



**Intervening Earlier in Life
for hEalthier liFestyles**

**An evidence-based approach
to reduce exposure and use
of emerging tobacco products
among school children**

RELIEF aims to understand children' and early adolescents' views on emerging tobacco products and develop evidence-based, user-centred tools and guidelines to support prevention, education, and policymaking.

The RELIEF project responds to the urgent need to **address the rising use of e-cigarettes and other emerging tobacco products** among children and early adolescents. **Young people** often lack awareness of the health risks associated with these products, while **parents and educators** do not always have the knowledge or tools to guide and protect them. As **new nicotine products** evolve rapidly, traditional prevention approaches are no longer sufficient. There is a clear **need for updated, evidence-based educational resources**, targeted interventions for vulnerable groups, and stronger public policies capable of regulating emerging products and safeguarding minors.

OBJECTIVES

- **To identify and map initiatives** in Europe that aim to control emerging tobacco products' use.
- **To measure the attitudes towards emerging tobacco products** in different countries in Europe among students, parents and educators.
- **To design and pilot an intuitive and interactive digital intervention toolkit** that will enable students, parents and educators to build the skills for healthier lifestyles.
- **To develop an awareness campaign** fostering skills and knowledge around emerging tobacco products of educators, parents, healthcare professional groups and the public using a series of workshops and events.
- **To translate research evidence into concrete policymaking guidelines** to inform national and European-level efforts to control emerging tobacco products use.

ACTIVITIES

- **Production of guidelines and evidence-based recommendations** to support Member States and stakeholders in reducing the exposure to second-hand smoke and aerosols and the risks from emerging tobacco products.
- **Identification and piloting** of best and promising practices through population-level interventions.
- Targeted interventions to promote health and prevent disease among vulnerable population groups, including children, young people and the elderly.
- **Guidelines and evidence-based recommendations** for prevention and control of Non-Communicable Diseases and related risk factors.

IMPACT

- **Reduced initiation rates** of e-cigarette and emerging tobacco products among students.
- **Increased capacity for educators and parents** to implement prevention activities.
- **Higher policy visibility**, stronger enforcement, and better regulatory frameworks.
- **Long-term, scalable strategies** for continued reduction of youth vaping and smoking.

Dates : 03/11/2025 – 02/11/2028

Funding Institution: **EU4 Health Programme**

EU4H Action Grants 2024 (EU4H-2024-PJ-03) (2021-2027).

EU4Health is an ambitious and dedicated funding programme for 2021-2027 that will ensure a high level of human health protection and pave the way to the Health Union. Its activities are in keeping with the One Health approach bringing together human and animal health and the environment.



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ENSP
European Network
for Smoking and Tobacco Prevention



novelcore



**Center for Social
Innovation**



**Cyprus
University of
Technology**



Awareness Event Programme

 **Tuesday, 13 January 2026 | 9:00 - 14:00**

 **Municipal Library, Cyprus University of Technology,**
Karaiskaki & Agiou Andreou 269 - CY-3035, Limassol

TIME	TITLE	SPEAKERS
09:00	Registration	
09:30-9:50	Welcome and Greetings	• Dr. Sotiris Themistokleous, CSI • Dr. Angelos Kassianos, CUT • Dr Christos Mina, NAAC
09:50-10:00	Address by the EU4Health Project Officer	• Julián Rueda, Project Adviser
10:00-10:30	<i>'E-Tobacco Use Among Children: Overview of current situation in Cyprus and internationally. Priorities of the National Strategy'</i>	• Konstantinos Stylianou, Executive Director, NAAC
10:30-11:00	Presentation of the new project Initiative for RELIEF - InterVening EarLier In life for hEalthier liFestyles	• Paula Proestou, CSI • Dr. Angelos Kassianos, CUT
11:00	Coffee break	
11:15-11:45	ENSP Activities Supporting WHO FCTC Article 14 Implementation	• Cornel Radu-Loghin, ENSP
11:45-12:15	The Icelandic Prevention Model (IPM): A Successful Approach to Reducing Youth Substance Use	• Dr. Inga Dora Sigfusdottir, RU Representative
12:15-13:15	Q & A Session	
13:15-14:00	Seminar Closure – Light Lunch	

Info and contact

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Social media

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