

Appendix 3 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 completely, but if you've never smoked, don't use an e-cigarette.
2. Vaping isn't harmless and is not for children and young people.
3. E-cigarettes are not for young people or adult non-smokers.
4. 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).
5. Evidence still shows that e-cigarettes carry a small fraction of the risk of smoking which kills 220 people in England each day.
6. 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).
7. Use of e-cigarettes can be an effective harm reduction intervention for smokers who find quitting difficult.
8. 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

Further information

- [Evidence on the impact of e-cigarettes, information on government policy and regulation, and guidance for organisations on vaping policies](#) (National Government, 2021)
- [Tobacco: preventing uptake, promoting quitting and treating dependence](#) (NICE Guidance, 2022)
- [Using electronic cigarettes in NHS mental health organisations](#) (National Government, 2020)
- [NICE Guidance PH 48 Toolkit](#) (Breathe 2025)
- [Smokefree NHS / Treating Tobacco Dependency Task Force position statement on the use of E-cigarettes](#) (NHS, April 2019)
- [Electronic Cigarette Safety Checklist for Staff](#) (Breathe 2025)
- [Vaping in England: an evidence update including vaping for smoking cessation, February 2021 \(publishing.service.gov.uk\)](#) (PHE, 2021)
- The latest [NICE Tobacco guideline \[NG209\]](#), preventing uptake, promoting quitting and treating dependence, published November 2021, section 1.12 gives parity to e-cigarettes with

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

NRT as an intervention. Section 1.12.2 recommends ensuring that nicotine-containing e-cigarettes are available to adults who smoke as an intervention to help them stop smoking.

- [The NCSCT briefing on combination NRT](#) (2021) states that: NRT products can be used with e-cigarettes. Both NRT products and e-cigarettes deliver nicotine to smokers and can be combined. Examples of practice – Northamptonshire stop smoking service is probably the biggest user of e-cigs in England. 44% of clients used a vape between April 2020 and March 2021. Northamptonshire found e-cigarettes are roughly half the cost of a single NRT product and nearly $\frac{1}{4}$ of the cost of dual NRT.