



THE STOP SMOKING SERVICE

E-Cigarette and Vape Toolkit

Guidance and Information to Support Professionals
Provided by the Stop Smoking Service Public Health



Working together to
improve the health
and wellbeing of
our communities

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Welcome, who are we and what do we do?

Hello and welcome to the e-cigarette Toolkit. Here you will find information to help assist you in your working role.

The Stop Smoking Service is a shared Public Health service working across Bedford Borough, Central Bedfordshire and Milton Keynes.

We offer free specialist advice and support to those who would like to quit smoking. Support includes finding the right product or medication, behavioural support to help tweak habits and behaviours that trigger the desire to smoke. You will find our contact detail at the end of this toolkit.

What are e-cigarettes and what are the different models?

E-cigarettes, also referred to as vapes, are electronic devices that heat a solution (e-liquid) and allow the user to inhale it.

E-cigarettes don't burn tobacco and don't produce tar or carbon monoxide, which are two of the most damaging elements in tobacco smoke. E-Cigarettes come in many different shapes, sizes and models:

- 1. E-cigarette**
- 2. Vape Pen**
- 3. Box Mod**
- 4. Vape Pod**

What is e-liquid?

E-cigarettes and vapes contain e-liquid, this is the liquid inside which the consumer inhales and exhales. E-liquids typically contain Propylene Glycol, Vegetable Glycerine, Flavourings and Nicotine.

Propylene Glycol (PG) a thin liquid that has a slight sweet taste.

Vegetable Glycerine (VG) is clear, odourless and tasteless.

Both liquids are often found in many food products and are a base for all e-liquids.

Flavourings are added to give the consumer a choice of flavours, flavours include, Strawberry Ice Cream, Tobacco, Pink Lemonade, Summer Fruits and many more.

Nicotine is also added to the e-liquids however you can purchase e-liquids which contain 0% nicotine.

In the UK, e-liquids must be tested to be sold legally. When purchasing an e-cigarette, it is advised to buy from a reputable company. In the UK this would mean the company is compliant with the Tobacco Products Directive (TPD) which ensures minimum standards for safety and quality.



Are e-cigarettes safe? Who can use e-cigarettes?

Public Health England's 2015 Independent Evidence Review found that, based on the available evidence, vaping is 95% less harmful than smoking.



The Royal College of Physicians came to a similar conclusion in its 2016 report 'Nicotine without smoke: tobacco harm reduction'. There are tight regulations in place in the UK which focus on the safety and quality of e-cigarettes.

The evidence still shows vaping carries a small fraction of the risk of smoking. Using a nicotine-containing e-cigarette makes it much more likely someone will quit successfully than relying on willpower alone. It's important to use regulated e-liquids and never risk vaping home-made or illicit e-liquids or adding substances.

In summary, e-cigarettes carry a fraction of the risk to health compared to smoking and are a safer alternative. It's not advisable for someone to start using e-cigarettes or vapes if they do not smoke tobacco.

Law around purchasing an e-cigarette

To legally purchase an e-cigarette, vape or e-liquids in the UK you must be aged 18 and over. The UK government updated the laws on the sale of vaping products on 1st of October 2015.

This made it illegal for e-cigarette retailers to sell vaping products to anyone under the age of 18. It is illegal to buy e-cigarettes, vapes or e-liquids on behalf of anyone under the age of 18. This includes parents, family, carers or friends.

Identify and manage risks of uptake by children and young people

Public Health England's 2016 publication 'E-cigarettes in public places and workplaces: a 5-point guide to policy making' outlined the importance of balancing the need to prevent children and young people from starting to vape, with the importance of encouraging adult's smokers to quit.

"E-cigarette use is not recommended for young people and this is reflected in the UK's age of sale and advertising restrictions. However, because adult smokers use e-cigarettes to quit smoking and stay smokefree, the products can help reduce children's and young people's exposure to secondhand smoke and smoking role models. In developing policies for child and youth settings, guarding against potential youth uptake should be balanced with fostering an environment where it is easier for adults not to smoke ".

What to do if a young person is smoking?

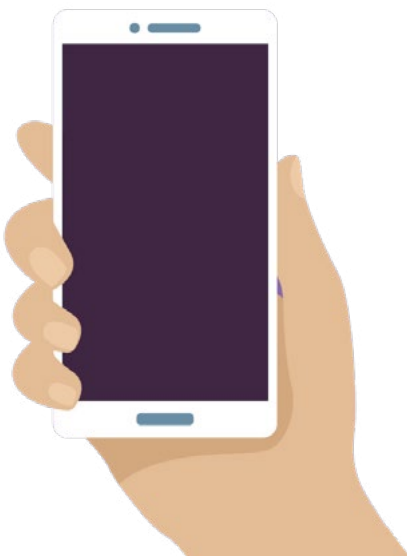
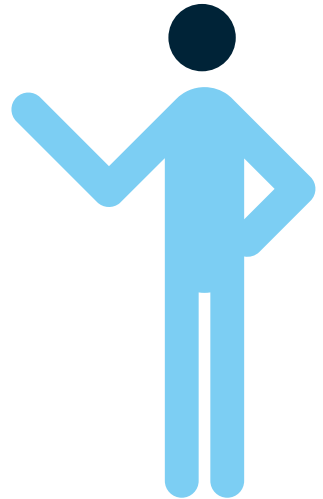
If a young person's smoking and would like to get support to quit, they can be referred to their local Stop Smoking Service. We offer a specialist, friendly service to anybody wishing to quit smoking. Stopping can be difficult for most people, but with treatment and support the likelihood of success is three times greater.

