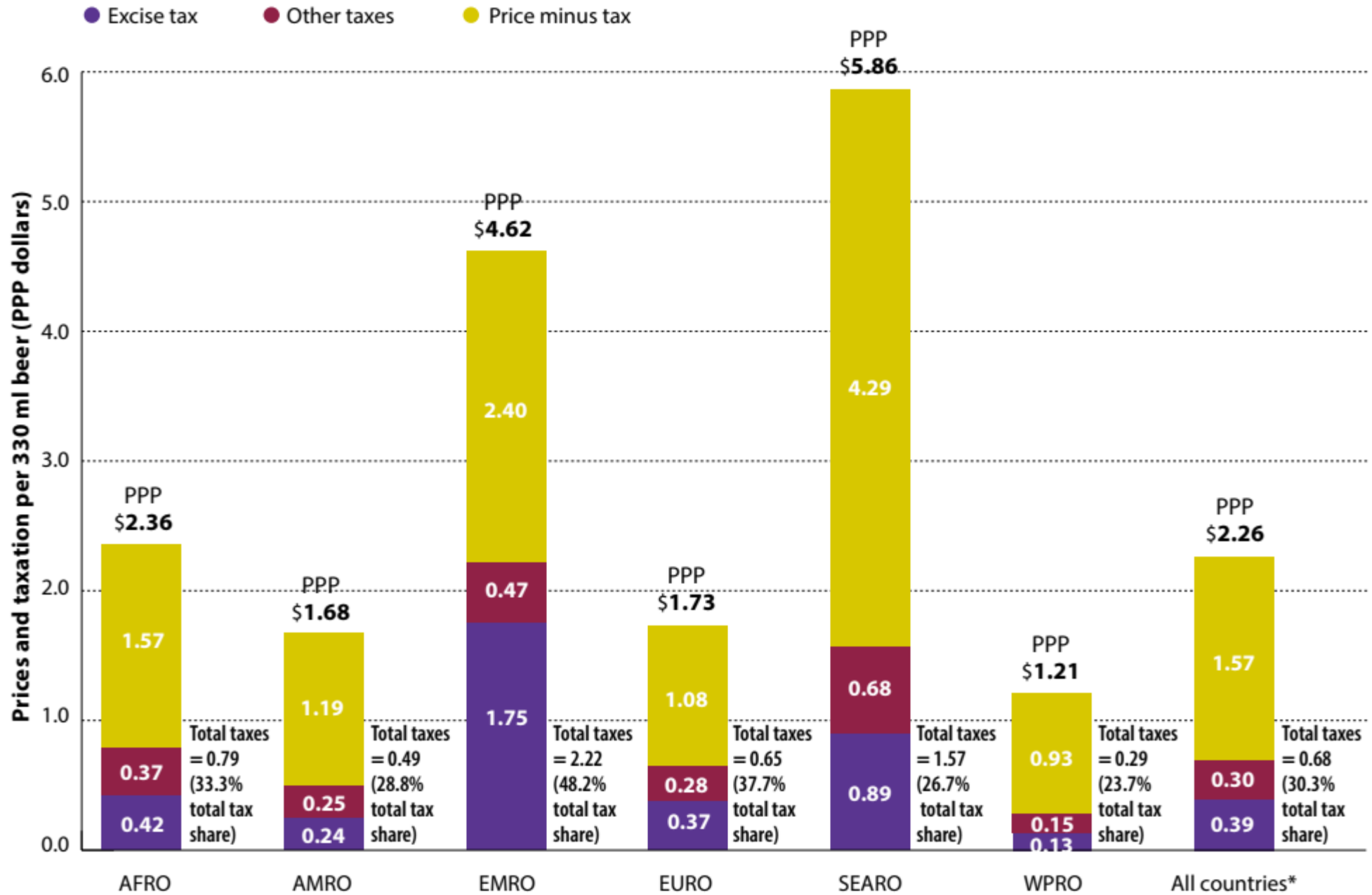


Global report on the use of alcohol taxes 2023

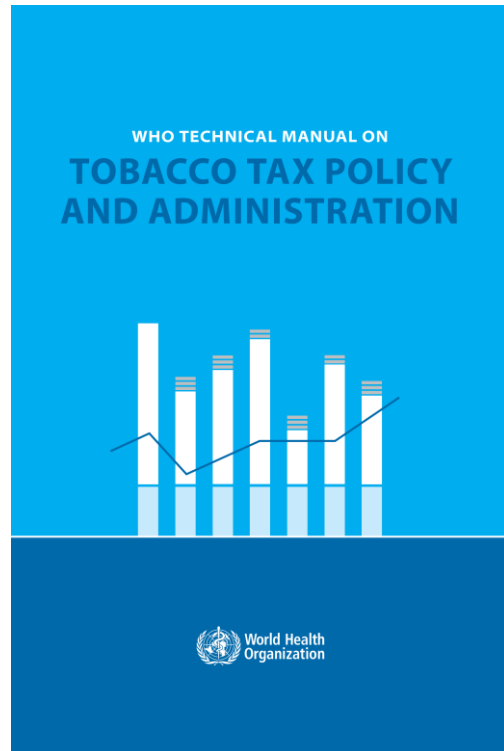


Global report on the use of sugar-sweetened beverage taxes 2023

