Packaged to Persuade: Building the scientific case for plain and standardized packaging for all tobacco products

Joanna Cohen, PhD Institute for Global Tobacco Control Department of Health, Behavior and Society

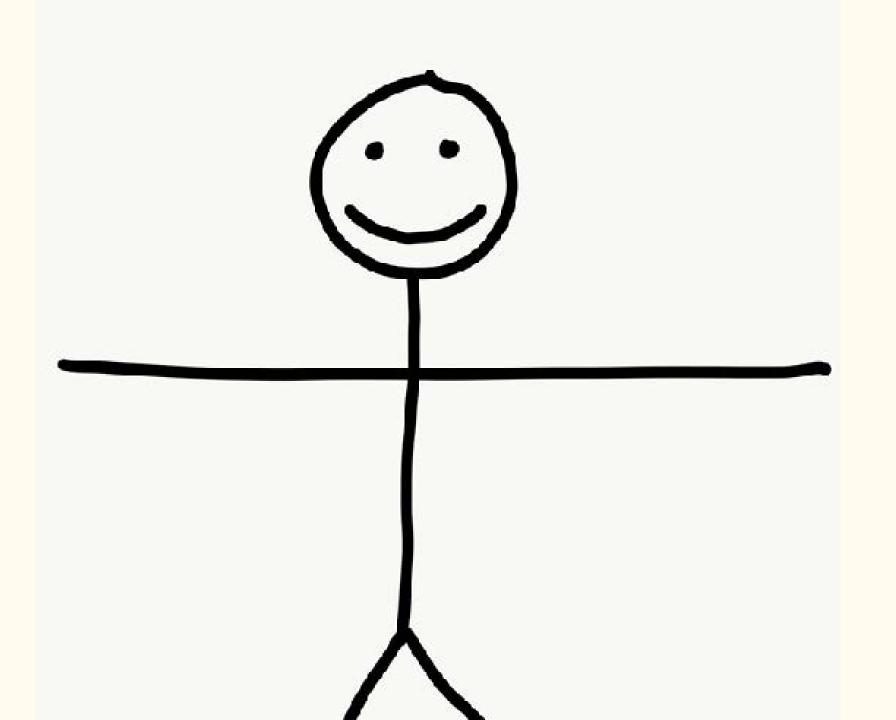


Disclosures

Over the past 10 years, I have been supported with funding from Bloomberg Philanthropies' Bloomberg Initiative to Reduce Tobacco Use (bloomberg.org), National Institutes for Health, U.S. FDA Center for Tobacco Products, Robert Wood Johnson Foundation, Vital Strategies, Health Resources and Services Administration and Johns Hopkins University.

	Tobacco industry	E-cigarette & nicotine product industry	Pharma industry
The work being presented has received funding or other means of support from any of the following sources:	NO	NO	NO
Any of the authors have received funding (including E-cigarette & nicotine product industry NO consultancy) from any of the following sources in the past 5 years:	NO	NO	NO

I have been a paid consultant in litigation against a tobacco company.



Invitation to use person-first language

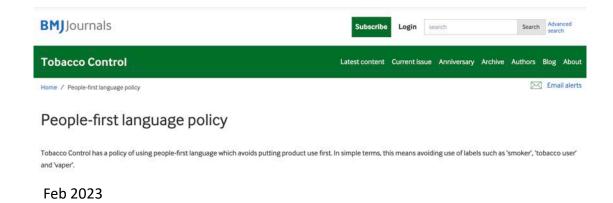
Nicotine and Tobacco Research, 2025, XX, 1–2 https://doi.org/10.1093/ntr/ntaf003 Advance access publication 7 January 2025 Editorial



Person-First Language in Nicotine and Tobacco Research

In 2022, Nicotine and Tobacco Research published an Editorial suggesting it may be time we stop using the word "smoker" to refer to record who smaller tobacco 1. A strong assumption

A complexity with person-first language, not unique to the nicotine and tobacco research field, is that in some cases it



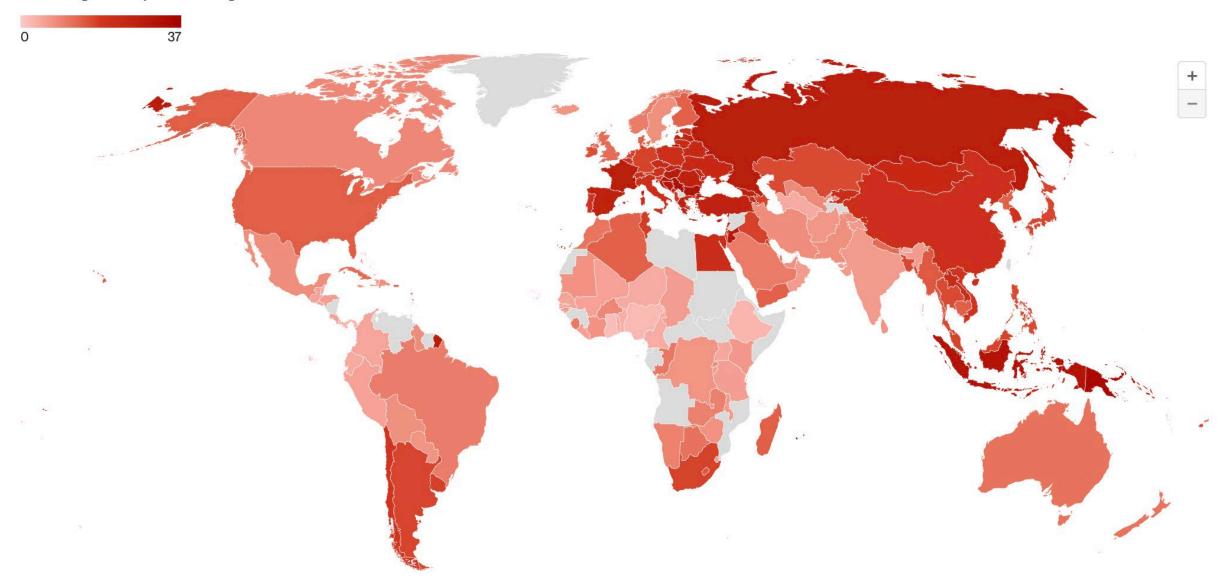


She uses e-cigarettes.

person who smokes/people who smoke
person who uses tobacco/people who use tobacco
people who report no current smoking
people who use heated tobacco products
He has never smoked.

Current smoking prevalence

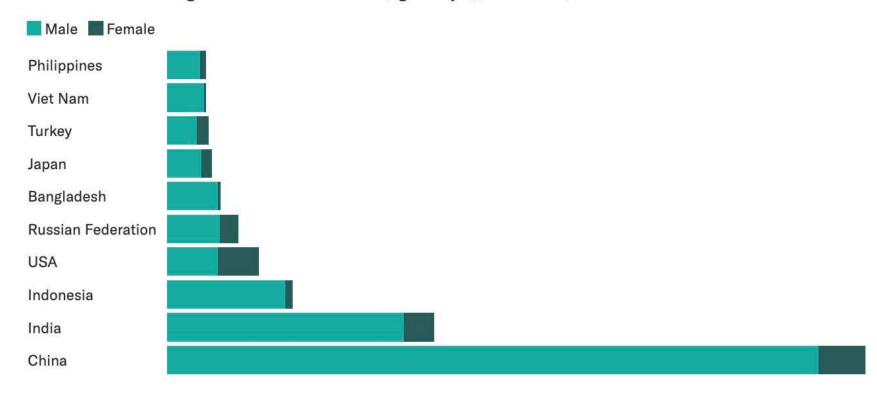
Percentage of daily smokers: age 15+, 2021 or latest data available



Overall smoking prevalence is declining but there are still more than one billion smokers in the world.

Countries with the most people who smoke

Countries with the highest number of smokers (age 15+ yrs), in millions, 2019



More than 500 million smokers live in three countries. One-third of all male smokers globally live in China.