You can make referrals by completing our online referral form via our website.

Once received we will aim to call in 2 working days to book an appointment.

Referrals can also be made over the phone by calling **0800 013 0553**.

Please note consent must be given before a referral is made to the service.

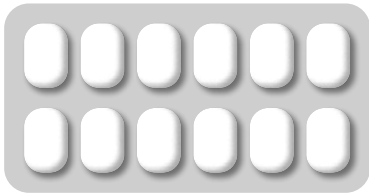


Nicotine Replacement Therapies (NRT)

Nicotine replacement therapies (NRT) are licenced for ages 12 years and up.

We advise young people under the age of 18 to use NRT instead of an e-cigarette or vape as part of their quit attempt.

This, alongside behavioural support, is the safest and most effective way for a young person to quit smoking.



School policy

It's not permitted for young people to use an e-cigarette or vape within school grounds and each school in the UK should have their own worded policy which they will adhere to.

Information to share with young people and key messages:

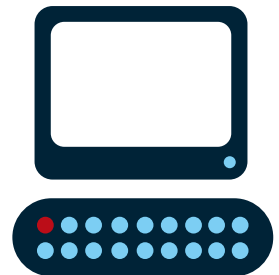
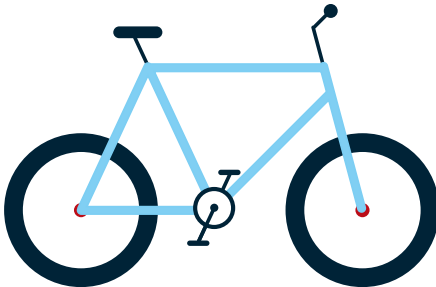
Young people may not understand what an e-cigarette or vape contains, it is important to remind them it could contain nicotine which is a highly addictive substance.

Young people should be informed that under 18's should not be purchasing or using an e-cigarette or vape.



It is illegal and a criminal offence to buy e-cigarettes, vapes or e-liquids on behalf of anyone under the age of 18, this includes parents, family, carers or friends.

If a young person would like support to quit smoking its advised to contact the local Stop Smoking Service.



ASH Findings

Use of e-cigarettes among young people in Great Britain, 2021

The evolving youth use of e-cigarettes in Britain is monitored using the ASH Smokefree GB survey of 11-18 year olds 2013-2021 and put in context of changes in tobacco use and the regulation of e-cigarettes.

For further information, download this useful [fact sheet](#).

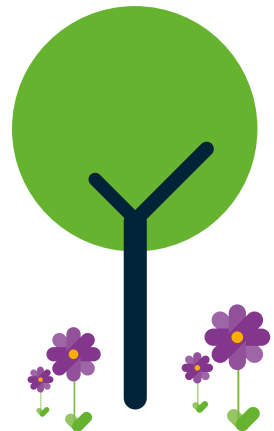
Useful links:

[Public Health England, 2021 - Vaping in England: 2021 evidence update summary](#)

[NICE Guidelines 2021: Tobacco: Preventing uptake, promoting quitting and treating dependence update:](#)

[NHS, 2018 - Smoking, Drinking and Drug Use among Young People in England](#)

[NICE Guidelines, 2019 - E-cigarette evidence update - patterns and use in adults and young people](#)





Key organisations:

Action on Smoking and Health (ASH)

www.ash.org.uk

A campaigning public health charity that works to eliminate the harm caused by tobacco.

The Office for Health Improvement and Disparities (OHID)

www.gov.uk/government/organisations/office-for-health-improvement-and-disparities

Previously known as Public Health England. They focus on improving the nation's health so that everyone can expect to live more of life in good health, and on levelling up health disparities to break the link between background and prospects for a healthy life.

The National Institute for Health and Care Excellence (NICE)

www.nice.org.uk

Advice and information services for health, public health and social care professionals.

The Stop Smoking Service

www.thestopsmokingservice.co.uk

Information, advice and information about local and professional stop smoking support and resources.



For more information contact:

 **Stop Smoking Service**
Central Bedfordshire Council
Priory House
Monks Walk
Chicksands
SG17 5TQ

 **0800 0130553** (free from landlines)

 **blmkccg.stopsmokingservice@nhs.net**

 **www.thestopsmokingservice.co.uk**

