



Public Health  
England

# Vaping in the workplace

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# The difference

- Since 2008 an evidence based consensus has been building on nicotine harm reduction
- Since 2012 smoking rates among adults down by  $\frac{1}{4}$  and youth by  $\frac{1}{2}$
- Since 2016 E-cigarettes have tightly regulated in the UK
- September 2020 Committee on Toxicity conclude **vaping is less harmful than smoking**
- In September 2021 a Cochrane review found e-cigarettes to be **around twice as effective as NRT for smoking cessation**
- Regular youth vaping is not increasing  
**E-cigarettes are not renormalizing smoking**



# EC are tightly regulated in the UK

- ✓ Minimum age of sale of 18
- ✓ Limits nicotine concentration and size of tamper proof/child resistant refill containers
- ✓ Requires information on safe use, contraindications/ adverse effects
- ✓ Warnings on packs
- ✓ Protected from breakage and leakage
- ✓ Ingredients to be of high purity and not a risk to health
- ✓ REMOVAL of products that do not comply
- ✓ ***Post implementation review***



# EC twice as effective as NRT

- UK RCT

Hajek, Peter, et al. "A randomized trial of e-cigarettes versus nicotine-replacement therapy." *New England Journal of Medicine* 380.7 (2019)

- New Zealand RCT

Walker, Natalie et al. "The effectiveness and safety of combining nicotine patches with e-cigarettes (with and without nicotine) and behavioral support, on smoking abstinence: findings from a large randomised trial" SRNT 2019

- UK Population study

Jackson, Sarah, et al. "Moderators of real-world effectiveness of smoking cessation aids: a population study." *Addiction* (2019)