1

Discussion



Low-income and middle-income countries leading the way with tobacco control policies

Joanna E Cohen , ¹ Graziele Grilo, ¹ Lauren Czaplicki, ¹ Jennifer L Brown , ¹ Kevin Welding , ¹ Marita Hefler, ² Ryan D Kennedy, ¹ Anne-Marie Perucic ³

¹Department of Health, Behavior and Society, Johns Hopkins University Bloomberg School of Public Health, Baltimore, Maryland, USA ²Menzies School of Health Research, Charles Darwin University, Casuarina, Northern Territory, Australia ³Health Promotion Department, WHO, Geneva, Switzerland

GLOBAL TOBACCO USE AND POLICY INTERVENTIONS

Tobacco products are the world's single largest cause of preventable death, accounting for more than 8 million deaths each year and causing suffering from avoidable illnesses among tens of millions more. Tobacco-caused death and disease

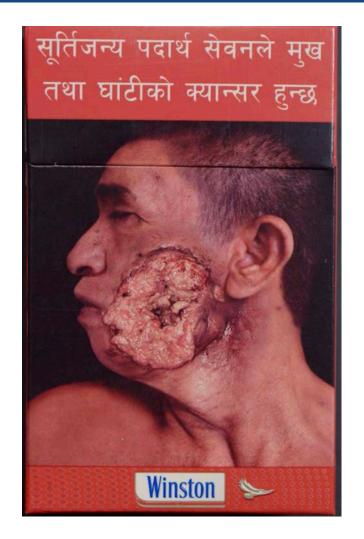
impacts feeding into the development of the FCTC, included smoke-free air policies in states and cities in the USA, pictorial health warning labels (HWLs) in Canada, restrictions on tobacco advertising and sponsorship in Canada, and the use of tobacco excise taxes as a measure to reduce smoking in Canada. Since the

Looking to LMICs for inspiration

- Large health warning labels (HWLs) on cigarette packs
- Single brand presentation (Uruguay)
- Additive ban (Brazil)
- Banning sales of a prevalent smokeless tobacco product (India)
- Strengthening penalties for illicit trade in tobacco products (Colombia)
- Tobacco-free generation (Balanga City, Philippines)
- Banning tobacco company corporate social responsibility (Mauritius)

Policy Innovations: Large picture health warning labels

- 92.5%: Timor-Leste, Turkey
- 90%: Maldives, Nepal, Vanuatu, Benin
- 87.5%: New Zealand
- 85%: Hong Kong, India, Thailand



United States?





Policy Innovations: Single pack presentation

Uruguay: first country to limit each cigarette brand to one pack design







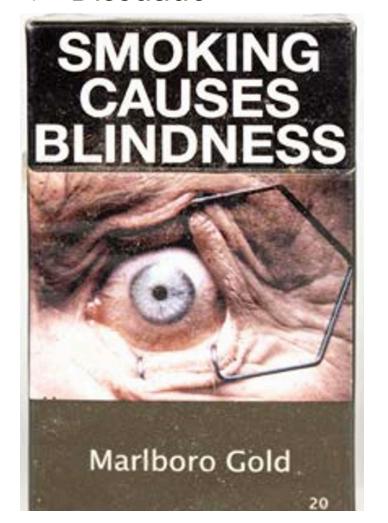


Packaging can...

Entice



Dissuade





Expanse of tobacco pack marketing appeals



Deluge of pack shapes and sizes



Tobacco company manipulation of health warning labels





TPackSS: TOBACCO PACK SURVEILLANCE SYSTEM

Search packs, resources...

