

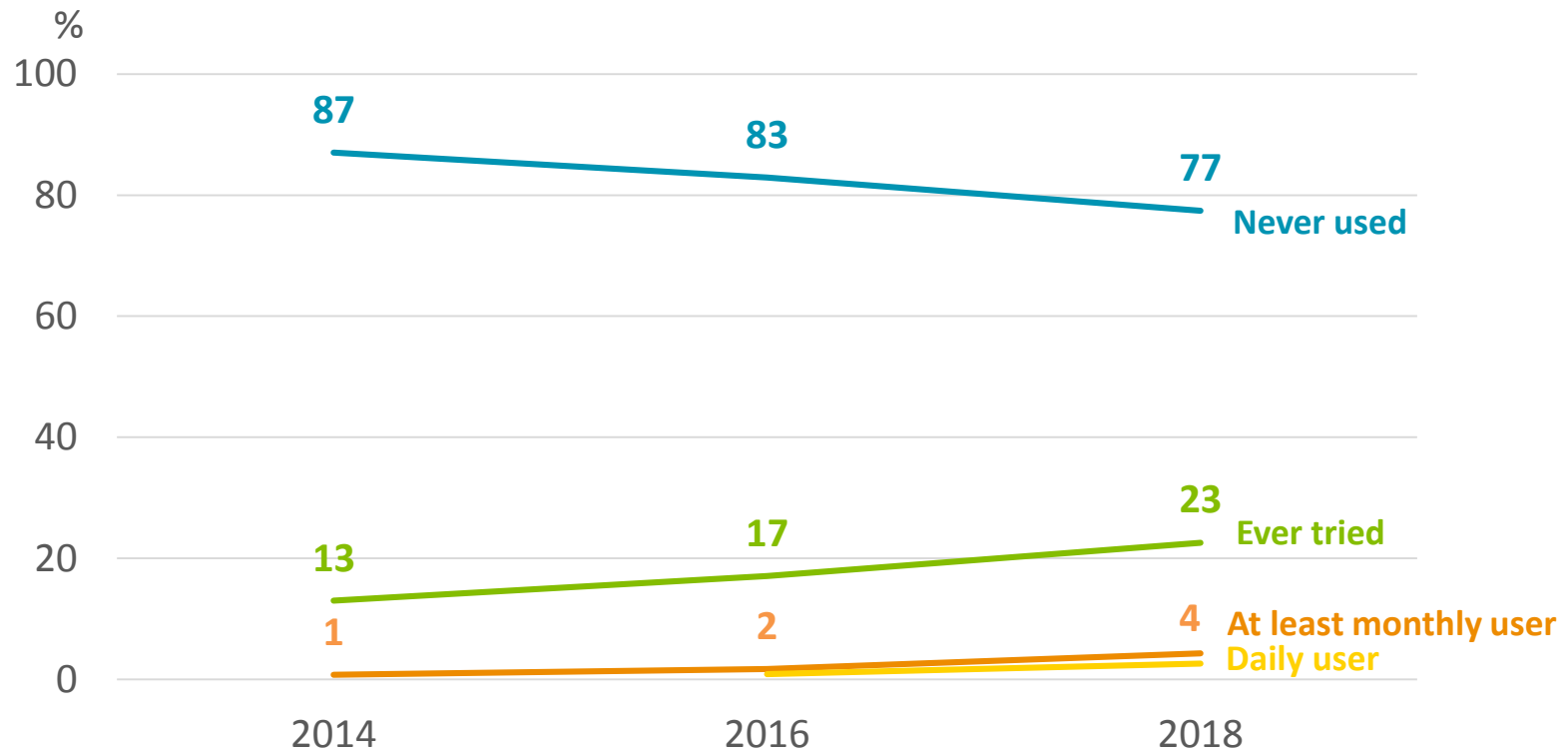
Vaping to Quit Smoking: An Evidence Update