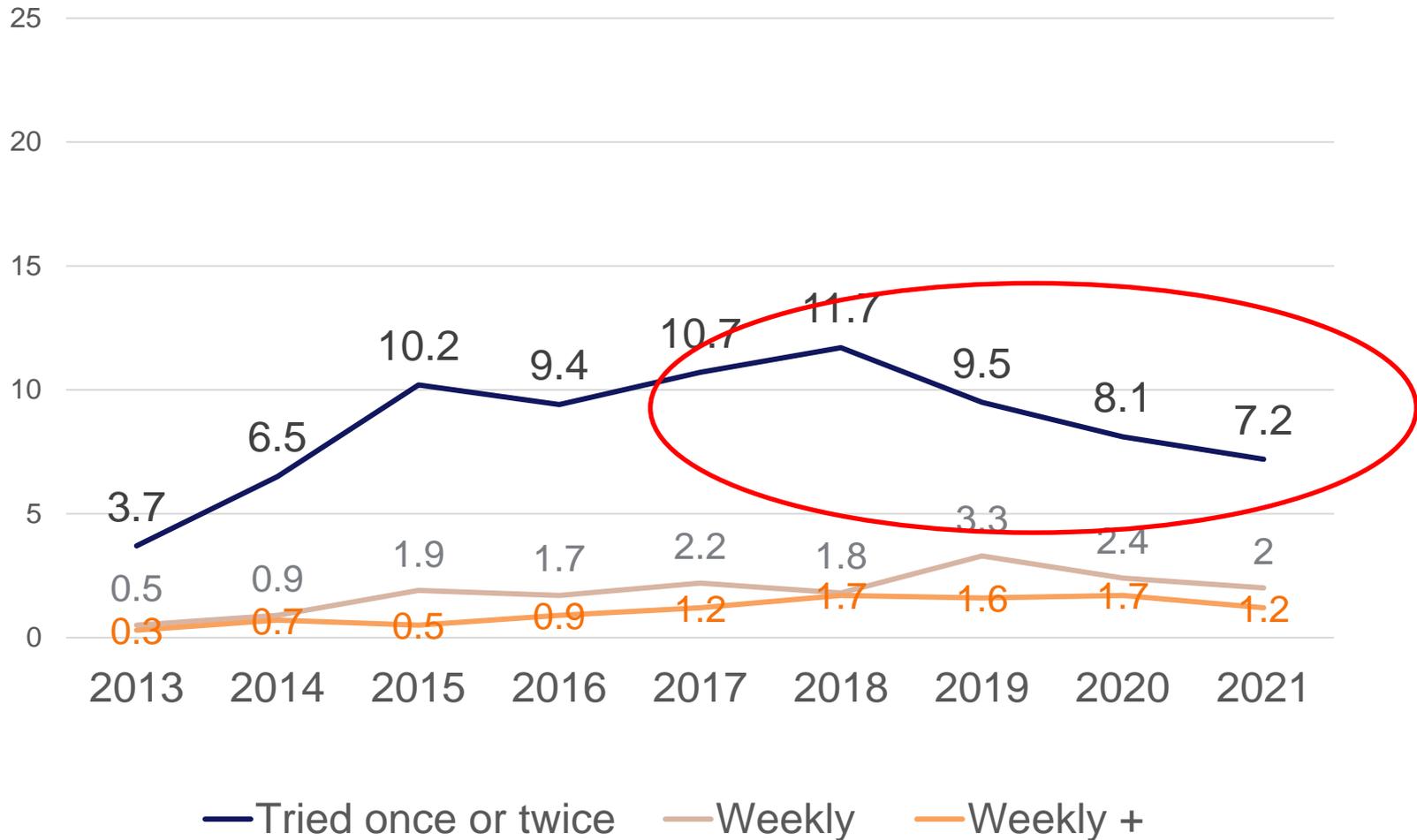
- Cochrane Review

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD010216.pub4/full>



# No youth epidemic

Use among 11-18 year olds





# EC: far less harmful

“Lab tests of EC ingredients, in vitro and short-term human studies suggest that e-cigarettes **are likely to be far less harmful** than combustible tobacco cigarettes.”

*US National Academy of Sciences, 2018*

“A diverse class of alternative nicotine delivery systems ... **are substantially less harmful than cigarettes**... may provide a means to compete with, and even replace, combusted cigarette use, **saving more lives more rapidly than previously possible.**”

*US Annual Review of Public Health, 2018*

“The UK, which embraced nicotine vaping harm reduction ... has been able to accomplish appropriate regulation that has **managed both youth nicotine uptake and helping adult smokers to quit**”

*Fairchild et al Science, 2019*

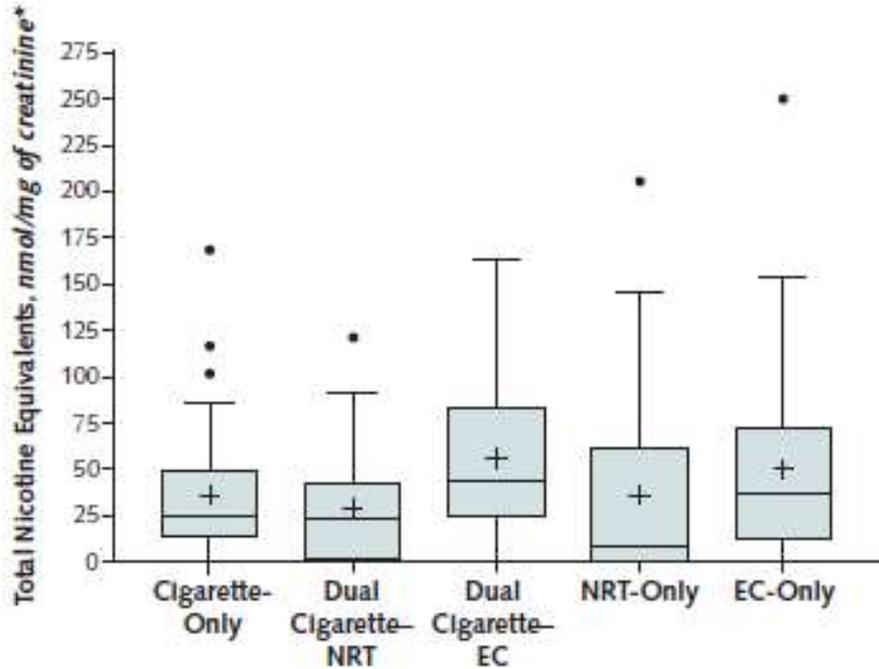
“Health-improving and life-saving interventions are being denied to smokers who want to **quit smoking, lead healthier lives and avoid premature death.**”