Q

Pack Search

Share A Pack

Special Collections

Countries \vee

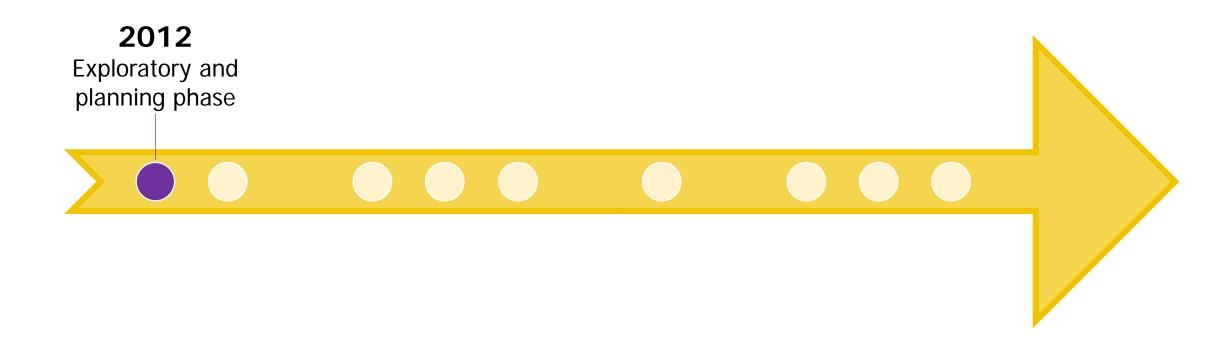
Learn & Resources

Contact Us





tpackss.globaltobaccocontrol.org

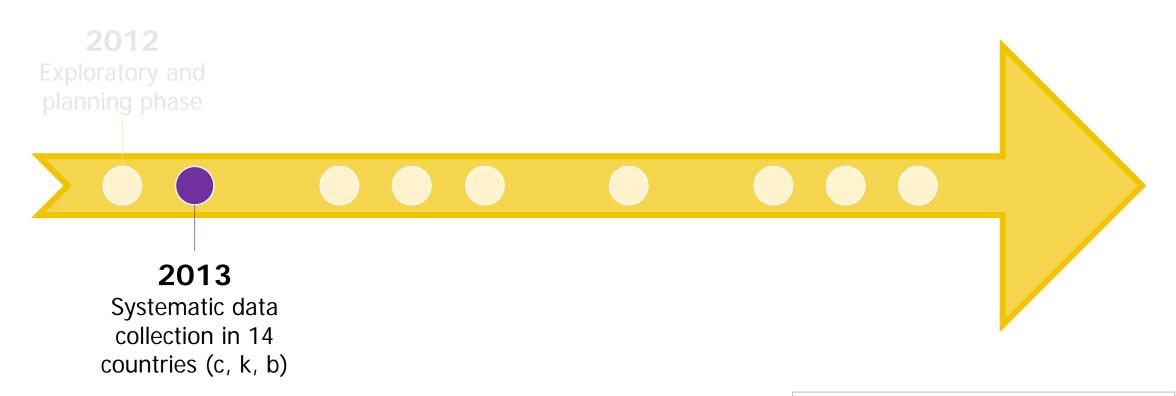


c = cigarettes r = roll your own

k = kreteks slt = smokeless

b = bidis e = e-cigarettes

s = straw cigarettes h = HTPs

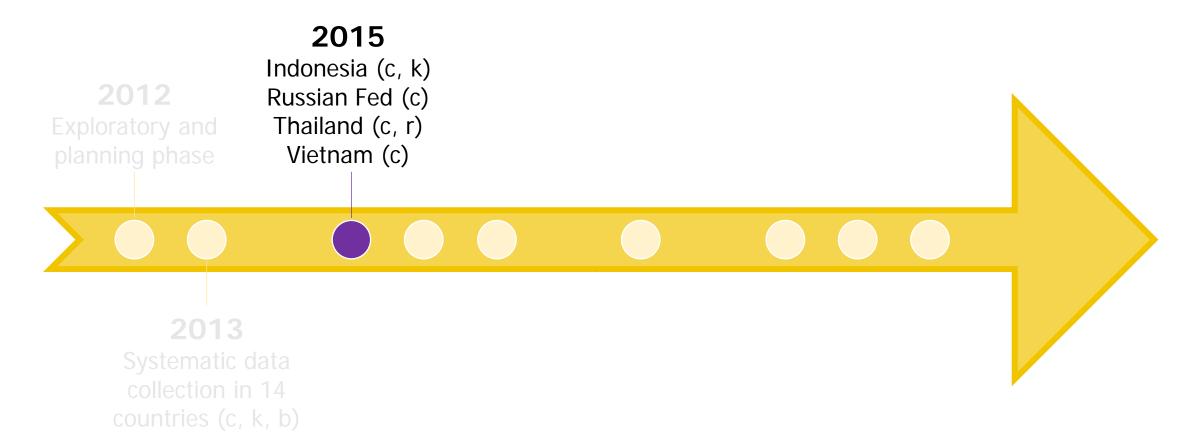


c = cigarettes r = roll your own

k = kreteks slt = smokeless

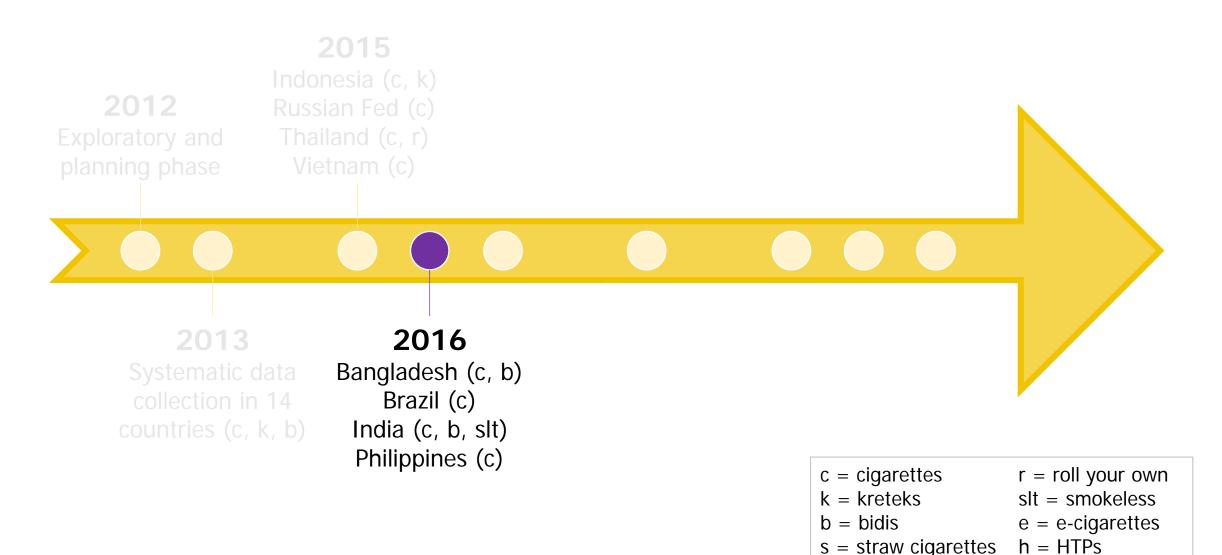
b = bidis e = e-cigarettes

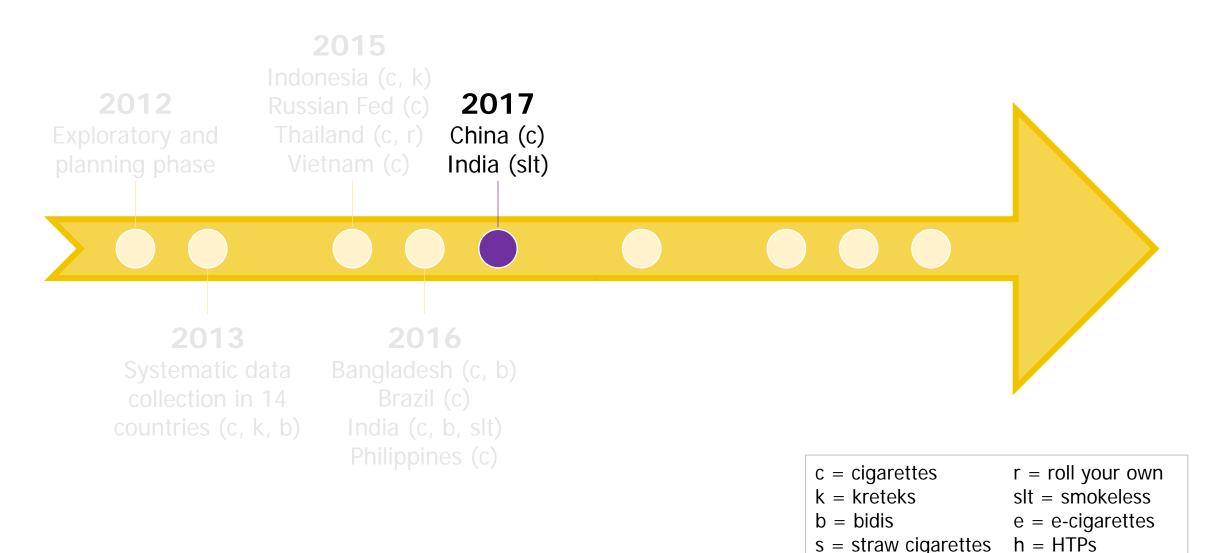
s = straw cigarettes h = HTPs

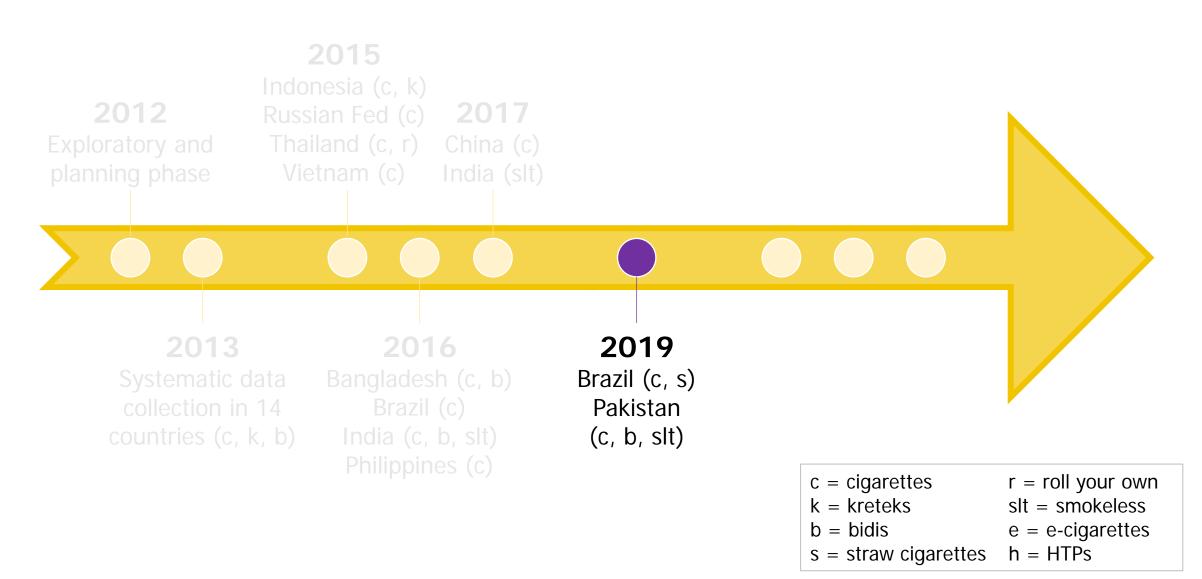


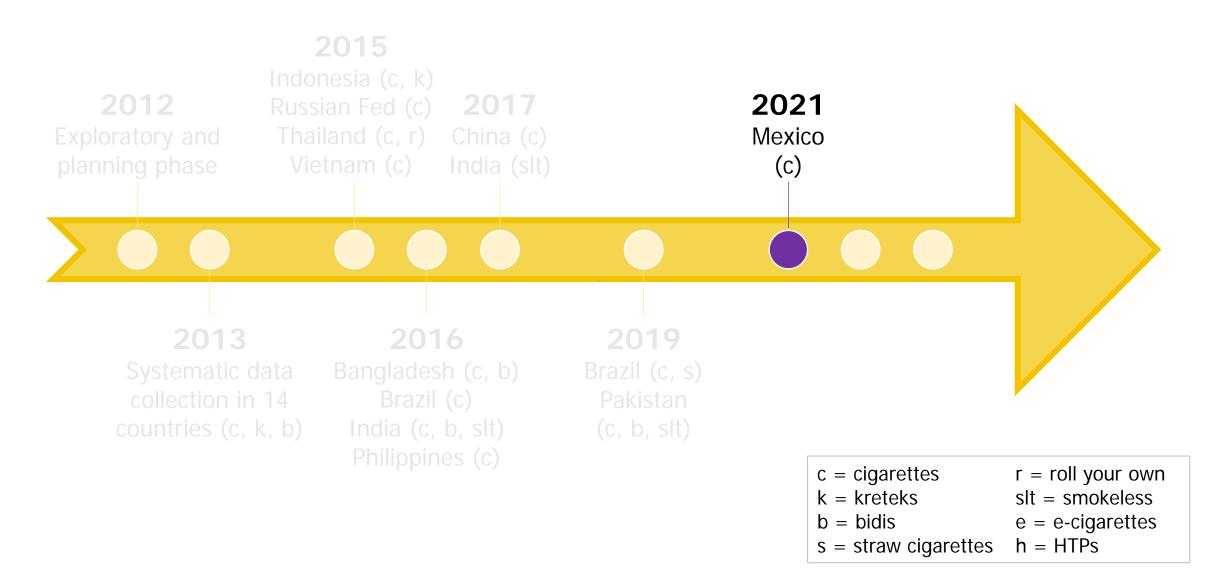
c = cigarettes r = roll your own k = kreteks slt = smokeless b = bidis e = e-cigarettes