Dr Alana Oakly
Senior Researcher

Outline

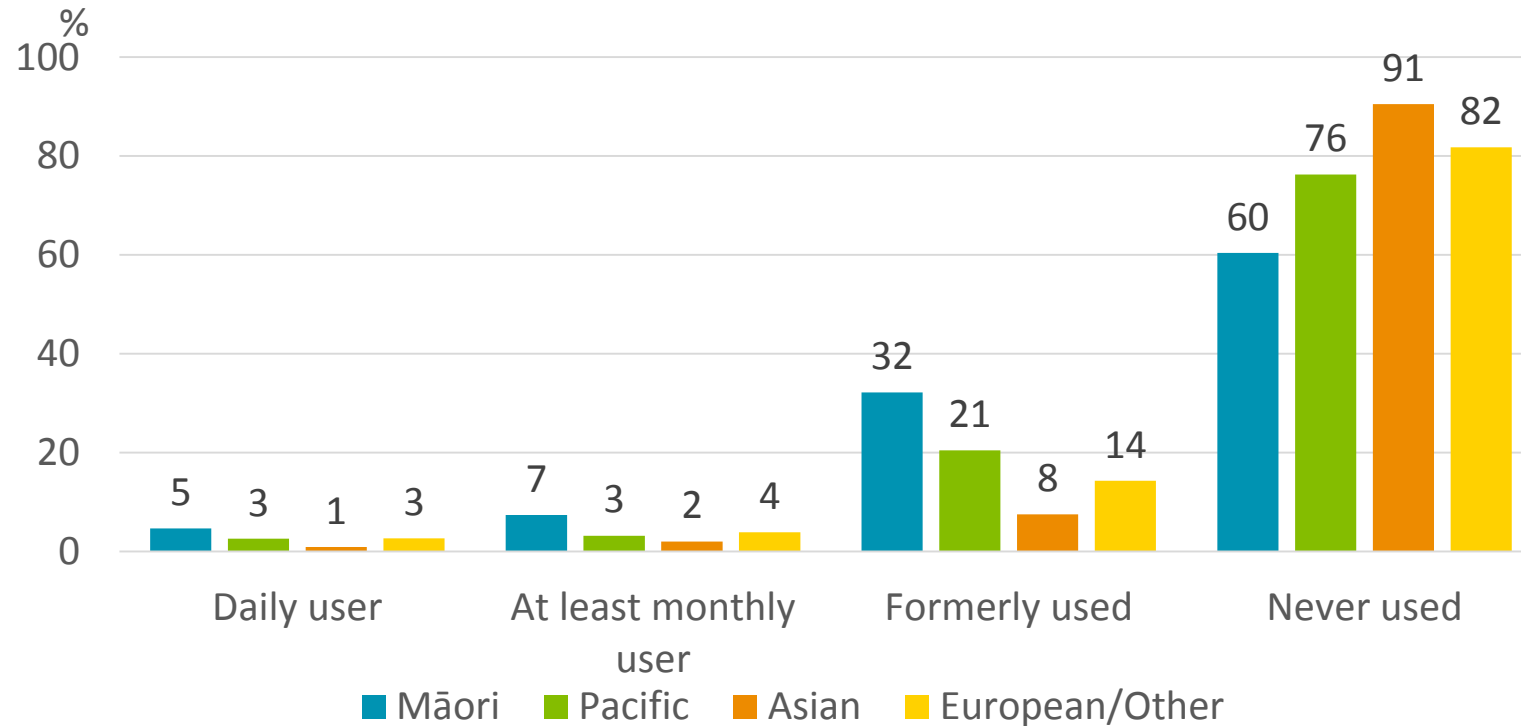
- Vaping in New Zealand
 - Who is vaping?
- Is vaping safe?
- Does vaping help people quit smoking?
- Does vaping lead young non-smokers to smoke?
- Conclusions

Vaping in New Zealand



Source: 2014-18 Health and Lifestyles Survey (HPA); 2015/16 and 2017/18 New Zealand Health Survey (MoH)

