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Organization Name : *Global Self-Care Federation (GSCF)*

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English version :

The Global Self-Care Federation welcomes the draft plan to accelerate progress towards the 2030 tobacco control target and supports its comprehensive approach to reducing tobacco use and nicotine addiction across the Western Pacific Region.

We particularly welcome the Plan's recognition that gaps in tobacco cessation support remain a barrier to progress and its call to expand access to cessation services. Providing tobacco users with the appropriate, evidence-based tools to quit should remain a central component of tobacco control, as indicated by the inclusion of tobacco cessation in the WHO Framework Convention on Tobacco Control (FCTC) and MPOWER Measures.

From a self-care perspective, individuals who want to quit should have access to affordable and evidence-based tools. Nicotine replacement therapies (NRTs) are well-established, evidence-based, non-prescription medicines for smoking cessation that are included in the WHO Model List of Essential Medicines.

NRT products, including nicotine gums, patches, lozenges, and oral sprays can provide individuals with practical, evidence-based treatments to manage nicotine withdrawal during a quit attempt. Clear information on product packaging and labelling, appropriate guidance from healthcare professionals and pharmacists, and integration with behavioural and digital cessation support can help individuals use these medicines appropriately and effectively.

As Member States address emerging tobacco and recreational nicotine products, it is also important to clearly distinguish regulated medicinal NRT intended for tobacco cessation from unlicensed recreational nicotine products. This distinction can help ensure that measures aimed at preventing nicotine initiation do not inadvertently create barriers for adults seeking access to evidence-based cessation medicines.

GSCF encourages Member States to strengthen access to quality-assured NRT and other evidence-based cessation interventions as part of comprehensive tobacco control strategies, empowering more individuals to successfully quit tobacco and nicotine.

Thank you.