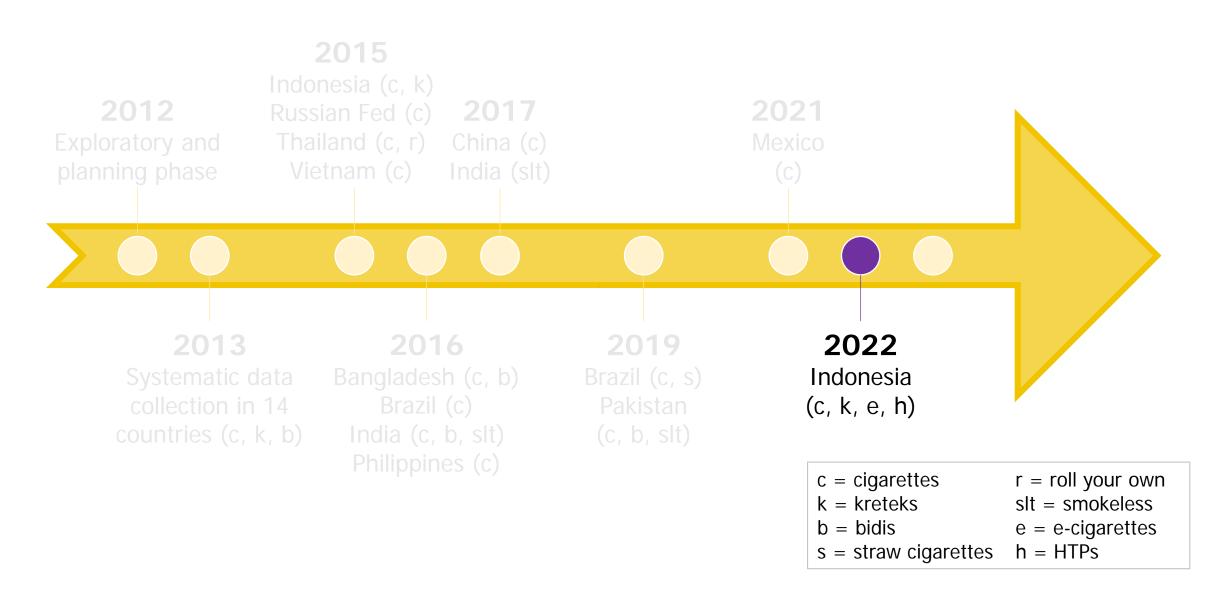
s = straw cigarettes h = HTPs

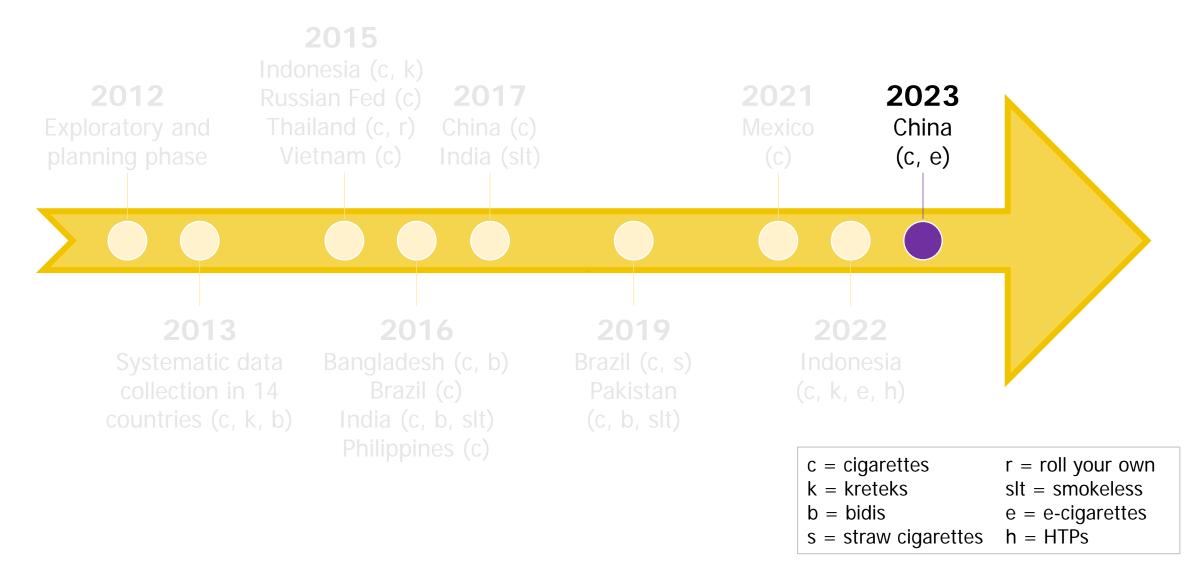












TPackSS Foci

TPackSS

Protocol

The Tobacco Pack Surveillance System: A Protocol for Assessing Health Warning Compliance, Design Features, and Appeals of Tobacco Packs Sold in Low- and Middle-Income Countries

Katherine Smith, PhD; Carmen Washington, MPH, MSW; Jennifer Brown, MPH; Alison Vadnais, MHS; Laura Kroart, BA; Jacqueline Ferguson, MHS; Joanna Cohen, PhD

JMIR Public Health Surveill. 2015 Aug 12;1(2):e8. doi: 10.2196/publichealth.4616.

Health warning label compliance

Design features and marketing appeals

Focus groups



Range of tobacco products



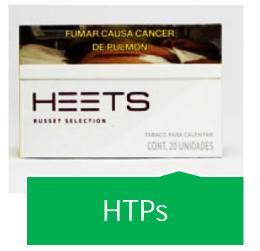
















Study design

Minimum of three cities/country Tobacco vendors in low-, mid-, and high-income neighborhoods Systematic walking protocol Range of vendor types Unique pack sample

Standard protocols



Data collection



Intake



Photo capture



Coding design features and marketing appeals



Coding health warning label compliance

Coding design features and marketing appeals

▶ Entice



Coded for **design features**:

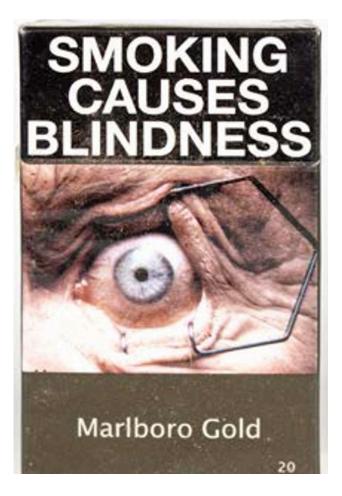
- Shape and size
- Opening style
- Textures and embellishments

Coded for marketing appeals:

- Flavors
- Technology
- Feminine, masculine
- Nationalism
- Others

Coding health warning label compliance

▶ Dissuade



Coded for:

- Warning location
- Warning size
- Warning text size
- Warning label elements

 (e.g., color contrast, picture fidelity)
- In rotation
- Illicit packs

Cohen JE et al. Do cigarette health warning labels comply with requirements: A 14-country study. Prev Med. 2016 Dec;93:128-34.



