



CIGARETTE AND E-CIGARETTE USE AMONG PEOPLE SEEKING TREATMENT IN DRUG REHABILITATION CENTERS IN SOUTH AFRICA

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(SACENDU PTA; 30 October 2025)

ACKNOWLEDGMENT

- Thanks to the SACENDU Team for giving us access to the data
- Other co-authors of this presentation include
 - Mr. Mukhethwa Londani
 - Ms Siphesihle Gwambe



BACKGROUND

NICOTINE

TRADITIONAL TOBACCO PRODUCTS

- Usually categorized as combustible and non-combustible tobacco products
- Combustible tobacco products:**
- Require burning of the product for consumption and include cigarettes, cigars, cigarillos, pipes, roll-your-own and hookah/shisha/waterpipe/ hubbly



NON-COMBUSTIBLE TOBACCO PRODUCTS

- Also called smokeless tobacco products (SLT)
- They do not require burning for consumption
- These include snuff, snus, dissolvable tobacco, chew tobacco



NOVEL/EMERGING AND RE-EMERGING NICOTINE/TOBACCO PRODUCTS



Assorted flavours



SOME DIFFERENCE BETWEEN CIGS, HTPS, AND E-CIGS

Cigarette:

Heated at 600- 900°C
Contains Tobacco,
nicotine, tar and over
7000 chemicals (about
70 known carcinogens)



Heated Tobacco product (HTP):

Heated at 350°C
Contains Tobacco, nicotine
and tar and other chemicals
found in cigarettes



E-Cigarette:

Heated at 100–300°C (can be higher
depending on device type)
Contains nicotine and some other
chemicals found in cigarettes like
cadmium, lead, etc.



BACKGROUND

- Substance use involves the intake of substances such as alcohol, cigarettes, illegal substances, prescription medications, inhalants, and solvents in a way that is detrimental to self, society, or both
- About 29.4% of South African adults aged 15+ yrs currently use tobacco products, 23.9% smoke cigarettes - GATS-SA
- Tobacco use can also be a gateway to the use of other substances



FROM STUDIES OUTSIDE SA

- Tobacco use is generally viewed as a lesser evil, and a lower treatment priority, for those who are addicted to illicit drugs or alcohol
- Nicotine dependence is highly prevalent among drug- and alcohol-dependent patients
- Smoking rates among persons with substance use disorders (SUD) are higher than in the general population



HHS Public Access

Author manuscript

Subst Use Misuse. Author manuscript; available in PMC 2016 April 07.

Published in final edited form as:

Subst Use Misuse. 2015 ; 50(8-9): 1199–1204. doi:10.3109/10826084.2015.1007757.

A perspective on cigarette smoking during alcohol and substance use treatment

Timothy J. Grigsby, Myriam Forster, and Steve Sussman

Abstract

Individuals in treatment for substance use continue to smoke at higher rates than the general population of the United States. This editorial presents a different perspective on cigarette smoking that might reflect aspects of the subculture of individuals who, representing a heterogeneous population, smoke while recovering from substance use associated problems. We discuss factors that independently and, in combination, influence cigarette smoking during treatment and recovery from substance use. We conclude that more qualitative research is needed to understand which factors, not typically emphasized in standard tobacco cessation programming, may contribute to cigarette smoking cessation for this population.



To investigate the prevalence of cigarette and e-cigarette use among people seeking treatment in drug rehabilitation centers in South Africa (using SACENDU data)

METHODS

- We used secondary data collected as part of the SACENDU project (2015 to 2024)
- SACENDU collects data on licit and illicit substances (including tobacco and recently, e-cigarettes) used by those seeking treatment from drug rehabilitation centers in South Africa
- Data are collected using a standardized data collection form hosted on REDCAP or paper based
- Number of Rehab centers: 92 as of 2024, located in all 9 provinces of SA