*Pang Nature, 2020*

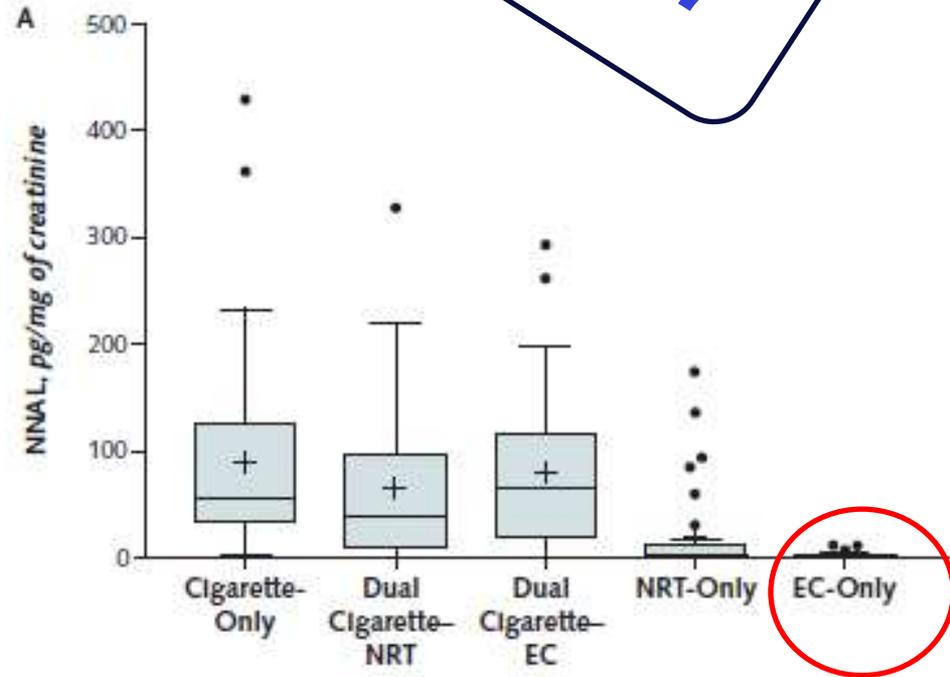




# EC are far less harmful



Nicotine equivalence

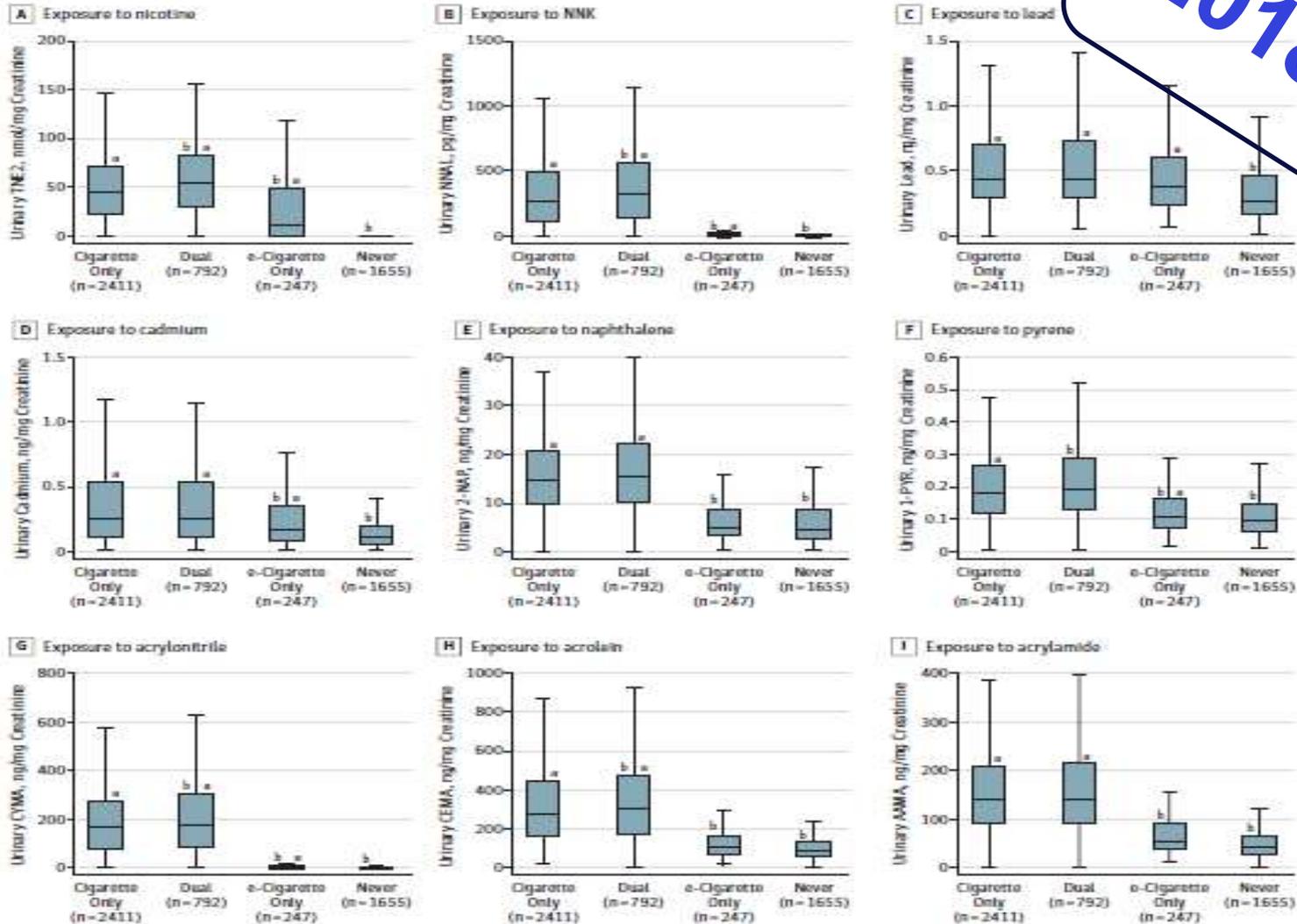


