ABSTRACT

Background: In the Czech Republic, there is over 2 million tobacco addicted people. However, it is difficult to get rid of this addiction unassisted, so some people switch to products with lower health risks. This bachelor's thesis deals with alternative nicotine products, especially heated tobacco and electronic cigarettes, and their impact on human health.

Aims: The main aim of this study was to find out how users of nicotine products perceive the health effects on their body and whether they perceive a difference between conventional cigarettes, heated tobacco and electronic cigarettes. Furthermore, to map the use of alternative nicotine delivery products.

Methods: Data were obtained in the form of quantitative research using a questionnaire survey. The questionnaire was developed on the basis of Google Forms. Subsequently, the data were transferred to MS Excel 365 and analyzed by means of methods of descriptive and analytical statistics.

Results: 144 respondents took part in the survey a total of 180 respondents were approached, 36 respondents did not meet the required criteria. Of the 144 respondents, 67 were women (aged 18-75) and 77 were men (aged 18-75). The survey results show that respondents' attitudes and opinions about alternative products are ambivalent, but they perceive conventional cigarettes as the most harmful product, followed by heated tobacco and electronic cigarettes.

Conclusion and reccomendation: The research produced more thorough information on the perception of health risks in the population. According to available knowledge, smoking is more dangerous than using e-cigarettes and heated tobacco products. Due to the lack of knowledge on their long-term health impacts, they should not be regarded as being risk-free. It is crucial to carry out further research to determine the true impact of smoking alternatives on human health.

KEY WORDS

Smoking, cigarettes, alternative products, electronic cigarettes, heated tobacco, health risks