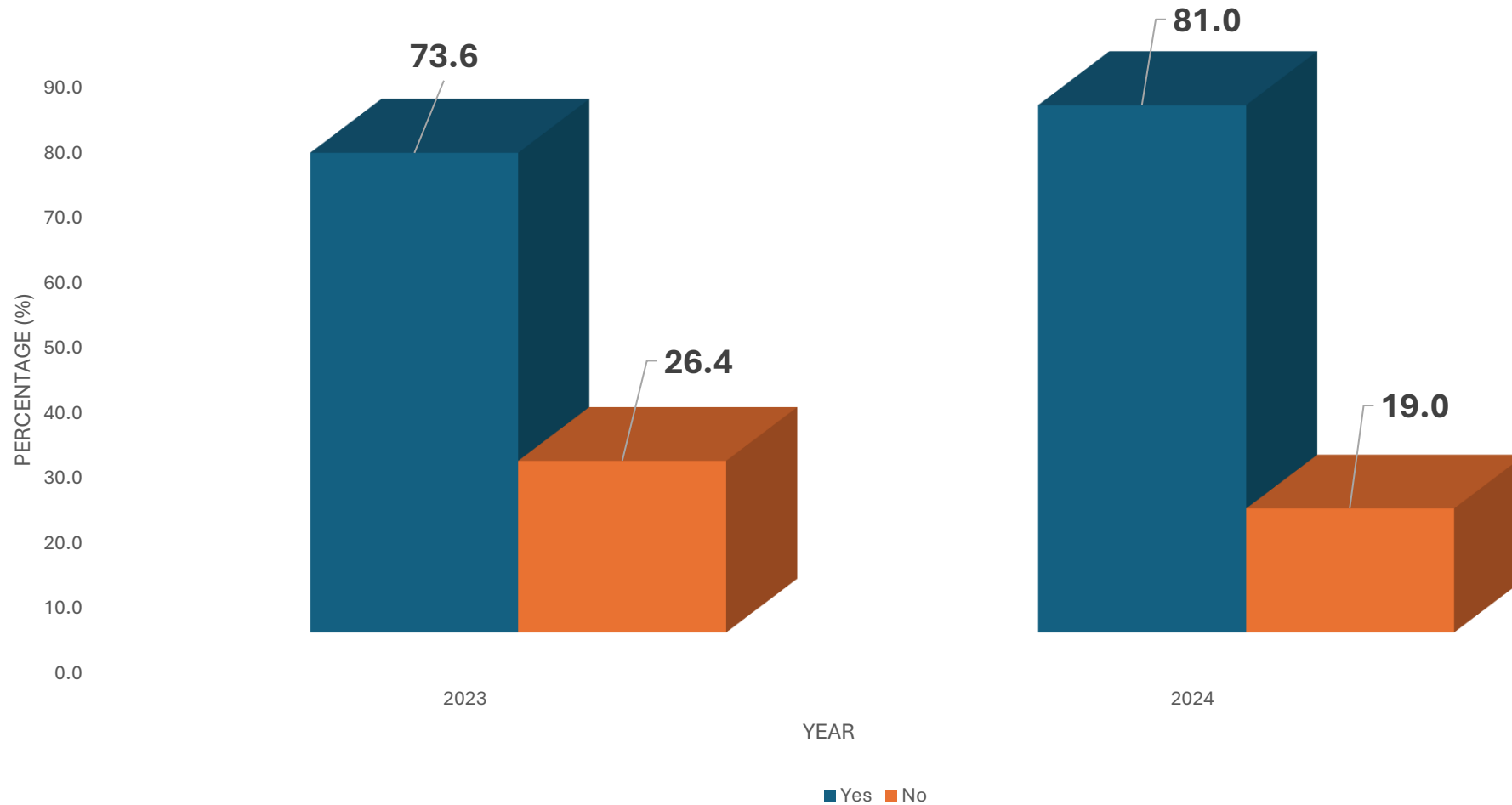


PRELIMINARY

RESULTS

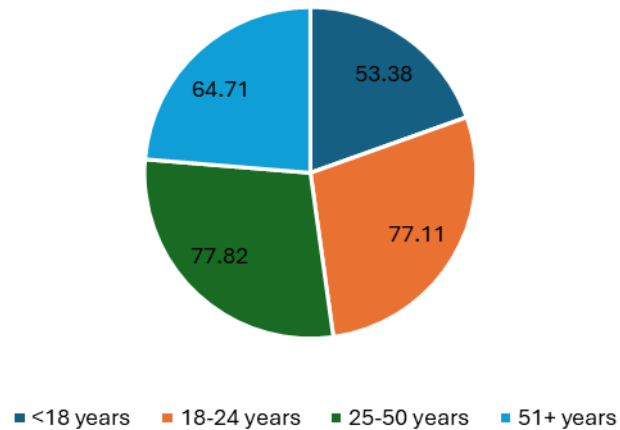


CIGARETTE SMOKING AMONG THOSE SEEKING TREATMENT (2023 & 2024)