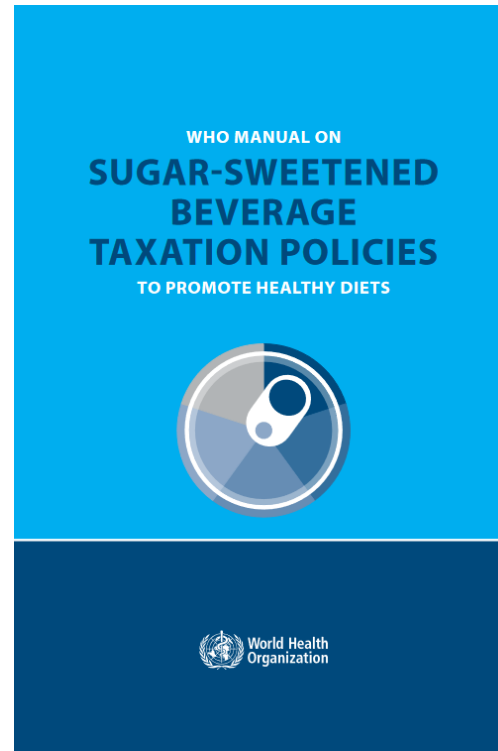




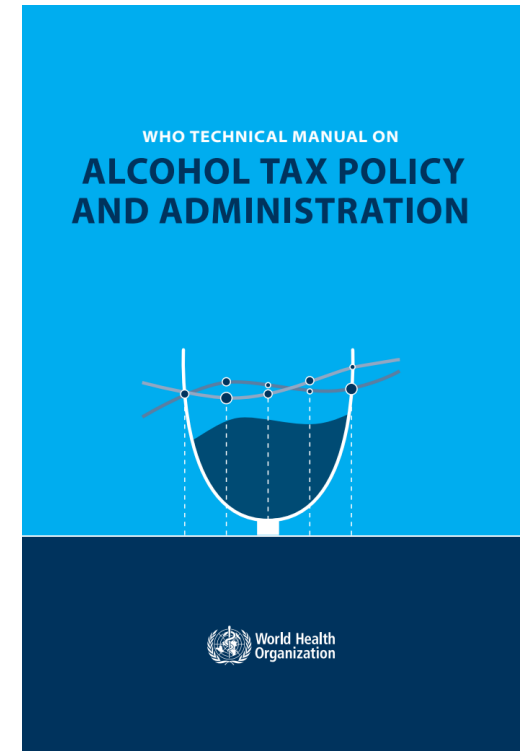
The third in a series of technical manuals produced by WHO Fiscal Policies for Health unit



2021



2022



2023



Thank you!