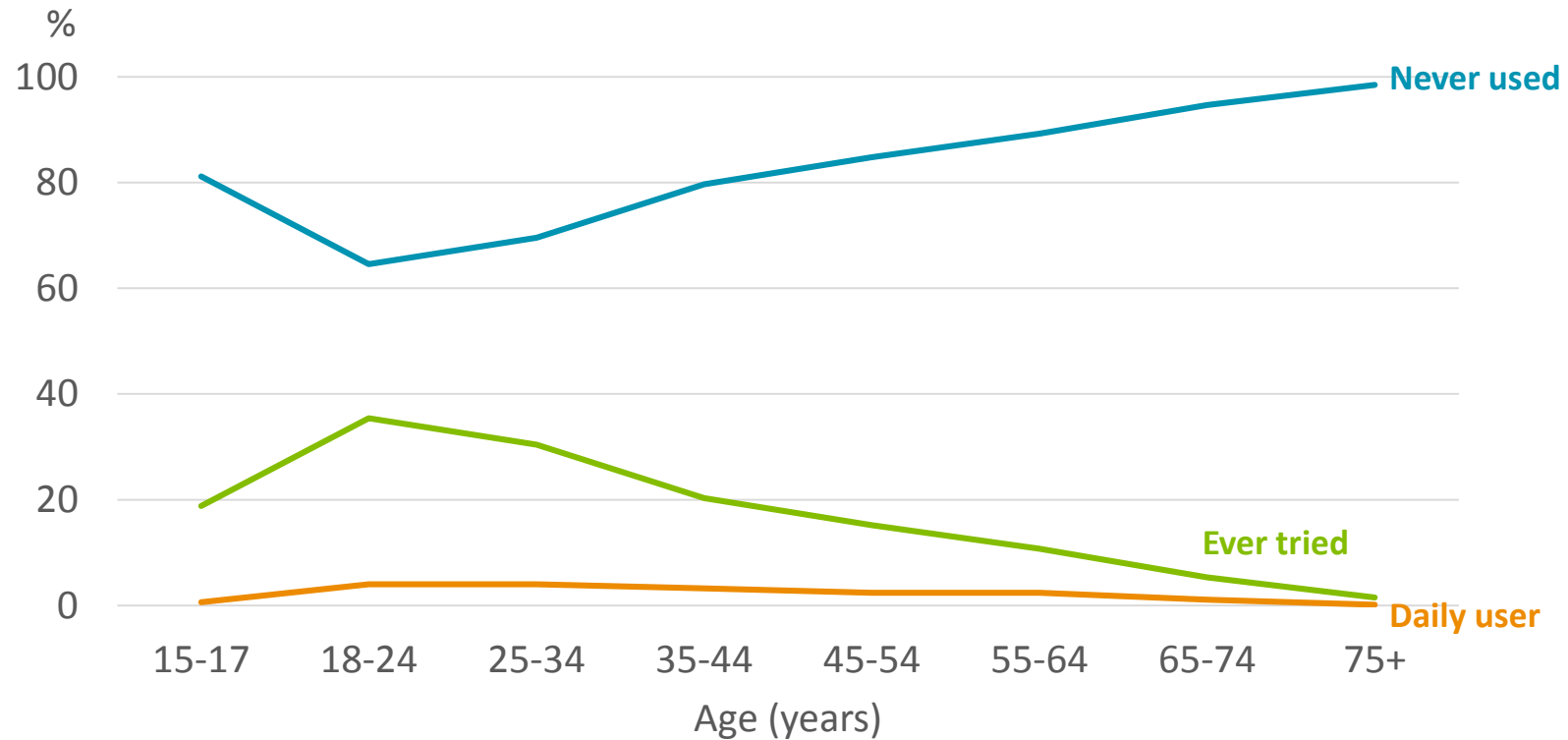
Who is vaping? Ethnicity



Māori adults 2 times more likely to vape daily
Asian adults less likely to vape daily