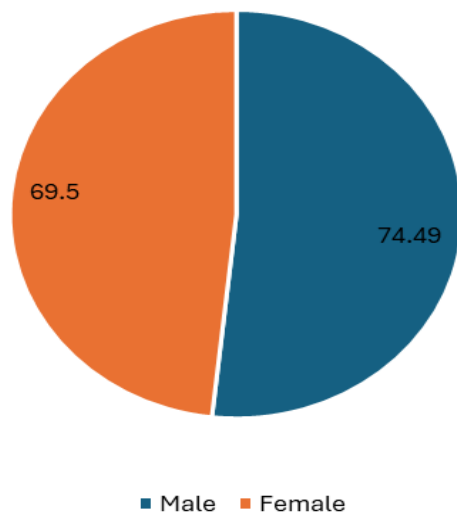


CIGARETTE SMOKING-2023

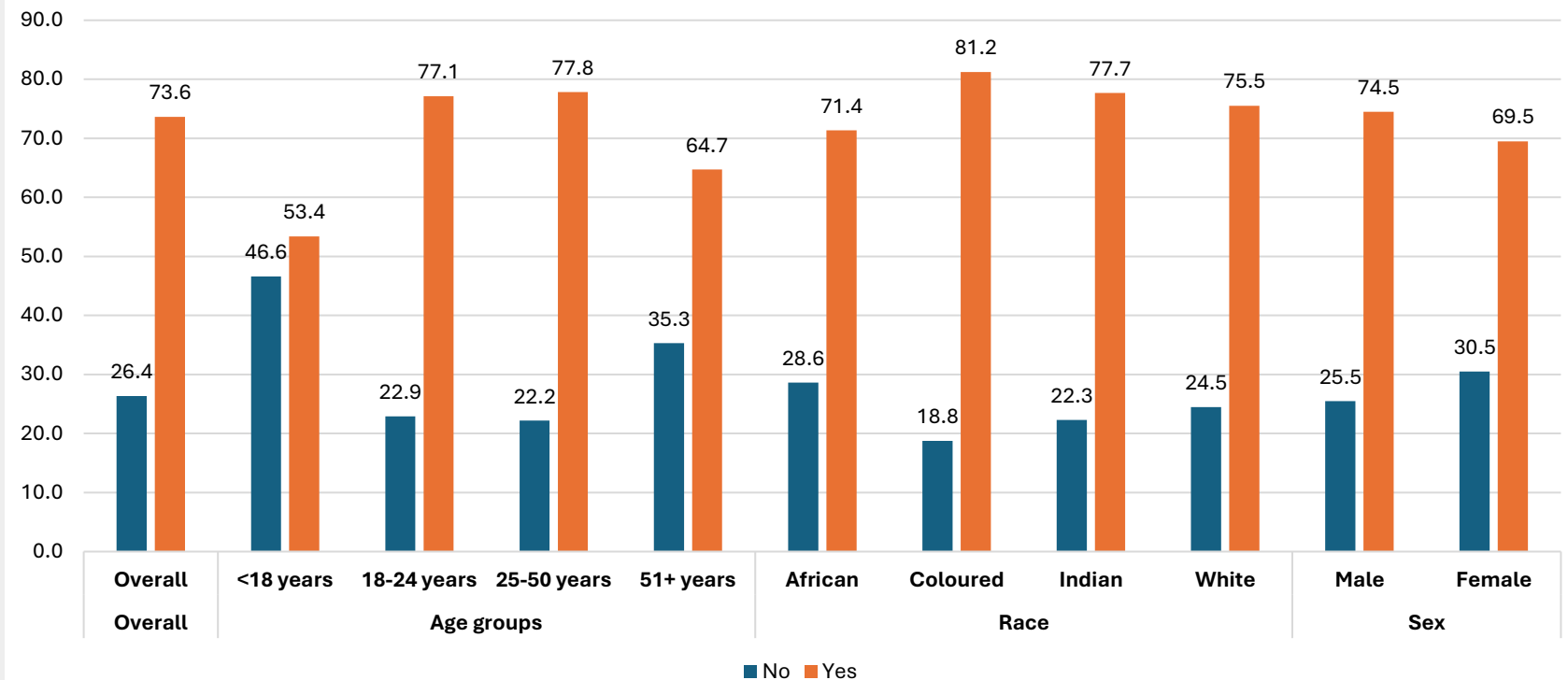
Cigarette smoking (Age groups)



