

## **6.7 Role of electronic cigarettes in the cessation of traditional tobacco smoking and dual use**

Page 70 line 21 – 55

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SCHEER states that data at individual and population level will be taken into consideration in their analysis, at page 10 lines 24-26: *“The scientific opinion should address considerations relevant both at individual level and at a population level, from a public health perspective.”* However, the report fails to do this.

Randomised Control Trials and population level data from national surveys across Europe show that vaping is effective for smoking cessation.

Two randomised control trials are cited in the opinion, Hajek, *et al* (2019) and Walker *et al* (2020), both of these studies show e-cigarettes to be significantly more effective than NRT's. In the case of Hajek *et al*, e-cigarettes were 83% more effective than NRT's, and Walker *et al* found e-cigarettes combined with NRT's to be 2.5 times more effective than patches alone. The most recent Cochrane review concluded that e-cigarettes were 68% more effective than NRT's (Hartmann-Boyce *et al.*, 2020). In their study: Moderators of real-world effectiveness of smoking cessation aids: a population study, Jackson *et al* (2019) conclude that *“Use of e-cigarettes and varenicline are associated with higher abstinence rates following a quit attempt in England”*. A recent study by Lucchiari *et al* (2020) concluded that participants who used e-cigarettes with nicotine smoked fewer tobacco cigarettes than any other group after 6 months. Glasser *et al* (2020) added further evidence to the efficacy of e-cigarettes in their study which found that smoking cessation was more likely among frequent e-cigarette users.

Data from national surveys provide strong evidence that e-cigarettes have contributed to a reduction in smoking prevalence. The Health Ireland survey for 2019 shows that smoking prevalence fell 6% in 3 years with 38% of successful quitters using e-cigarettes, compared to only 15% using pharmacological products.

Santé Publique France found that more than 700,000 people have used e-cigarettes to stop smoking in the long term in 2017 and that vaping is the most common method used to quit smoking in France (Pasquereau *et al.*, 2017).

Population data from the USA found that *“The substantial increase in e-cigarette use among US adult smokers was associated with a statistically significant increase in the smoking cessation rate at the population level”* (Zhu S-H *et al*, 2018)”

### **References**

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