

TRAFFORD COUNCIL

Report to: Health & Wellbeing Board
Date: 19th October 2018 2
Report for: Information
Report of: Darryl Quantz, Public Health Consultant

Report Title

Tobacco and e-cigarette usage in Trafford.

Purpose

Response to questions asked by the Health and Wellbeing Board regarding tobacco and e-cigarette usage in Trafford.

Recommendations

To note the information.

Contact person for access to background papers and further information:

Name: Darryl Quantz, Public Health Consultant

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1. Evidence on the link between use of e-cigarettes and tobacco

Smoking is a major cause of preventable ill health, premature mortality, and a driver of the inequality in Healthy Life Expectancy across Trafford.

While smoking cessation services have been successful in helping many people to stop smoking, their effectiveness has declined over time as the people who have found smoking cessation more appealing or easier have progressively stopped smoking.

The best available evidence now tells us that vaping is 95% less harmful than smoking tobacco and more and more people are using e-cigarettes to quit smoking^[i]. It is included in NICE guidance.

A carefully designed e-cigarette pilot offers the potential offer e-cigarettes as a smoking cessation aid to key target groups in Trafford, as well as demonstrating our confidence in the evidence that e-cigarettes are much less harmful than tobacco.

2. Data for use of e-cigarettes and tobacco by under 18s

19 per cent of 11-15 year old pupils had ever smoked, which is similar to 2014 (1).

Regular use of electronic cigarettes (e-cigarettes) by 11–16 year olds is low (1–3%), and most experimental use does not lead to regular use or increase smoking prevalence, according to an analysis of findings from five surveys done in the UK between 2015 and 2017 (2).

3. Focus groups for prevention

A focus group with Age UK was held in August 2018 (See summary below).

4. References

1. E-cigarettes: an emerging public health consensus. Available: <https://www.gov.uk/government/news/e-cigarettes-an-emerging-public-health-consensus>
2. NHS. Smoking, Drinking and Drug Use among Young People in England – 2016. Available: <https://digital.nhs.uk/data-and-information/publications/statistical/smoking-drinking-and-drug-use-among-young-people-in-england/2016>
3. Venkatesan, P. E-Cigarette use in young people in the UK

^[i] <https://www.gov.uk/government/news/e-cigarettes-an-emerging-public-health-consensus>