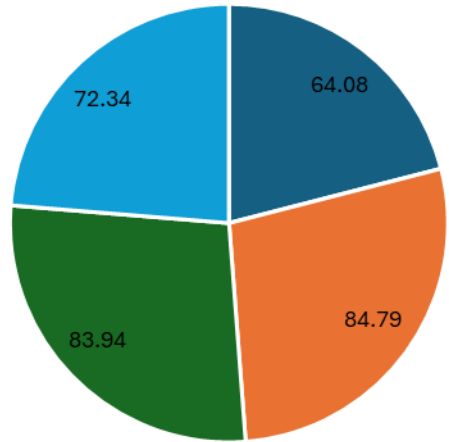
Cigarette smoking (Sex)



Cigarette smoking

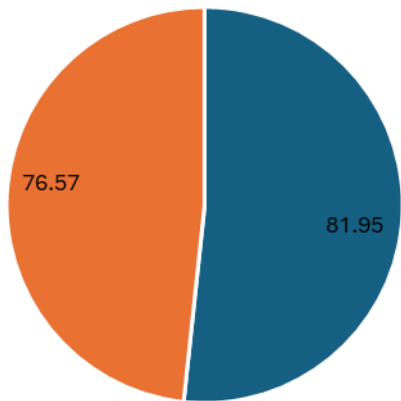


Cigarette smoking (Age groups)



