

“The RANZCP also acknowledges that e-cigarettes and vaporisers provide a less harmful way to deliver nicotine to people who smoke, thereby minimising the harm associated with smoking tobacco and reducing some of the health disparities experienced by people living with mental illness. It is on this basis that the RANZCP supports the legalisation and regulation of nicotine-containing e-cigarettes to facilitate their use as harm reduction tools.”

– The Royal Australian & New Zealand College of Psychiatrists, 2018

“The purpose was to examine the characteristics, patterns of e-cigarette use and smoking status of a random sample of vape shops customers in Greece... **the strongest correlate of being a former smoker was daily e-cigarette use.** Vape shop customers in Greece are mainly current and former smokers with the majority of them having quit smoking. **E-cigarette use by never smokers is rare and none of them subsequently initiate smoking.**”

– Diamantopoulou et al. 2019, Internal and Emergency Medicine

“Our data demonstrates that e-cigarettes may be a **unique harm reduction innovation for smoking relapse prevention.** E-cigarettes meet the needs of some ex-smokers by substituting physical, psychological, social, cultural and identity-related aspects of tobacco addiction. Some vapers reported that they found vaping pleasurable and enjoyable — being more than a substitute but actually preferred, over time, to tobacco smoking. **This suggests that vaping is a viable long-term substitute for smoking, with substantial implications for tobacco harm reduction.**”

– Notley et al. 2018, Harm Reduction Journal

“Using a dynamic model that tracks the US adult population’s smoking status and smoking-related deaths over time, we simulate the effects of vaping-induced smoking initiation and cessation on life-years saved or lost to the year 2070... **Potential life-years gained as a result of vaping-induced smoking cessation are projected to exceed potential life-years lost due to vaping-induced smoking initiation.**”

– Warner et al. 2018, Nicotine & Tobacco Research

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“E-cigarettes were more effective for smoking cessation than nicotine-replacement therapy, when both products were accompanied by behavioral support.”

– Hajek et al. 2019, New England Journal of Medicine

“There is now agreement based on the current evidence that vaping e-cigarettes is definitely less harmful than smoking tobacco. Although most e-cigarettes contain nicotine, which is addictive, vaping carries less risk than smoking tobacco... They are not risk free, but based on current evidence, they have a much lower risk than tobacco.”

– National Health Service Scotland, 2017

“In the first half of 2017, quit success rates in England were at their highest rates so far observed and for the first time, parity across different socio-economic groups was observed. It is plausible that e-cigarettes have contributed to this... While caution is needed with these figures, the evidence suggests that e-cigarettes have contributed tens of thousands of additional quitters in England.”

– McNeill et al. 2018, Public Health England



THE EVIDENCE IS GROWING



More than 55 scientific studies demonstrate that **smoke-free products are less harmful than cigarettes** or are an effective way to quit smoking altogether. It’s time for Western Australia to support the legalisation of less harmful alternatives to smoking.

“Indicators of more established smoking rates, including **the proportion of daily smokers among past 30-day smokers, also decreased more rapidly as vaping became more prevalent.** The inverse relationship between vaping and smoking was robust across different data sets for both youth and young adults and for current and more established smoking. While trying electronic cigarettes may causally increase smoking among some youth, the aggregate effect at the population level appears to be negligible given the reduction in smoking initiation during the period of vaping’s ascendance.”

– Levy et al, 2018, Tobacco Control

“Only a small proportion of studies seeking to address the effect of e-cigarettes on smoking cessation or reduction meet a set of proposed quality standards. Those that do are **consistent with randomized controlled trial evidence in suggesting that e-cigarettes can help with smoking cessation or reduction.**”

– Villanti et al. 2018, Addiction

“**Long-term NRT-only and e-cigarette-only use,** but not dual use of NRTs or e-cigarettes with combustible cigarettes, **is associated with substantially reduced levels of measured carcinogens and toxins relative to smoking only combustible cigarettes.**”

– Shahab et al. 2017, Annals of Internal Medicine

“In conclusion, the concern that the surge in popularity of e-cigarettes may be renormalising smoking in England and that this may discourage smokers from trying to stop appears unsupported by our findings. **Our results indicate that, in fact, smokers who are regularly exposed to other people using e-cigarettes are more likely to be highly motivated to stop smoking** and more likely to have made a recent quit attempt than smokers who do not regularly encounter people using e-cigarettes. A key factor underpinning these differences seems to be that smokers who are regularly exposed to e-cigarette use by others are more likely to use e-cigarettes themselves... **these findings should offer some reassurance in terms of the wider public health impact of e-cigarettes, particularly given evidence that the alternative, cigarette smoking, may reduce other smokers’ motivation to quit.**”

– Jackson et al. 2018, BMC Medicine

“**Although many Electronic Nicotine Delivery Systems [ENDS] deliver nicotine, flavor additives, and other chemicals, they do not burn tobacco, a process that yields an estimated 7000 chemicals, including at least 70 carcinogens.**”

– Cliff E. Douglas JD et al. 2018, CA: A Cancer Journal for Clinicians

“This clinical study demonstrates that **when smokers switched from smoking combustible cigarettes to using tobacco heating products their exposure to smoke toxicants was significantly decreased.** In many cases, this was to the same extent as that seen when they quit smoking completely. This may indicate that these products have the potential to be reduced exposure and / or reduced risk tobacco products when used by smokers whose cigarette consumption is displaced completely.”

– Gale et al. 2018, Nicotine & Tobacco Research

“E-cigarettes appear to be effective when used by smokers as an aid to quitting smoking... **The hazard to health arising from long-term vapour inhalation from the e-cigarettes available today is unlikely to exceed 5% of the harm from smoking tobacco... In the interests of public health it is important to promote the use of e-cigarettes, NRT and other non-tobacco nicotine products as widely as possible as a substitute for smoking in the UK.**”

– UK Royal College of Physicians, 2016

“**In summary, to date there have been no identified health risks of passive vaping to bystanders.**”

– McNeil et al. 2018, Public Health England

Public Health England

95%
LESS HARMFUL

“Vaping poses only a small fraction of the risks of smoking and switching completely from smoking to vaping conveys substantial health benefits over continued smoking. The previous estimate that, **based on current knowledge, vaping is at least 95% less harmful than smoking** remains a good way to communicate the large difference in relative risk unambiguously so that more smokers are encouraged to make the switch from smoking to vaping.”

– McNeil et al. 2018, Public Health England

“**Daily e-cigarette initiators were more likely to have quit smoking cigarettes or reduced use compared with non-users.** However, less frequent e-cigarette use was not associated with cigarette cessation/reduction. These results suggest incorporating frequency of e-cigarette use is important for developing a more thorough understanding of the association between e-cigarette use and cigarette cessation.”

– Berry et al. 2018, Tobacco Control

“A cross sectional survey was conducted during July 2017 among members of different popular online forums in Australia and Bangladesh, who were current or ex-users of e-cigarettes. Data were collected anonymously using Qualtrics... **E-cigarettes were primarily used for reducing /quitting cigarettes in both countries, which supports prior evidence regarding the effectiveness of e-cigarettes for smoking cessation.**”

– Rahman et al. 2018, Tobacco Induced Diseases

“This paper reports the results of an electronic survey of vapers in New Zealand, a country where the sale and supply of e-liquids containing nicotine is illegal, although vapers can legally access e-liquids from overseas... **Vaping had resulted in effective smoking cessation for the majority of participants.**”

– Truman et al. 2018, International Journal of Environmental Research and Public Health