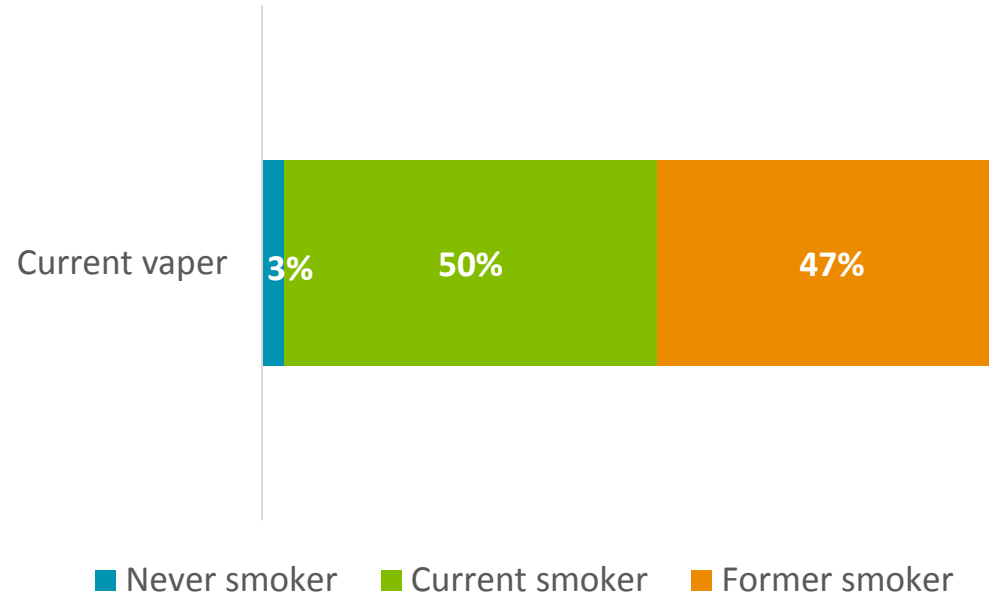
Source: 2017/18 New Zealand Health Survey (MoH)

Who is vaping? Age



Source: 2017/18 New Zealand Health Survey (MoH)