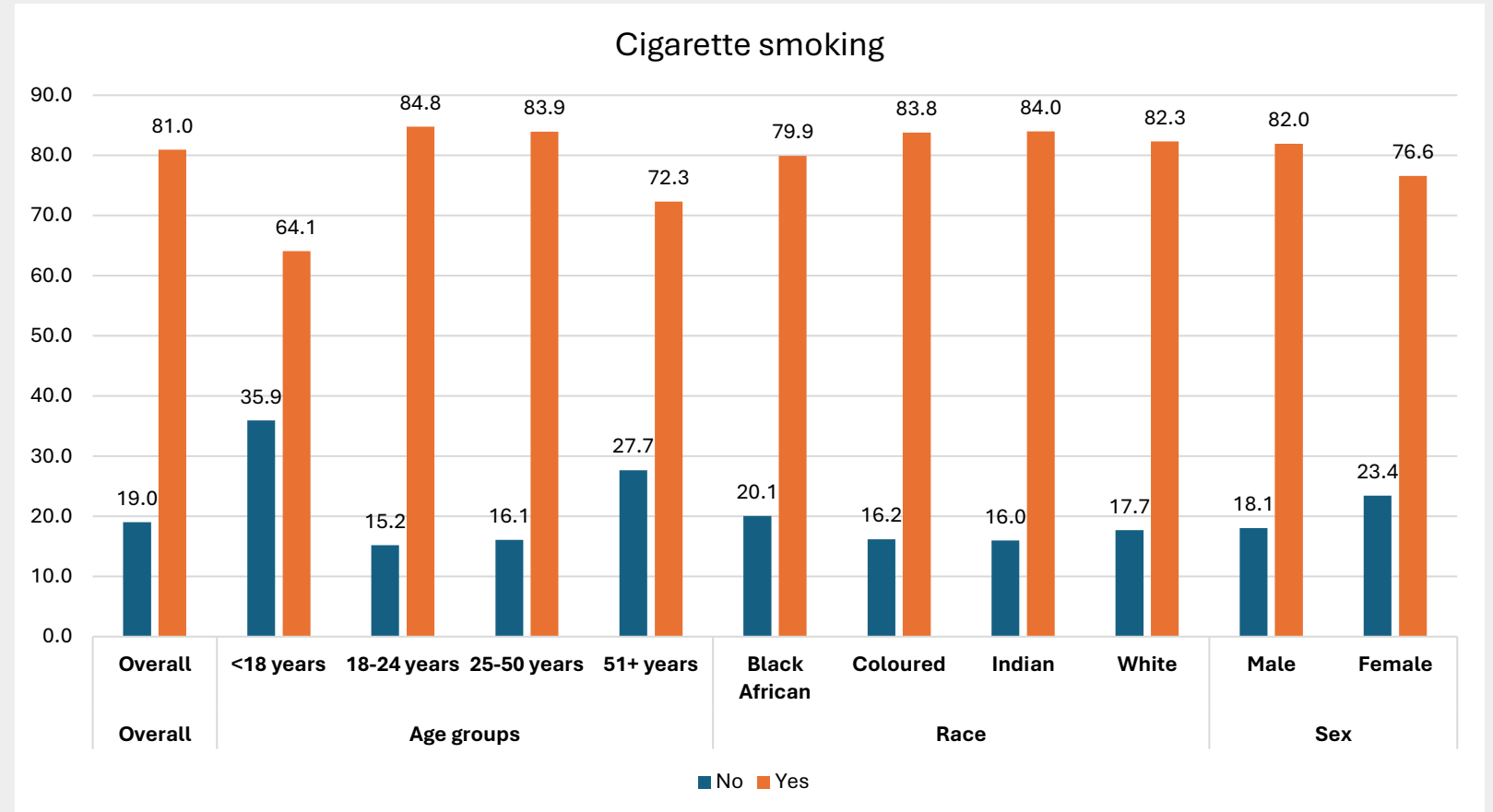
■ <18 years ■ 18-24 years ■ 25-50 years ■ 51+ years

Cigarette smoking (Sex)