Expanse of tobacco pack marketing appeals



Deluge of pack shapes and sizes



Tobacco company manipulation of health warning labels



Flavors

Menthol











Other flavors





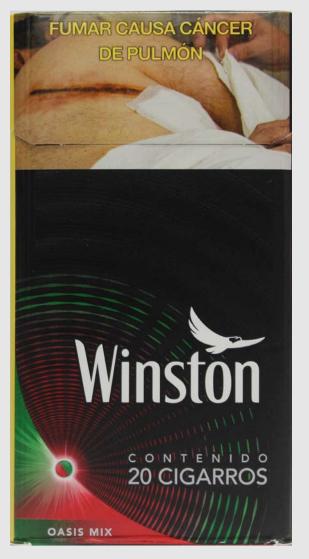


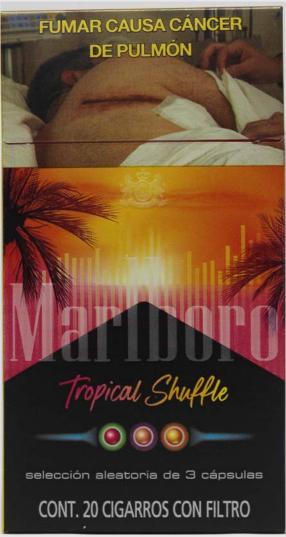




Flavor capsule cigarettes









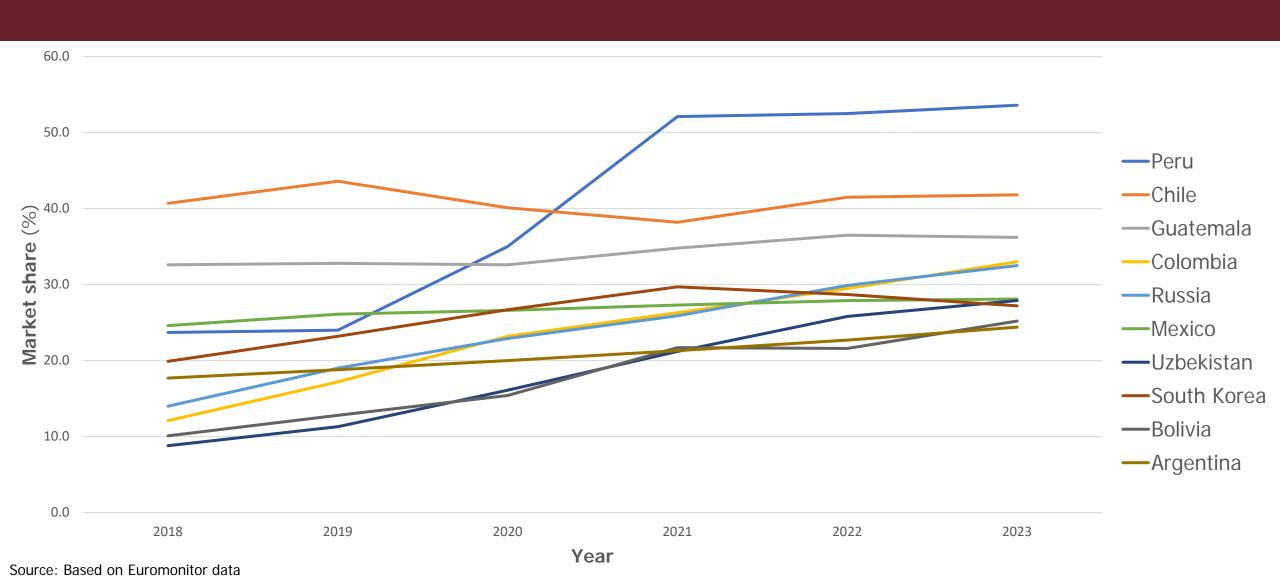




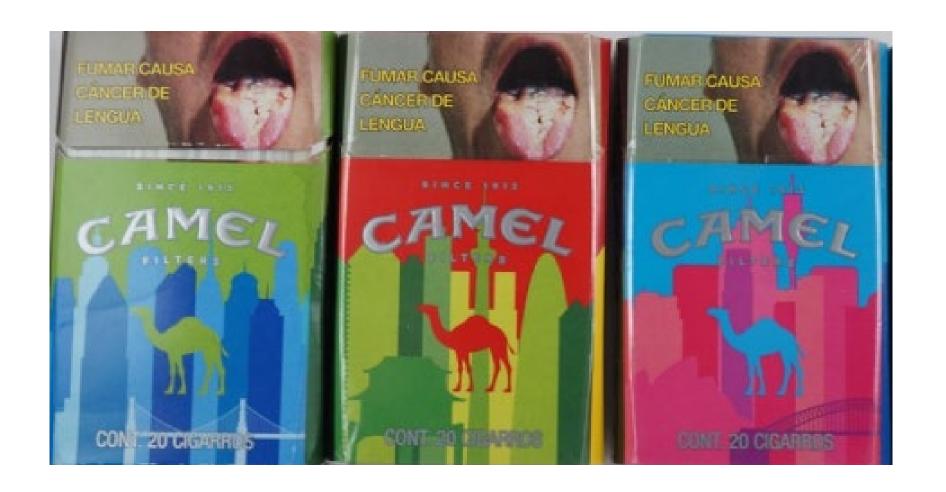




Flavor capsule cigarette growth



Colors





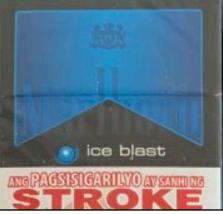




- "You can imagine what the flavor is because of the colors"
- Female adolescent who smokes













"It serves as a candy"

- Female who does not smoke

52

"It has candy. You need to press on it."

- Male who smokes



"people who are starting to smoke, smoke these flavored, colored, because they get your attention."

- Female young adult who smokes



"Like the flavorings that already have a predetermined color. You already know that strawberry is pink, red is cherry, mint is blue, that's what makes you feel like you're already smoking before you can smoke."

- Male young adult who smokes



Grilo G et al. "It's all About the Colors:" How do Mexico City Youth Perceive Cigarette Pack Design. Int J Public Health. 2021 Mar 10;66:585434.

Brown JL et al. Colours, capsules and concept flavour names on cigarette packs appeal to youth in Mexico. Tob Control. 2023 Apr;32(e1):e16-e22.

Grilo G et al. Shared perceptions of flavored cigarette pack design among young adults who smoke in Mexico and the Philippines. Tob Induc Dis. 2023 Jul 26;21:98.

Concept Descriptors

Imply that a taste, aroma, or sensation awaits the consumer

Tseng TY et al. The Use of Packaging Descriptors in a Rapidly Growing Market for Capsule Cigarettes: Evidence From Mexico. Nicotine Tob Res. 2024 Jul 22;26(8):1014-21.

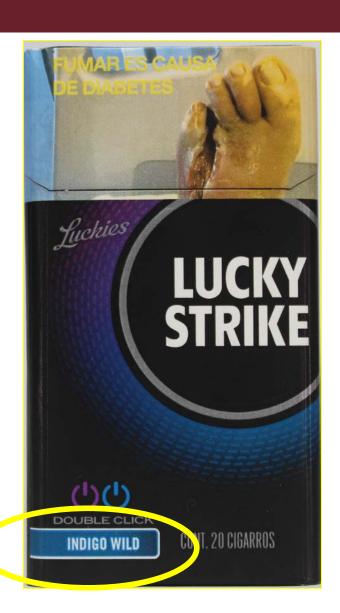


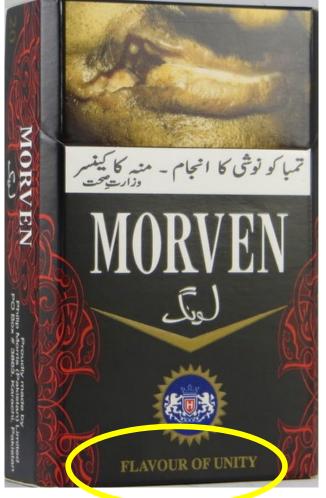




Concept Descriptors































Grilo G et al. 'Green Zing' and a selection of color concept descriptors on IQOS HEETS in Mexico. Tob Induc Dis. 2022 Nov 18;20:102.

Flavor chemicals in cigarettes

Original research



'Menthol-Plus': a major category of cigarette found among 'concept' descriptor cigarettes from Mexico

James F Pankow, ¹ Wentai Luo, ¹ Kevin J McWhirter, ¹ Samantha Gillette, ¹ Joanna E Cohen ²

Department of Civil and Environmental Engineering, Portland State University, Portland, Oregon, USA

ABSTRACT

Background Tobacco companies are offering cigarettes with 'concept' descriptor names that suggest sensation

A number of national and subnational (eg, state, province, municipality) jurisdictions have taken steps to constrain sales of flavoured tobacco prod-

Nicotine and Tobacco Research, 2024, **26**, 385–391 https://doi.org/10.1093/ntr/ntad146 Advance access publication 14 August 2023







Menthol and Other Flavor Chemicals in Cigarettes from Vietnam and the Philippines

Joanna E. Cohen PhD¹, Lauren Czaplicki PhD¹, Elizabeth Crespi MPH¹, Jennifer L. Brown PhD¹, Wentai Luo PhD², Kevin J. McWhirter BSc², Braden C. Masanga BSc², James F. Pankow PhD²

'Institute for Global Tobacco Control (IGTC), Department of Health, Behavior and Society, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD 21205, USA

²Department of Civil and Environmental Engineering, Portland State University, Portland, Oregon 97207, USA

Corresponding Author: Joanna E. Cohen, Institute for Global Tobacco Control (IGTC), Department of Health, Behavior and Society, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD 21205, USA, Telephone: 410 614 5378; E-mail: jcohen@jhu.edu

Abstract

Original research



Eugenol, menthol and other flavour chemicals in kreteks and 'white' cigarettes purchased in Indonesia

Joanna E Cohen , ¹ Beladenta Amalia, ¹ Wentai Luo, ² Kevin J McWhirter, ² Braden C Masanga, ² James F Pankow

► Additional supplemental material is published online only. To view, please visit the journal online (http://dy.doi.

