

From: [Brian Marlow](#)
To: [Select Committee on Personal Choice and Community Safety](#)
Subject: Re: FW: Select Committee on Personal Choice and Community Safety - Uncorrected transcript
Date: Friday, 26 April 2019 12:08:33 PM

Hi Lauren,

I hope you are well, and apologies for the delay.

I only have two corrections:

Hon RICK MAZZA: But they have never smoked cigarettes. **Is there any question there about someone who has started vaping and then moved to traditional cigarettes?**

Mr Marlow: If you can just give me a moment to read through my notes.

Hon RICK MAZZA: Yes, sure.

Mr Marlow: I do not believe we have that in there; however, I am happy to take that on notice and try to find that out from our supporters.

Answer: Existing evidence suggests that only a small portion of vapers moving on to traditional cigarettes. I would like to bring your attention to a [study](#) recently published in *Neuroethics Journal* by a team of Australian and UK researchers, that shows why studies about vaping acting as a gateway to smoking are flawed. This study examines the gateway hypothesis in detail, saying: "most studies defined adolescent e-cigarette users or cigarette smokers as those who had ever used either product in the last 30 days. This was because very few young people in any of these studies were regular users of either tobacco cigarettes or ENDS. As a result these studies do not show what they are claimed to show, namely, that adolescents who use ENDS were more likely to become regular persistent cigarette smokers because they have used ENDS . Second, most of these studies measured and controlled for a limited number of measures of the propensity to use nicotine. The association was weakest after adjustment for confounders in the largest study which controlled for the most extensive list of confounders. In this study, the increased risk of past 30 day smoking among ENDS users was reduced from 7.78 to 1.75 (95% CI: 1.10, 2.78) after adjustment for confounders. Third, the gateway hypothesis is inconsistent with population trends in cigarette smoking among young people in the UK and USA, both of which have allowed ENDS to be sold as consumer goods. There was a steep decline in youth smoking in UK over the same period in which vaping increased. The adult smoking prevalence in the UK is now the same as that in Australia, despite the absence of plain packaging or steep increases in tobacco tax in the UK. There was also no increase in cigarette smoking among youth in the USA during the period when adolescent experimentation with ecigarettes reportedly increased. Fourth, a ban on the sales of ENDS to adults is not justified even if ENDS serve as a gateway to smoking in adolescents. As we argue in more detail below, a gateway effect would justify tighter regulation of ENDS to reduce youth access but it does not justify a ban on sales to adults. If a gateway effect did justify a sales ban, then we would also be morally obliged to prohibit the sale of cigarettes to adults because a ban on all sales of cigarettes would surely be an even more effective way to prevent adolescents smoking cigarettes/"

Hon PIERRE YANG: Of the studies you have mentioned, which one is the earliest in terms of the chronological order?

Answer: [The earliest report](#) was published by the American Journal of Preventive Medicine in 2011. It states the following:

RESULTS: The primary finding was that the 6-month point prevalence of smoking abstinence among the e-cigarette users in the sample was 31.0% (95% CI=24.8%, 37.2%). A large percentage of respondents reported a reduction in the number of cigarettes they smoked (66.8%) and almost half reported abstinence from smoking for a period of time (48.8%). Those respondents using e-cigarettes more than 20 times per day had a quit rate of 70.0%. Of respondents who were not smoking at 6 months, 34.3% were not using e-cigarettes or any nicotine-containing products at the time.

CONCLUSIONS: Findings suggest that e-cigarettes may hold promise as a smoking-cessation method and that they are worthy of further study using more-rigorous research designs.

Brian Marlow