Toxins and carcinogens



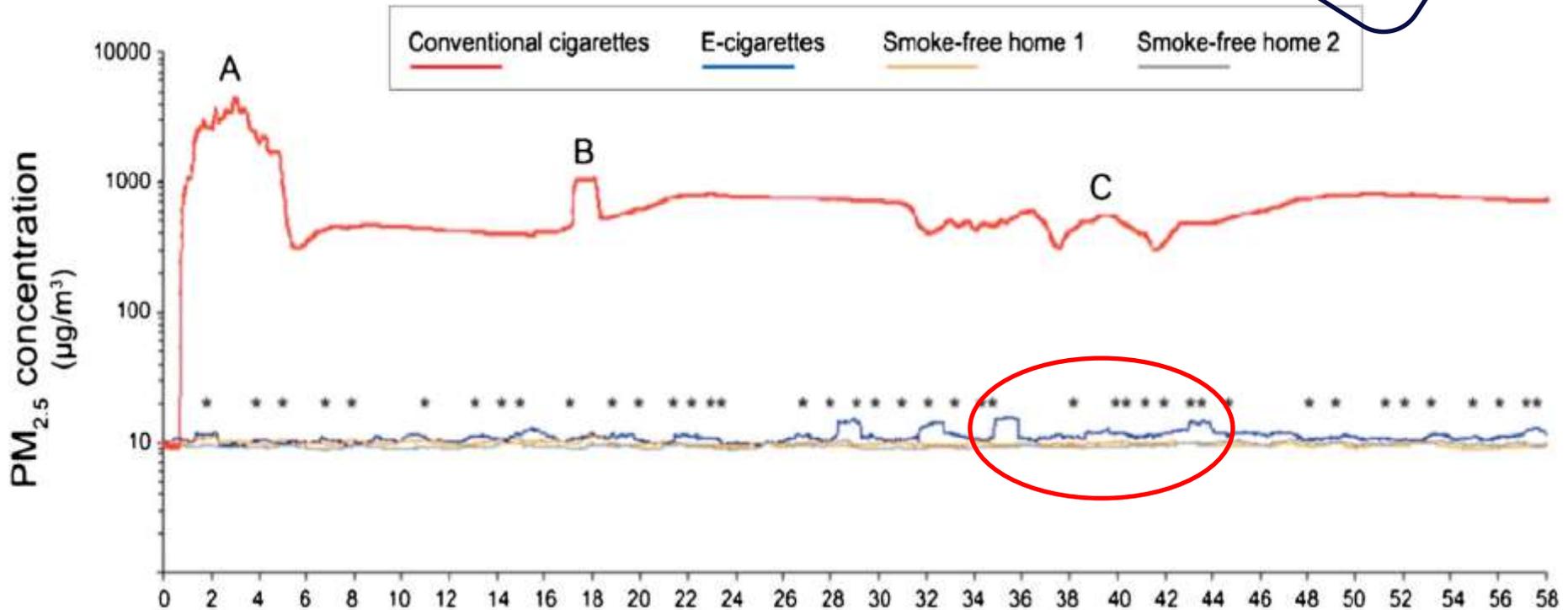
# EC are far less harmful

2018



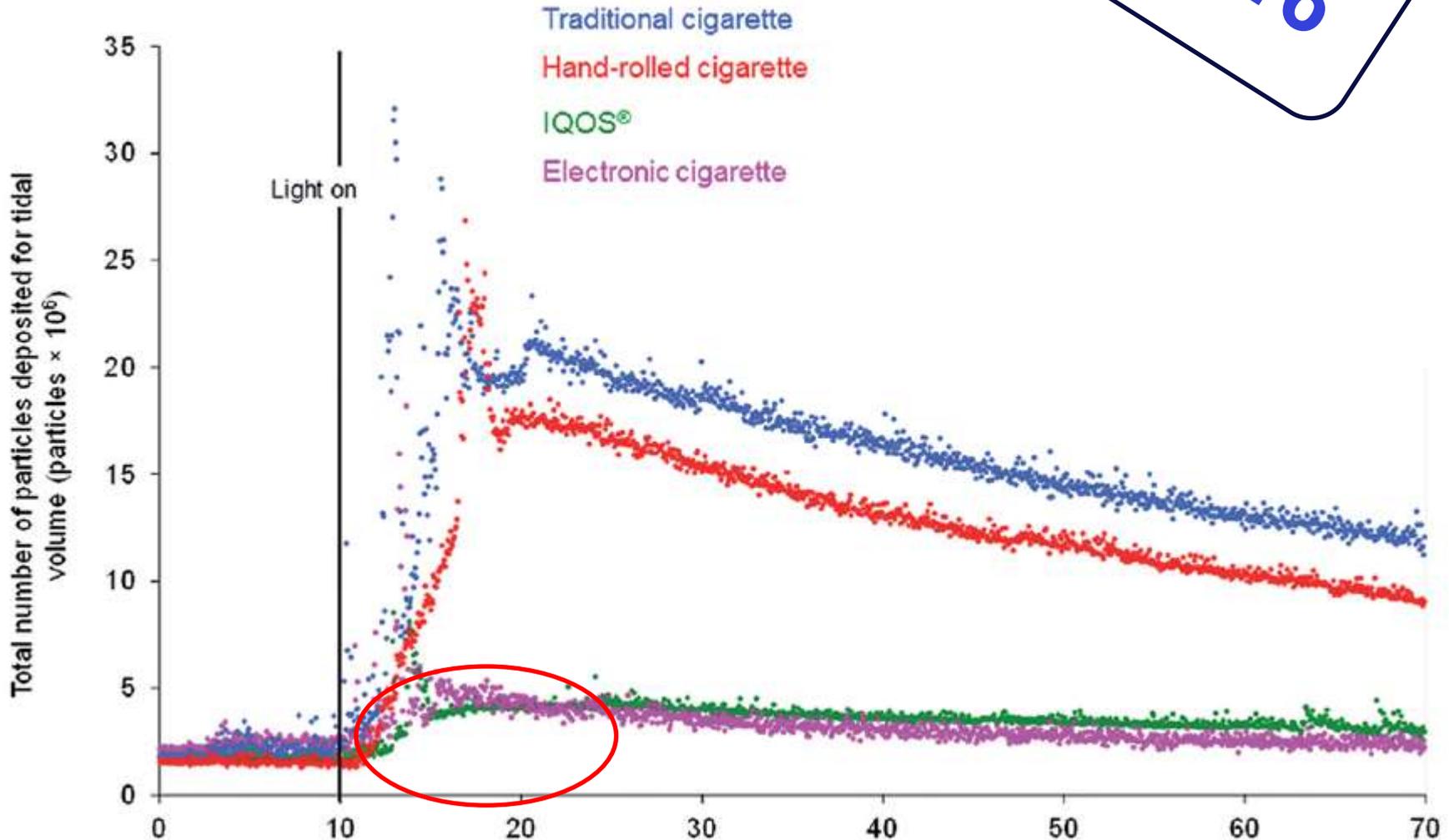


