

AES3: Are e-cigarettes safe? Answers



Use **AES1 – ASH Scotland Youth Vaping Briefing** to support the discussion and elaborate on the answers

1. According to current evidence vaping e-cigarettes is less harmful than smoking.	
a) True	b) False
2. The longer-term health effects of vaping are still emerging; however, it is already clear that these are health-harming products.	
a) True	b) False
3. What is the addictive substance that most e-cigarettes contain?	
<i>Nicotine</i>	
4. What other substances do e-cigarettes contain?	
<i>Flavourings, propylene glycol and vegetable glycerine</i>	
5. There are health benefits if you use an e-cigarette whilst still smoking tobacco.	
a) True	b) False
6. For what reasons should someone use an e-cigarette?	
<i>To help them stop smoking</i>	
7. E-cigarettes are risk free.	
a) True	b) False
8. Based on current evidence, what's the best way to stop smoking?	
<i>Expert support and nicotine replacement therapy (patches, gum, lozenges and mouth sprays) have the strongest evidence base to help people stop smoking.</i>	
9. Why can't we be certain on whether e-cigarettes are safe?	

- *We don't know much about the long-term effects of vaping.*
- *Growing evidence indicates they are health-harming products.*
- *Very little high-quality research.*
- *Variation between the different devices leading to different results.*
- *E-liquids, and the ingredients they contain, have not been safety tested for inhalation.*

10. What are the main concerns around e-cigarettes?

- *Young people becoming addicted to nicotine.*
- *Tobacco companies involved in the manufacture, marketing and sale of e-cigarettes and recruiting a new generation of people addicted to nicotine.*
- *Potential to 'renormalise' smoking, when it's been 'going out of fashion' in recent years.*
- *Short and long-term health effects.*
- *Access to e-cigarettes needs to be controlled carefully; they are not products for children, young people or non-smokers.*