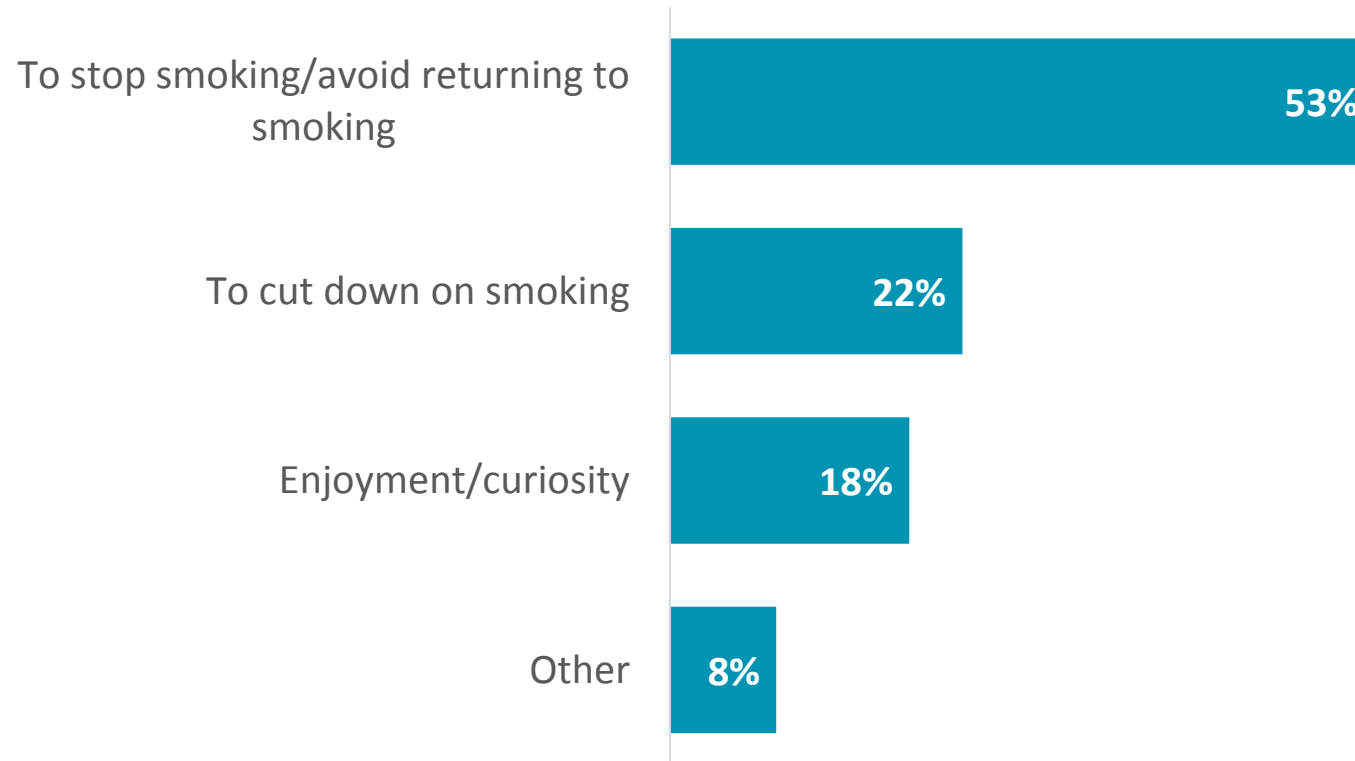
Who is vaping? Smoking Status



Only a small proportion of non-smokers are current vapers

Source: 2018 Health and Lifestyles Survey

Reasons current vapers' vape



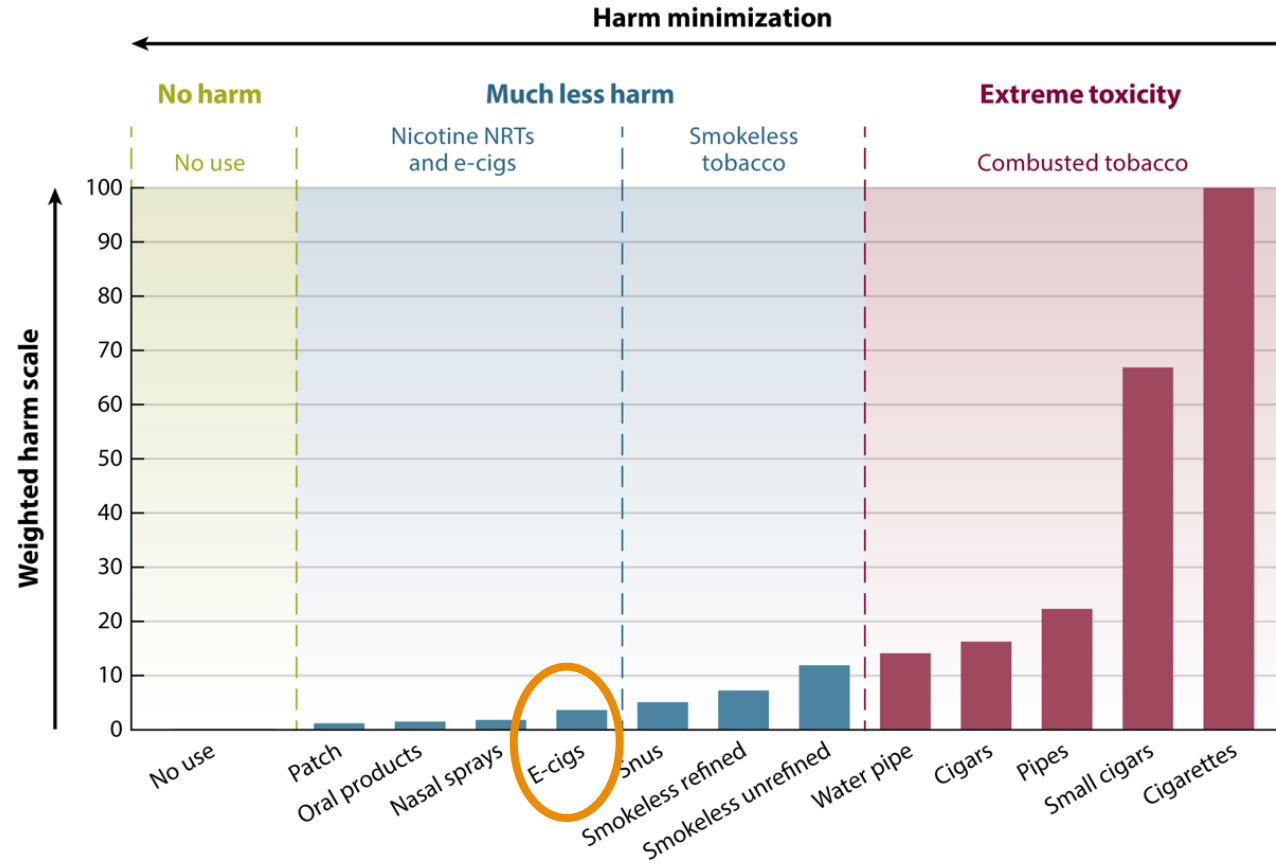
Source: 2018 Health and Lifestyles Survey