# What risk of passive exposure?





# What risk of passive exposure?



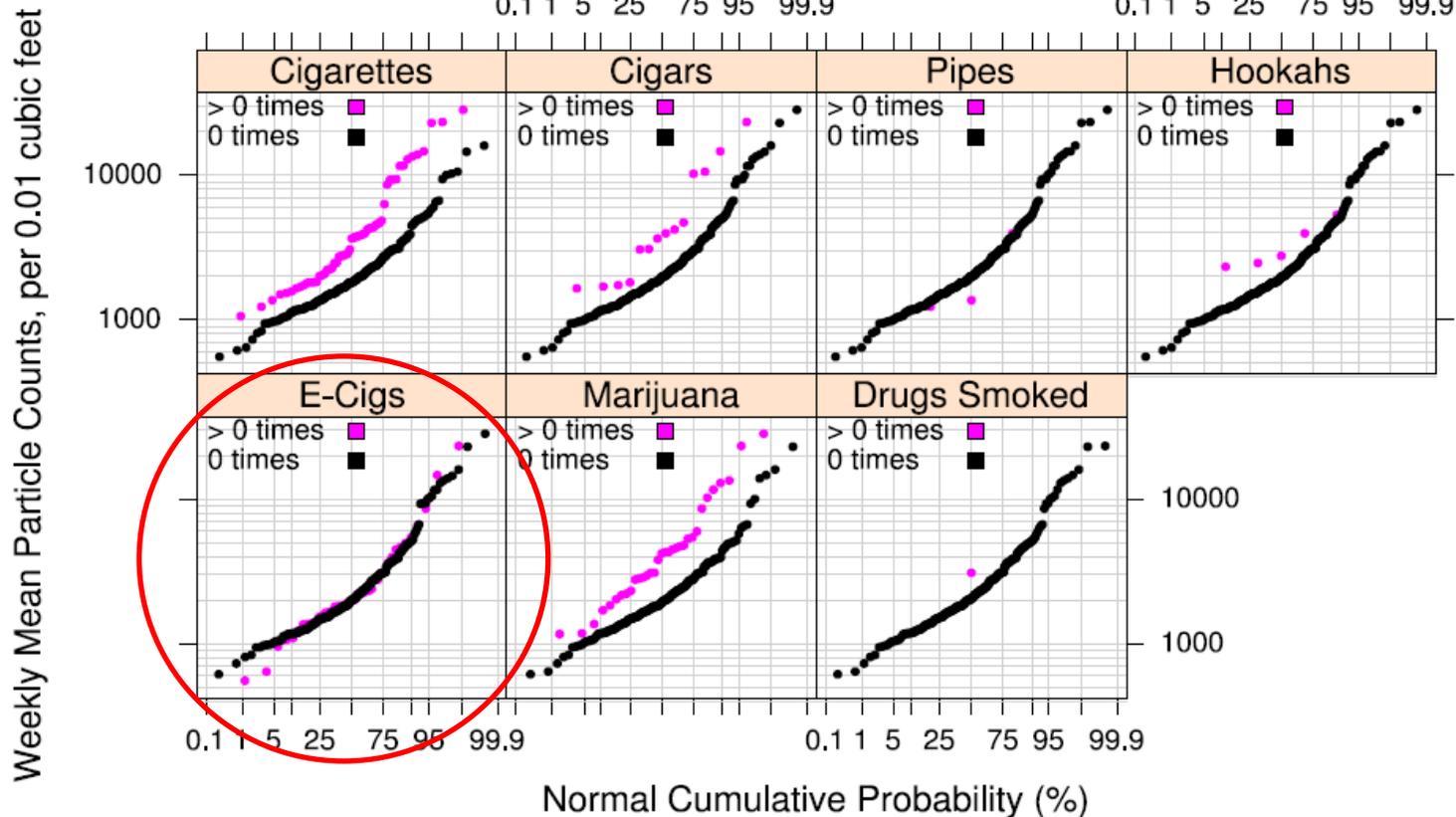
Protano, C., et al. "Second-hand smoke exposure generated by new electronic devices (IQOS® and e-cigs) and traditional cigarettes ." *Ann Ig* 28.2 (2016): 109-112.