ABSTRACT

Background Flavoured tobacco products are not restricted in Indonesia, a country with about 68 million

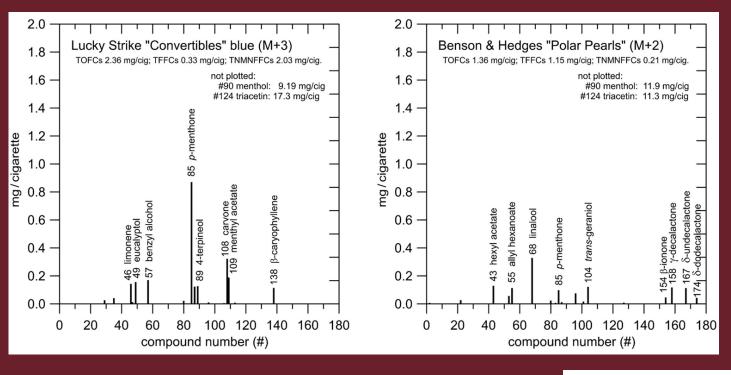
WHAT IS ALREADY KNOWN ON THIS TOPIC

⇒ Despite the high societal costs of tobacco use,

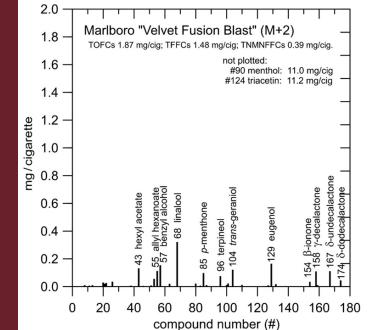
Mexico: Pankow et al. Tob Control. 2022 Aug;31(e1):e18-e24.

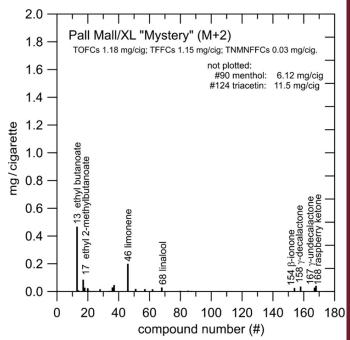
<u>Vietnam + Philippines</u>: Cohen JE et al. Nicotine Tob Res. 2024 Feb 22;26(3):385-391.

<u>Indonesia</u>: Cohen et al. Tob Control. 2024 Sep 25;33(5):637-640.



Variety of flavors and amounts Mexico





Variety of flavors and amounts Indonesia

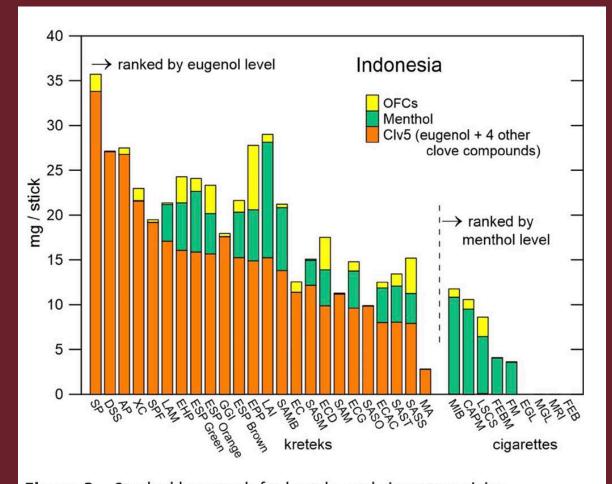


Figure 2 Stacked bar graph for kreteks and cigarettes giving mg/stick values for Clv5 (eugenol plus four other clove-related compounds), menthol and other flavour chemicals (OFCs—the 180 target analyte flavour chemicals minus the five clove-related chemicals+menthol+triacetin+triethyl citrate). The x-axis labels represent the abbreviated names of the unique brand variants analysed; the full brand names and their respective abbreviations can be found in the online supplemental figures.

Velo (British American Tobacco) nicotine pouches are being sold widely in Pakistan





Berry Frost max



Polar Mint max



Berry Frost strong



Elaichi Blast strong



Exotic Black strong



Paan Rush strong



Polar Mint strong



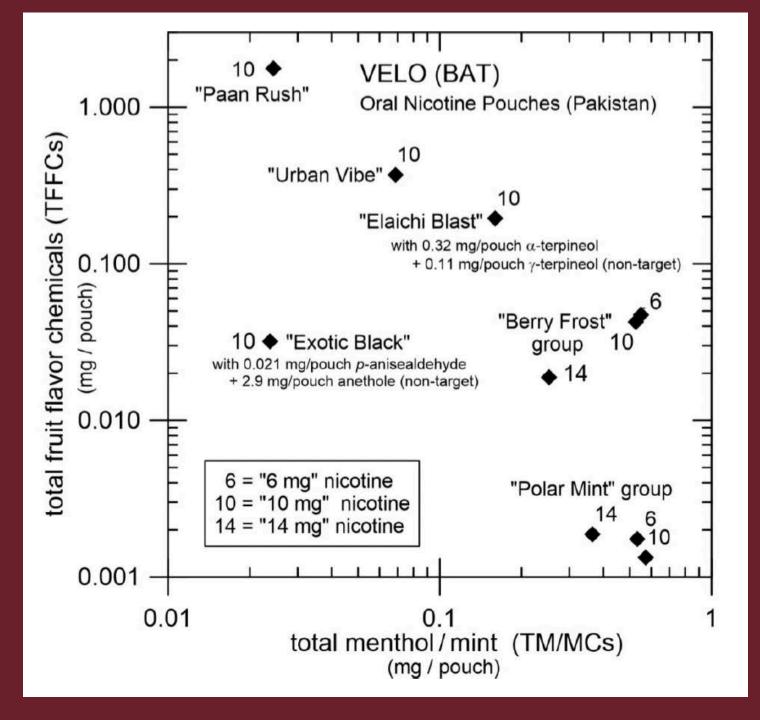
Urban Vibe strong



Berry Frost medium Polar Mint medium



Levels of total fruit flavor chemicals (TFFCs) (mg/pouch) vs. levels of total menthol/mint chemicals (TM/MCs) (mg/pouch) for 10 brand variants of Velo (BAT) oral nicotine pouches purchased in Pakistan in 2022



Flavor chemicals in cigarettes, kreteks, and nicotine pouches

Chemical analyses of cigarettes from Mexico, Vietnam, Philippines, and Indonesia, and of nicotine pouches from Pakistan, found that multi-national tobacco companies are offering a buffet of flavors, with differing flavor mixes and flavor levels.