Is vaping safe?

- Breathing any product into your lungs unnecessarily is not ideal
- However, smokers who switch to vaping reduce their exposure to a wide range of toxic substances
- The risks associated with long-term vaping are unknown
- Smokers who are vaping as part of their quitting journey should eventually stop vaping too

Source: Public Health England, 2018; NASEM, 2018

Is vaping safe?



AR Abrams DB, et al. 2018.
Annu. Rev. Public Health. 39:193-213

Source: Abrams et al., 2018

Is vaping safe?

- What about popcorn lung?
 - “Popcorn lung” (bronchiolitis obliterans) comes from high exposure to diacetyl
 - It is best to avoid this chemical in vape liquid
 - There have not been any cases of popcorn lung from vaping
 - Tobacco cigarettes have much higher levels of diacetyl than has been detected in e-liquid

Does vaping help people stop smoking?

- Four existing randomised controlled trials
- In all studies, vaping with nicotine was more effective for stopping smoking compared with the control

Source: Cochrane Review, Hartmann-Boyce et al., 2016; Hajek et al., 2019; Walker et al. in press

Does vaping help people stop smoking?

- Hajek et al., 2016: Most recent and robust clinical trial
- 886 participants were given three months of product (NRT or vaping device) and four weeks of behavioural support
- After one year, **10%** of the NRT group were still non-smokers, and **18%** of the vaping group were still non-smokers.