# What risk of passive exposure?



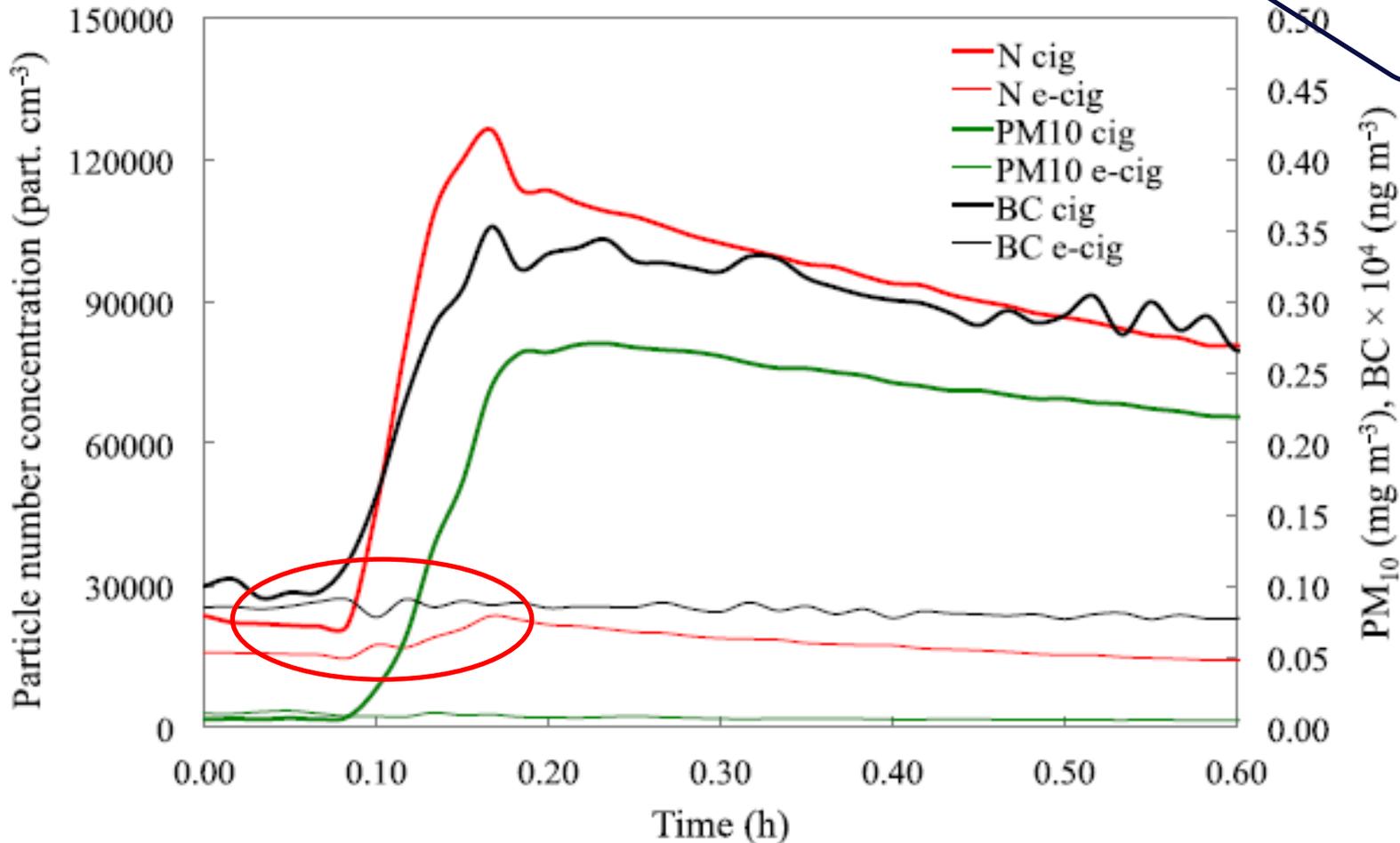
## Dichotomous Smoking Activity





# What risk of passive exposure?

2018





# Vaping at work: 5 propositions

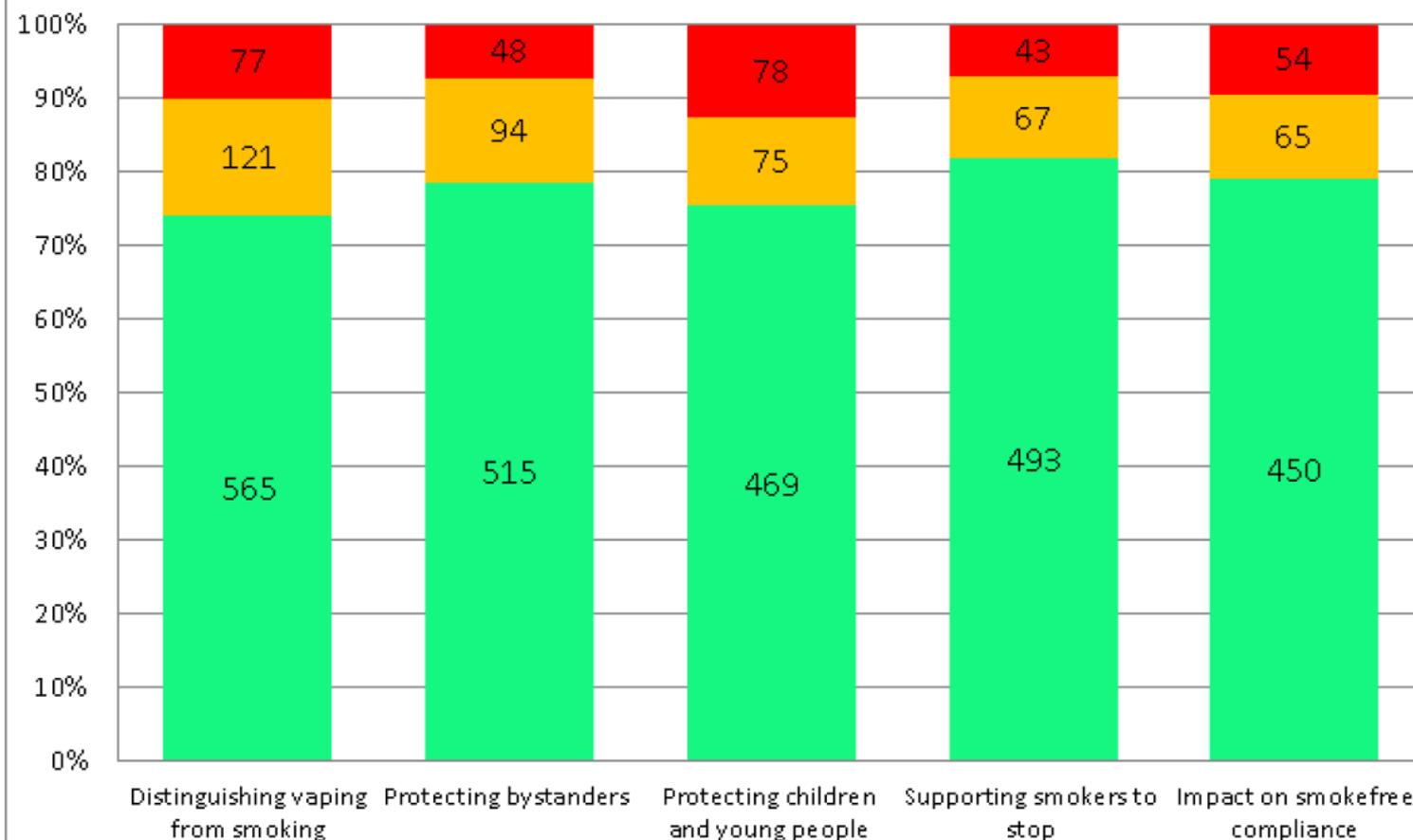
- ✓ Distinguish between smoking and vaping
- ✓ Protect bystanders
- ✓ Protect children and young people
- ✓ Support smokers to quit
- ✓ Support smokefree policies

**Use of e-cigarettes in public places and workplaces**  
Advice to inform evidence-based policy making

**Report of PHE stakeholder 'conversation' on use of e-cigarettes in enclosed public places and workplaces**



Fig 1: Overall support for PHE's draft principles





# Vaping at work: 5 propositions

- ✓ **Distinguish between smoking and vaping:**  
Conflating vaping with smoking is harmful to health
- ✓ **Protect bystanders:**  
Signs can make clear where vaping is permitted.  
Don't make vapers inhale secondhand smoke.
- ✓ **Protect children and young people**  
Tougher measures may be important in children's spaces
- ✓ **Support smokers to quit**  
Smoking kills 2 out of 3 smokers
- ✓ **Support smokefree policies**  
Sensible approaches to vaping can build compliance with smokefree policies and help more smokers to quit



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# Questions