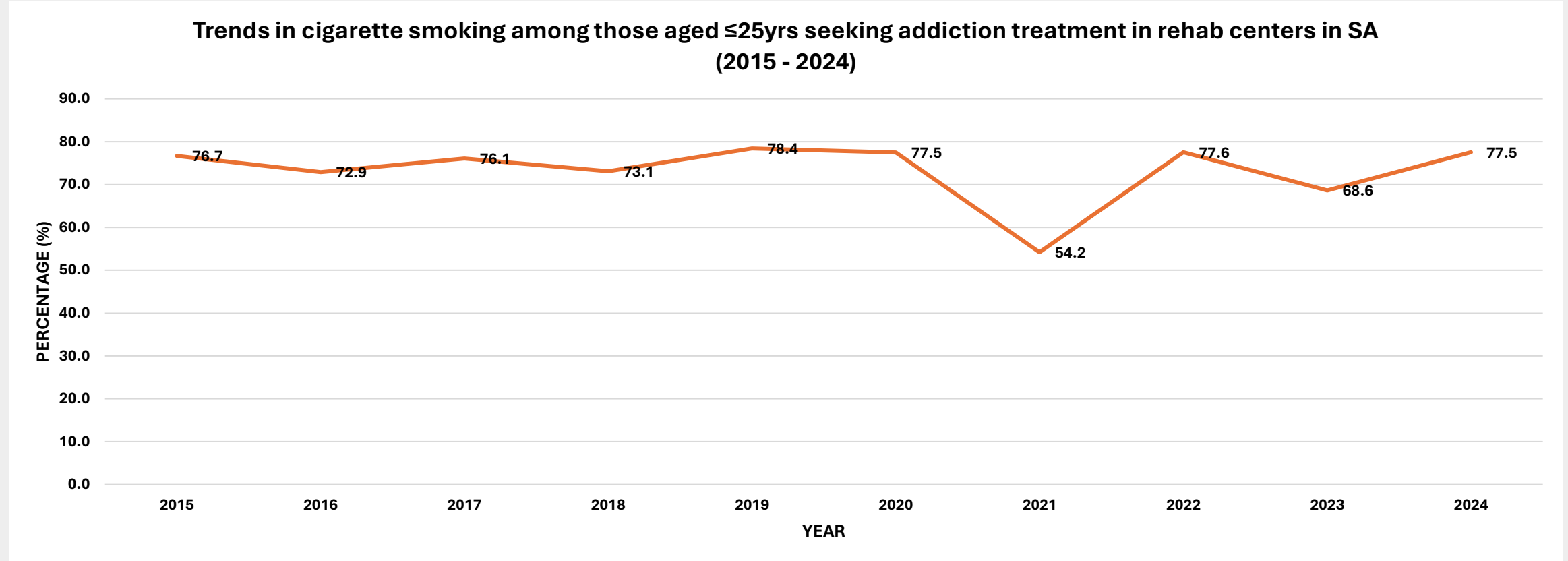


■ Male ■ Female

CIGARETTE SMOKING-2024

