

Appendix 1 Consensus statement on e-cigarettes

The Nottinghamshire Health and Wellbeing Board current position statement on e-cigarettes is:

'Nottinghamshire Health and Wellbeing Board supports the safe and regulated use of e-cigarettes as a choice of a route out of smoking for adults without becoming a route into smoking for young people and non-smokers.'

The purpose of the statement is to help provide a Nottingham and Nottinghamshire public health consensus on electronic cigarettes to help organisations develop their own policies and practice, ensuring a similar approach and communication messages on their promotion, regulation and advice.

What are the key messages?

1. E-cigarettes should only be used as an aid to stop smoking, but if you've never smoked, don't use an e-cigarette.
2. vapes can be used as an effective 'swap to stop' tool to help people to quit smoking
3. Vaping is not risk free, particularly for people who have never smoked.
4. E-cigarettes are not for young people or adult non-smokers.
5. E-cigarettes are far less harmful than smoking but are not without some risks (it is estimated that e-cigarettes are 95% less harmful than ordinary cigarettes)
6. Evidence still shows that e-cigarettes carry a small fraction of the risk of smoking which kills 220 people in England each day.
7. Using an e-cigarette that contains nicotine is more likely to result in a successful quit attempt than willpower alone. (You're twice as likely to quit smoking if you use a vape)
8. Use of e-cigarettes can be an effective harm reduction intervention for smokers who find quitting difficult.
9. It is important to use regulated e-liquids and never risk adding substances. People who wish to use e-cigarettes should be advised that although these products are not licensed drugs, they are still regulated. ¹

We would need to reinforce the points that:

10. Vaping is substantially less harmful than smoking so the message is clear, if the choice is between smoking and vaping, choose vaping. If the choice is between vaping and fresh air, choose fresh air. Quitting smoking is one of the best things you can do for your health, please give it a go.

¹ <https://www.cebm.ox.ac.uk/research/electronic-cigarettes-for-smoking-cessation-cochrane-living-systematic-review-1>