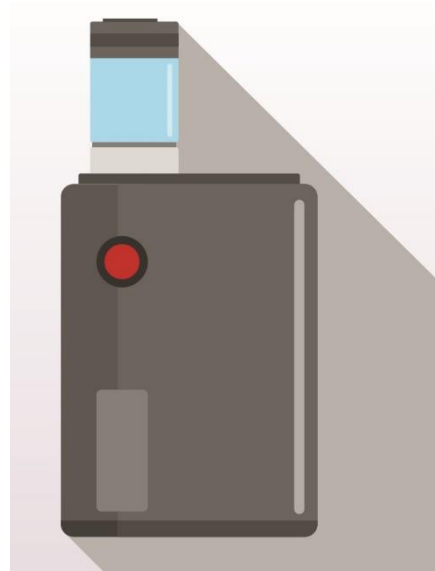


Electronic Cigarettes and Vaping: A brief guide for colleges and universities

What are e-cigarettes?

- Nicotine Vaping Products (NVPs or e-cigarettes) have been available for over a decade in Scotland.
- E-cigarettes are battery powered devices that heat a liquid into a vapour, which is then inhaled by the user (often containing nicotine and flavourings)
- some e-cigarettes are smaller and 'cigarette like', while larger 2nd and 3rd generation e-cigarettes typically do not look like normal cigarettes and have higher powered batteries and refillable liquid tanks.



What are the concerns about e-cigarettes?

- There is now agreement **based on current evidence that e-cigarettes are definitely less harmful** than smoking tobacco
- vaping is **not risk free** and there are no long term studies on the health effects of e-cigarettes
- most e-cigarettes contain nicotine, which is **addictive**
- there are concerns that e-cigarettes may attract non-smokers, including young people, creating a new route of smoking initiation for young people
- tobacco companies are increasingly involved in e-cigarette manufacture and sale.

Do e-cigarettes help people to quit smoking?

- There is still a lack of high quality data about how useful e-cigarettes are for helping people to stop smoking.
- access to nicotine containing products can be useful for smokers who wish to stop
- e-cigarettes can deliver nicotine to the brain although much more slowly than smoking



- using e-cigarettes without stopping smoking (dual use) does not provide health benefits
- behavioural support in combination with pharmacotherapies such as nicotine replacement therapy and Champix® have the strongest evidence base to help people stop smoking.
- Scotland's stop smoking services are free and have lots of help at hand to support people to quit smoking: www.quityourway.scot.

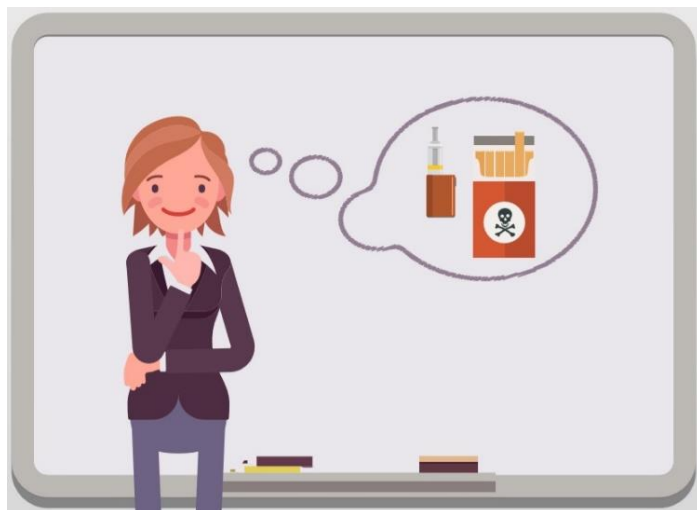
Who is using e-cigarettes?

- Surveys in Scotland and England have shown that e-cigarette use amongst young people has slightly increased over time, but regular use remains low and mostly confined to those who already smoke
- Recent SALSUS surveys of 13 and 15 year olds indicate that some young people are engaging in experimentation with e-cigarettes, but not many are regular users (defined as once a week or more): 2% of 13 year olds and 3% of 15 year olds.
- E-cigarette use is highest among middle age groups (8-11% among those aged 25-54) and **lower for the younger group (5% among those aged 16-24)** and older adults (1-6% for those aged 55 and over). A similar age-related pattern can be seen for both men and women (Scottish Health Survey 2018)
- E-cigarette use amongst young people who have never smoked is very low (1% of non-smokers at 13 and 15 years old using e-cigarettes once per week). However, experimental use among non-smokers is much higher (15% for 13 and 28% for 15 year olds).

The legal situation

- it's illegal to sell nicotine vaping products to under 18s, or to buy them on their behalf
- anyone who looks under 25 trying to buy vaping products should be asked to show ID
- anyone selling nicotine containing vaping products must register at www.tobaccoregisterscotland.org
- there are no legal restrictions on vaping indoors, although many premises do not allow it.

Advice for institutions



There is a balance to be struck with e-cigarettes; recognising that we would like to see more people helped to stop smoking but not recruit new, younger audiences into nicotine use.

Institutions have a role in promoting the health and wellbeing of their staff and students and should reflect this within their smoke-free policy ([template policy available](#)).

Approaching e-cigarettes in a coherent way can help to avoid confusion in the communication, interpretation and enforcement of the smoke-free campus policy. Take into account your institution's approach to tobacco and other age restricted products and give consideration to:

- ☑ creating an environment that discourages experimentation with vaping devices, particularly amongst non-smokers
- ☑ supporting those wishing to quit smoking, by promoting free Quit Your Way services
- ☑ taking opportunities to provide good information on e-cigarettes and engage in health promoting activities about tobacco, health and wellbeing more widely
- ☑ recognising that staff are role models for young adults and they should refrain from using e-cigarettes (or smoking) in front of students
- ☑ prohibiting use by all staff, students and visitors on campus
- ☑ not selling or permitting the sale of, advertisement or promotion of any e-cigarettes or vaping materials on campus.

Smoke-free campus resources

ASH Scotland have a range of resources to support further and higher education institutions make practical changes to review and improve smoke-free campus policies.

Visit www.befree.scot/colleges-universities/ for more information.