Source: Hajek et al., 2019

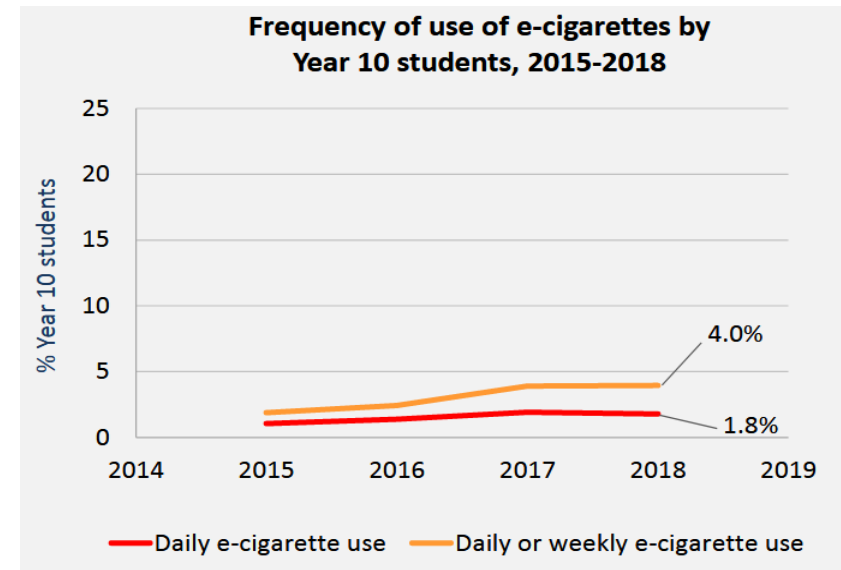
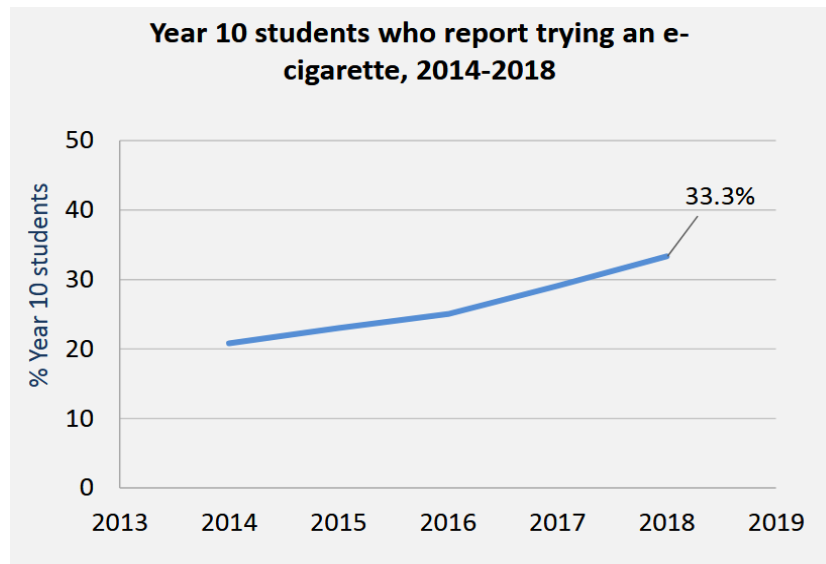
Does vaping lead young people to smoke?

- Young never smokers who try vaping products are 3.6 times more likely to try smoking
- Important to note:
 - we don't know if **vaping causes smoking**. It may be that something else leads to both behaviours, such as novelty seeking
 - “trying smoking” isn't the same as “regular smoking”.

Source: Soneji et al., 2017; Public Health England, 2018; NASEM, 2018

Does vaping lead young people to smoke?

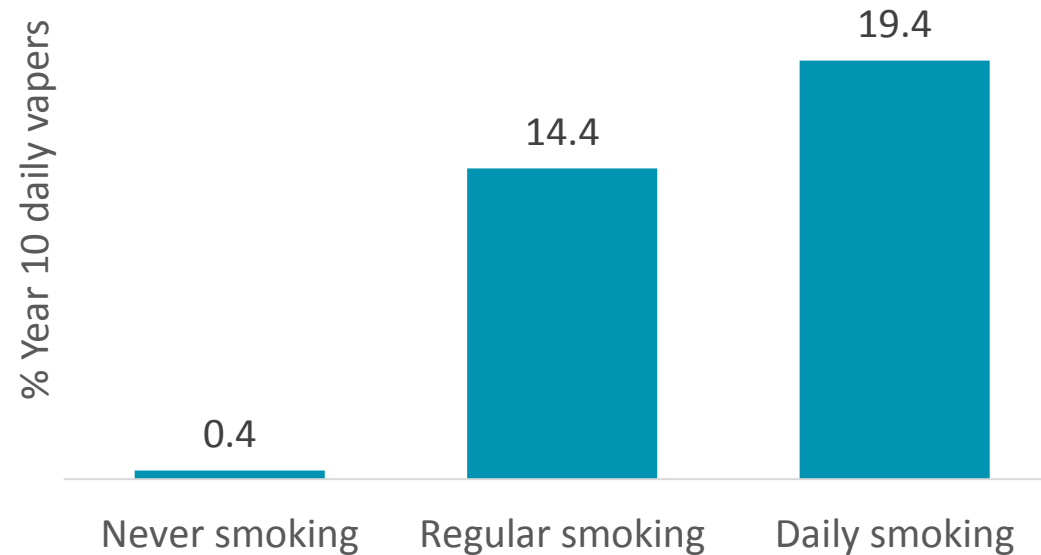
- Ever vaping is increasing in New Zealand, but more frequent use is still low in 14 – 15 year olds



Source: 2015-18 ASH Year 10 Snapshot (ASH, HPA)

Does vaping lead young people to smoke?