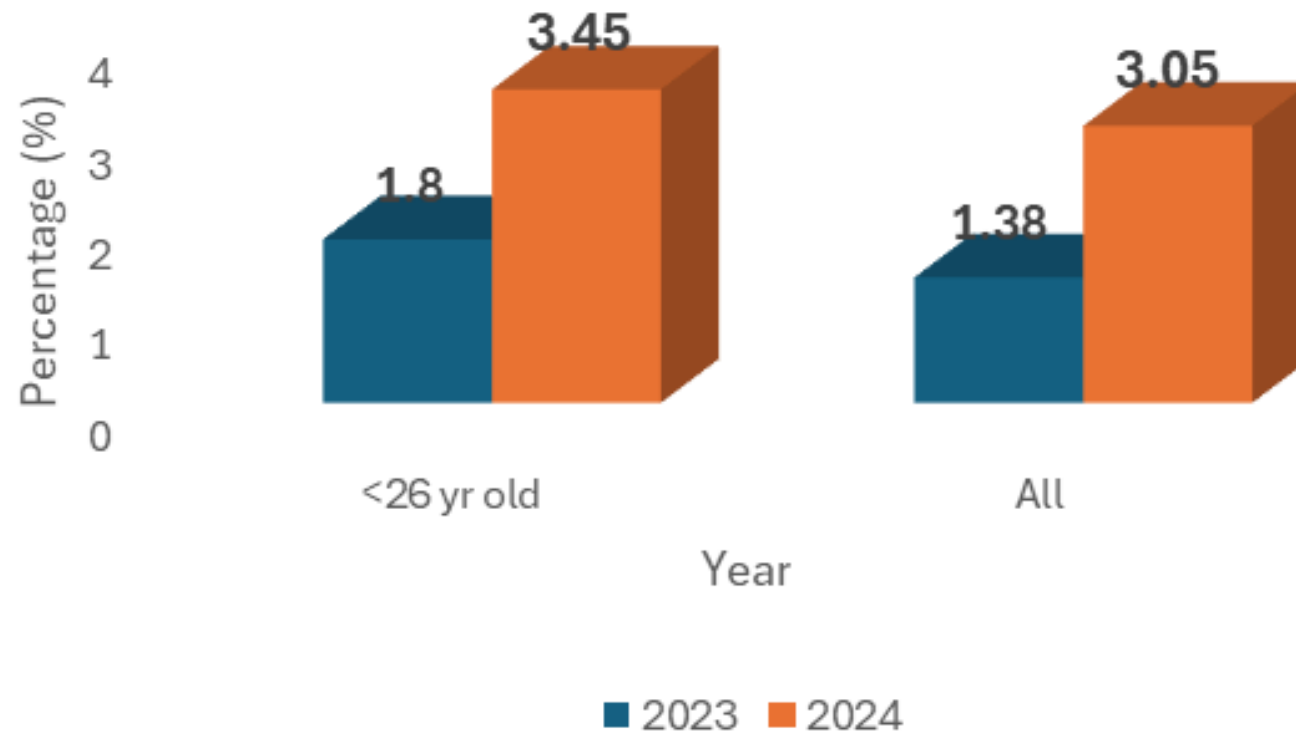


CIGARETTE SMOKING AMONG THOSE AGED ≤ 25 (2015 - 2024)