Flowers/butterflies

Fashion









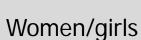
Russia

Vietnam

Ukraine

Bangladesh

Russia Turkey







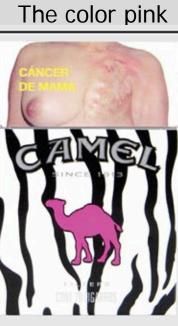




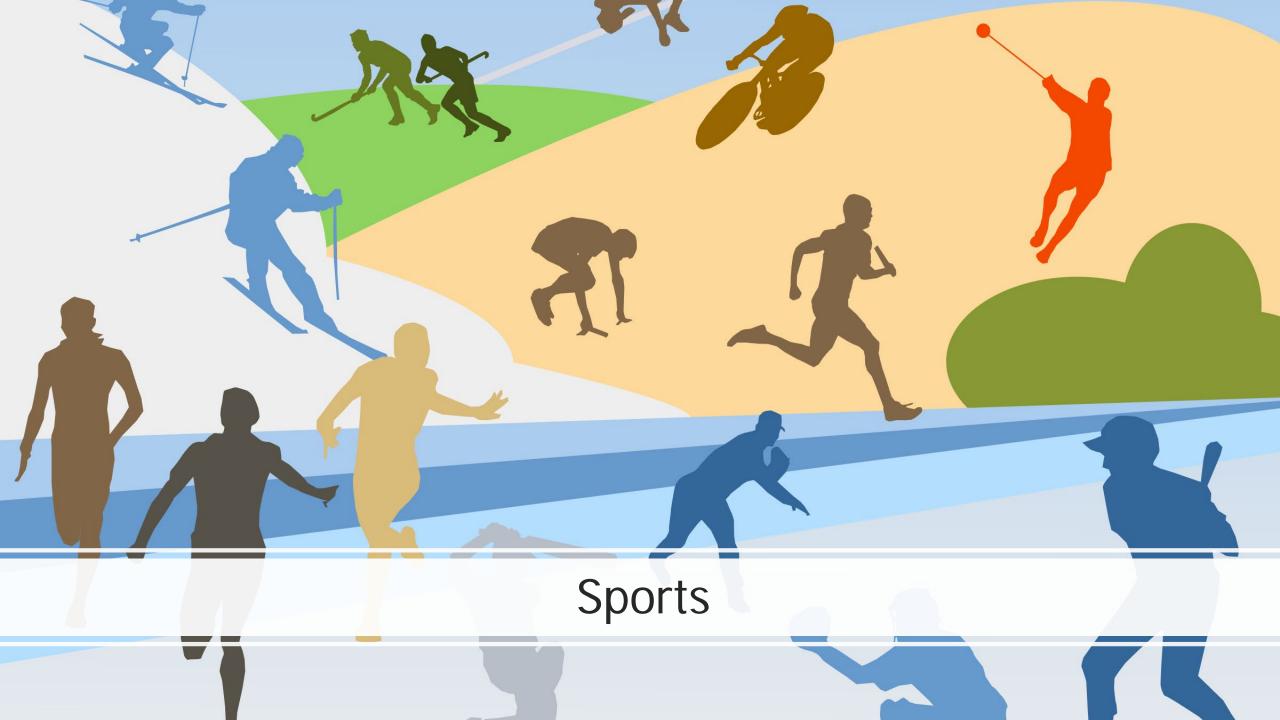
China



Pakistan

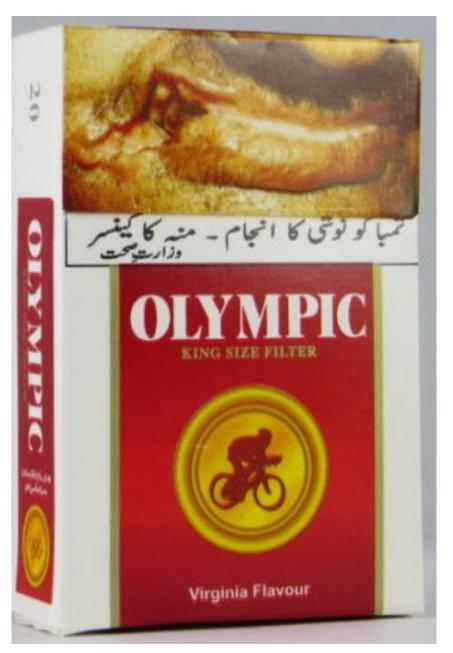


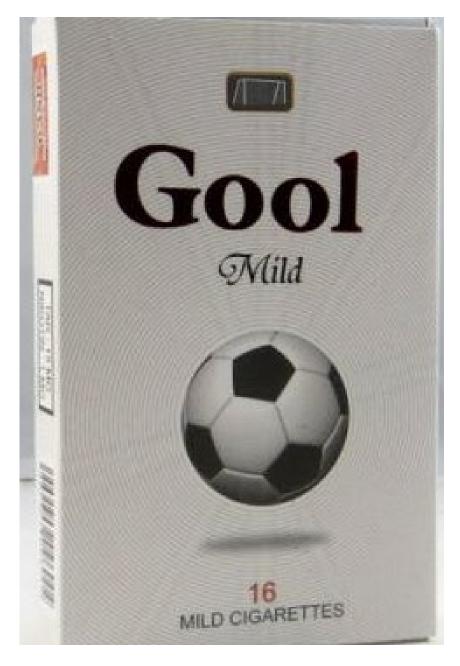
Mexico









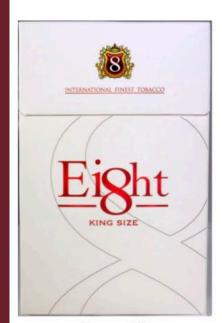


Kleb C et al. The Use of Sports Imagery and Terminology on Cigarette Packs from Fourteen Countries. Subst Use Misuse. 2018 Apr 16;53(5):873-80.



Welding K et al. The "Messi" problem of bidi branding in India. Tobacco Control Blog. M. Hefler, Ed. 2019. https://blogs.bmj.com/tc/2019/06/16/1399/.

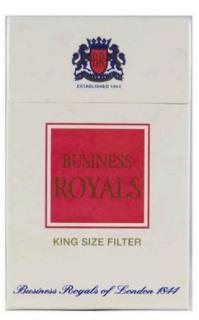
English on cigarette packs from six **non-Anglophone** LMICs



Brazil (Manaus)



Vietnam (Ho Chi Minh City)



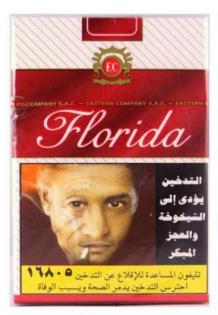
Bangladesh (Chittagong)



Vietnam (Ho Chi Minh City)



Ukraine (Donetsk)



Egypt (Cairo)



Wedding appeals

"Dragon and phoenix" in Mandarin





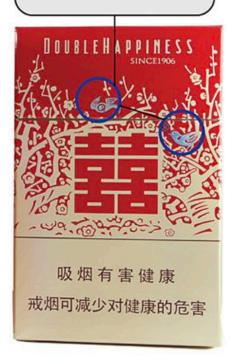
Double Happiness symbol

Dragon and phoenix imagery





Mandarin duck imagery Pair of magpies imagery



Trimble DG et al. Analysis of wedding appeals on cigarette packs in China. Tob Control. 2022 Nov;31(6):770-2.

Xing E et al. The problematic use of cultural symbols on Chinese cigarette packs. Tob Induc Dis. 2023 May 19;21:65.

Branding on the stick...



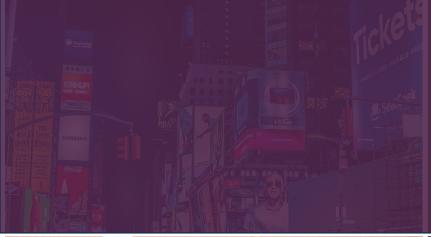
...and on the filter



Expanse of marketing appeals on and in tobacco packs:

Colors, capsules, concept descriptors, flavors, feminine, sports, English, weddings, stick...





Expanse of tobacco pack marketing appeals



Deluge of pack shapes and sizes



Tobacco company manipulation of health warning labels

Unique pack opening styles

"Other" Opening Style



Flip top variation



Flip top variation



Slide variation opening style



Book opening style



Carton opening style



Case opening

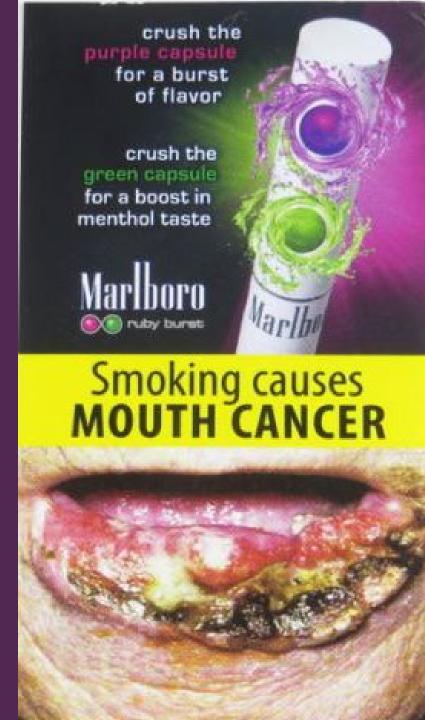
Erinoso O et al. Cigarette pack structure elements in low- and middle-income countries. Tobacco Regulatory Science 2021; 7(1):76-86.

