

Abstract

Abstract Aim of the work: The aim of this work was based on a questionnaire survey to find out the respondents' views on whether smoking cigarettes, electronic cigarettes and the use of heated tobacco affects body weight, including gender differences. The secondary aim was determined with any likelihood of replacing respondents who vape EC or use heated tobacco according to a variable flavor, food, or snack of EC or heated tobacco.

Methods: An anonymous online questionnaire consisting of 18 questions was spreaded via Facebook in the Spolucestování, Kolej 17. listopadů and 1. LF UK Nutriční terapeuti interest groups from 21 April 2021 to 31 March 2021, as well as through the discussion forums of the eMimino and Mamaguru websites. Only individuals who smoke cigarettes, vape electronic cigarettes with nicotine or use heated tobacco could participate in the questionnaire survey. The questionnaire was completed by 190 respondents, while 6 respondents were excluded due to incomplete answers or failure to meet the entry criteria. The final set includes 184 respondents.

Results: The group of 184 respondents consisted of 101 women and 83 men. Average age of the group was 27.63 ± 8.20 years, average age of women 27.10 ± 7.53 years, average age of men 28.27 ± 8.96 years. The result shows that 34% of respondents think that smoking or vape helps to lose weight. Concerns about weight gain after smoking cessation were reported by 27% of respondents. 31 respondents reported an increase in body weight after quitting smoking and the average weight gain was 3 ± 4.16 kg. A total of 7 respondents recorded weight loss after smoking cessation and averaged 5 ± 2.56 kg. 36% of respondents replaced food or snacks with smoking or vaping. The analyzed data show that women are more afraid or concern of gaining weight after quitting smoking or vaping, compared to men. Respondents who smoke electronic cigarettes or use heated tobacco due to the variability of flavors experienced the replacement of food or snacks with electronic cigarettes or heated tobacco with the same probability as other respondents who smoke or use heated tobacco.

Conclusion: In our study, it was found that respondents consider smoking, vaping of electronic cigarettes or the use of heated tobacco as factors that affect body weight. Gender differences in fears of weight gain after quitting have also been confirmed - women are more concerned about weight gain after quitting smoking or vaping than men. At the same time, respondents who vape EC or use heated tobacco due to flavor variability noted the same likelihood of replacing food or snacks with electronic cigarettes or heated tobacco compared to those who vape electronic cigarettes or use heated tobacco for other reasons.

Keywords: smoking, electronic cigarettes, heat not burn tobacco, weight, post-cessation weight gain, smoking-related weight concerns.