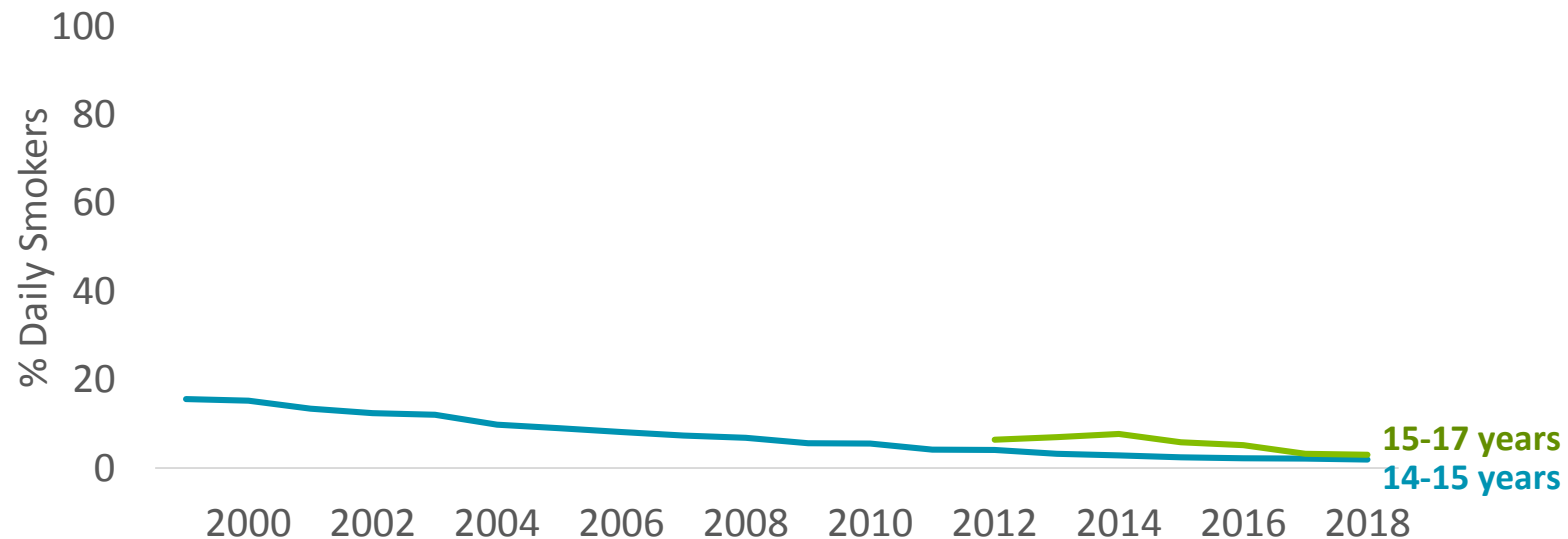
- Fewer than 1% of 14-15 year olds who report never smoking vape daily



Source: 2018 ASH Year 10 Snapshot (ASH, HPA)

Does vaping lead young people to smoke?

- Despite vaping becoming more common, the number of young people in New Zealand who smoke is not increasing.



Source: 2000-18 ASH Year 10 Snapshot (ASH, HPA; 2012/14-2017/18 New Zealand Health Survey (MoH))

Conclusions

- The popularity of vaping in NZ is increasing.
- Current smokers and Māori are more likely to vape at least monthly and daily.
- Vaping is not harmless but is much less harmful than smoking.
- Vaping can help some people who are quitting smoking.
- Young people who try vaping tend to try smoking. However, it is not possible to say from this evidence that vaping **causes** young people to smoke.