Exposed surface area when pack is opened





Pack inserts





External packaging









More packaging







Packaging resembles **sweets**









Cartoons









SOUTH ASIA *Kabul Herat **AFGHANISTAN** Islamabad **CHINA** Lahore Amritsar Quetta Lhasa **PAKISTAN** * Delhi Zahedan NEPAL Thimphu Jaipur BHUTAN Kathmandu* INDIA Karachi BANGLADESH INDIA Dhaka Kolkata MYANMAR Mumbai ARABIAN Rangon SEA BAY OF BENGAL ANDAMAN Bangalore . ISLANDS Chennai LAKSHADWEEP Port Blair ISLANDS SRI LANKA Colombo MALDIVES This Photo by Unknown Author is licensed under CC BY-SA

Smokeless tobacco and bidis in South Asia

Wide variety in size/shape of packaging of smokeless tobacco & bidis (hand rolled cigarettes) sold in South Asia





Smokeless tobacco sold in India & Bangladesh

Bidi cigarettes sold in India & Bangladesh

Low compliance with required HWL placement on smokeless & bidi products

Missing from front of pack



Wrong size (<50% coverage)

Wrong placement (upper half of pack)





Wrong size (<50% coverage)

Wrong placement (upper half of pack)



Missing from back of pack

Standardized packs increase **noticeability** of warnings.

Prominence of warnings on standard packs raises harm perception and may influence behavior.



Deluge of pack shapes and sizes makes it difficult to properly apply HWLs





Expanse of tobacco pack marketing appeals



Deluge of pack shapes and sizes



Tobacco company manipulation of health warning labels





No black outline around text Darkened image Zoomed-out









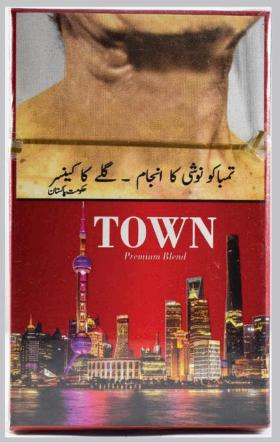
Different color Zoomed-in

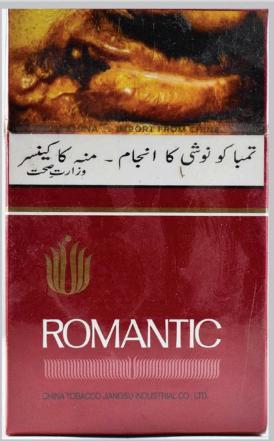












Crespi E et al. Industry manipulation of pictorial health warning labels in Pakistan. Tob Control. 2022 Sep;31(5):687-8.





Iacobelli M et al. Manipulated: graphic health warnings on smokeless tobacco in rural India. Tob Control. 2020 Mar;29(2):241-242.

Saraf S et al. Health warning label compliance for smokeless tobacco products and bidis in five Indian states. Asian Pac J Cancer Prev. 2021 Nov 1;22(S2):59-64.





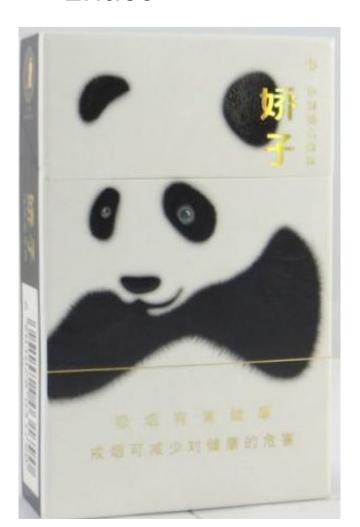




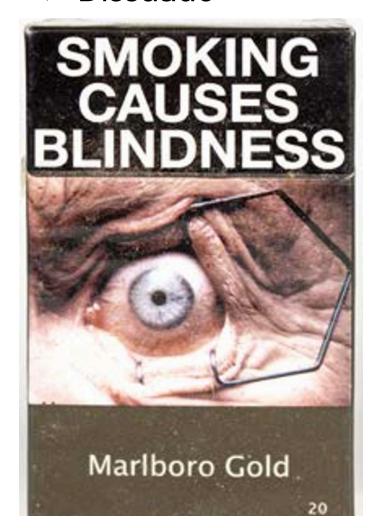
Tax stamp covering HWL

Manipulation of HWLs undermines their efficacy

Entice



Dissuade



Tobacco companies are manipulating health warning labels



Plain and standardized packaging



Institute for Global Tobacco Control. Advancing Tobacco Plain and Standardized Packaging in Low- and Middle-Income Countries: Advice from Experts. Baltimore, MD: Johns Hopkins Bloomberg School of Public Health; March 2020.





Figure 3 Plain packs for rolling tobacco (Australia), shisha (Turkey), plug, cigars (Ireland) and cigar tubes (New Zealand) (top row), snus (Norway), heets (Canada), and rolling papers, e-liquids (Israel).

Summary

- Plain and standardized packaging:
 - Leaves no pack real estate for marketing appeals (e.g., colors, feminine, sports, etc.)
 - Allows the health warning label to be applied properly so that it is legible
- Additional compliance checks are needed to ensure tobacco companies are applying the labels as required and without any manipulation
- Plain and standardized packaging for all tobacco products will help convey the truth—that these are deadly products

Free resources

Tobacco Pack Surveillance System (TPackSS)



Explore a searchable database of over 6,800+ tobacco packs from low- and middle-income countries

around the world



Share a Pack



User-submitted images

that can be filtered by country, date found, product type and more. **Browse, submit and share** from anywhere in the world!



Free Online Courses

knowledge
and obtain a
certificate of
completion in
your choice of
3 courses





Innovations in Tobacco Control Lectures

- Leading experts in tobacco control
- More than 60 lectures available online





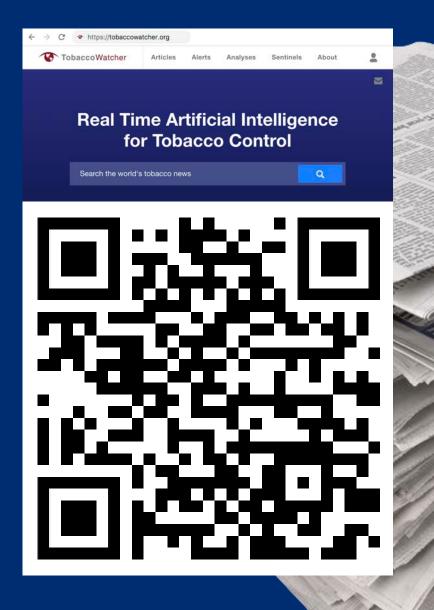


Tobacco Watcher

Search articles, set alerts, and cut through the noise to stay on top of breaking news

of relevance to

tobacco control





WORLD CONFERENCE ON TOBACCO CONTROL 2025

(formerly the World Conference on Tobacco or Health)

IS BACK!

Save the Date:

23 - 25 JUNE 2025 DUBLIN, IRELAND

Acknowledgements





Adam Goldstein



Mary Jane Ashley Roberta Ferrence



Rob Schwartz



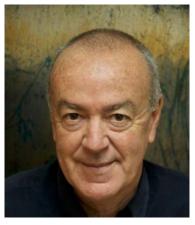
Michael Chaiton



Peter Selby

BMJ Journals

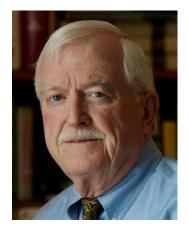
Tobacco Control



Simon Chapman



Ruth Malone



Gar Mahood



Matt Myers

Acknowledgements



Institute for Global Tobacco Control







Kevin Welding



Jenny Brown



Sejal Sara



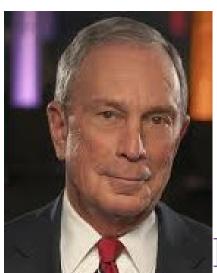
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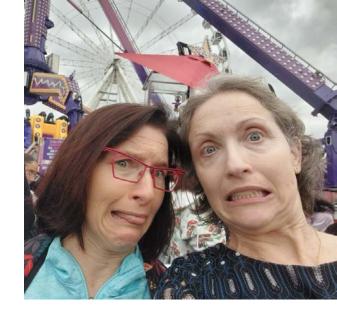
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Thank you!





Global Tobacco Control Progress Hub

Country and region-level reporting and analysis of implementation of key policy measures

required by the WHO Framework Convention on Tobacco Control