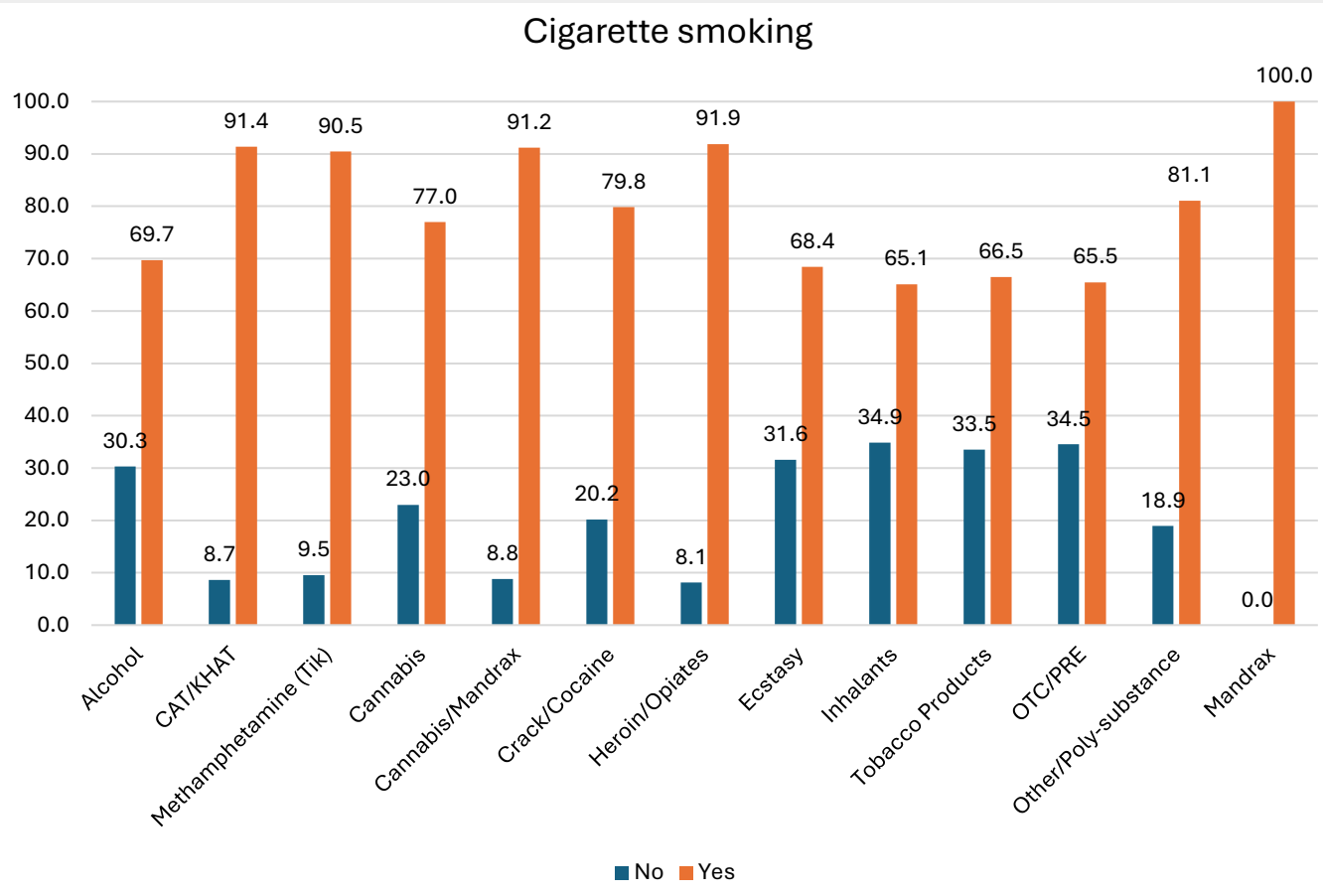


E-CIGARETTE USE (2023 & 2024)

E-cigarette use among those seeking addiction treatment in rehab centers in SA (2023 & 2024)



PRIMARY DRUG OF USE AMONG THOSE WHO SMOKE CIGARETTES (2024 ONLY)



PRIMARY DRUG OF USE	% WHO SMOKE CIGARETTES
Alcohol	69.7
CAT/KHAT	91.4
Methamphetamine (Tik)	90.5
Cannabis	77.0
Cannabis/Mandrax	91.2
Crack/Cocaine	79.8
Heroin/Opiates	91.9
Ecstasy	68.4
Inhalants	65.1
OTC/PRE	65.5
Other/Poly-substance	81.1
Mandrax	100.0

CONCLUSION

- Nicotine addiction is a significant problem in South Africa
- People who access drug treatment centers are smoking cigarettes along with using other substances
- Recent reports also show that e-cigarette use among people seeking treatment for drug addiction in SA is rising
- Between 2023 and 2024, e-cigarette use rose by 192% (26years or less) and 220% overall
- The COVID-19 lockdown ban significantly reduced the number of those who smoke among those seeking treatment at rehab centers in SA
- There was not enough data to ascertain whether cigarette smoking was the gateway to the use of other drugs in this population

RECOMMENDATIONS

- Treatment centers may improve treatment outcomes for their patients if nicotine addiction treatment services are provided alongside other addiction treatment services
- Treatment centers should continue collecting data on tobacco and nicotine use and include data on 1) date of initiation; 2) how long an individual has smoked cigarettes or used e-cigarettes; 3) which drug was first initiated
- Comprehensive training on cessation services should be required for all health practitioners in treatment centers.
- The staff should also be educated on high rates of smoking within this population and the impact on health.
- Support regulations that ensure treatment facilities are 100% smoke-free environments as this will protect staff from exposure to secondhand smoke and encourage patients to quit smoking.
- Support policy which will regulate e-cigarettes in South Africa. Especially the marketing of these products to younger people as an alternative to cigarettes.



Thank you
for
listening

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