

# VA1: Vaping Attitudes Statements and Answers

1. E-cigarettes are less harmful than tobacco.

**Discussion:**

- E-cigarettes are less toxic than cigarettes, however they are **NOT harmless**. The longer-term health effects of vaping are still emerging, but it is already clear that these **are health-harming products**.
- E-cigarettes are not products for children and young people or non-smokers, they are useful only as a potential route towards stopping smoking.
- Research suggests that children and adolescents who use e-cigarettes are up to three times greater risk of taking up smoking.
- If someone who smokes wants to try using an e-cigarette it will be better than continuing to smoke tobacco, however you should never recommend vaping to non-smokers.
- Recent studies suggest vaping can negatively impact heart health, including heart rate and blood pressure. They may also impact lung health, particularly in those who already have asthma or other respiratory health issues.
- E-liquids include toxic chemicals that have not been safety tested for inhalation.

2. E-cigarettes can be addictive.

**Discussion:**

- Almost all e-cigarettes contain nicotine, which is as addictive as heroin and cocaine.
- We don't want to recruit young people into nicotine addiction.
- Young people's brains are still developing, they can quickly become addicted to nicotine.
- Research suggests nicotine can have a negative impact on brain development in young people, including increasing risk for future substance use.

3. It is fine for under 18's to buy e-cigarettes.

**Discussion:**

E-cigarettes are an age-restricted product just like tobacco is. In Scotland it's illegal to:

- sell e-cigarettes to under 18's.
- buy e-cigarettes on behalf of under 18's.

4. E-cigarettes are the best way to stop smoking.

**Discussion:**

- There is still a lack of high-quality data about how useful e-cigarettes are for helping people to stop smoking – data on e-cigarettes increasing the risk that young people will take up smoking is stronger.
- The best way to stop smoking is with support, Scotland's stop-smoking services are free and can offer expert advice and help to support people to quit smoking: [www.quityourway.scot](http://www.quityourway.scot)
- E-cigarettes are not available on prescription and there are other more effective prescription options. Any quit smoking aid is more effective with support.
- Vaping without stopping smoking completely does not provide any health benefits.

## 5. Disposable e-cigarettes are bad for the environment

### *Discussion:*

- 7.7 million single-use plastic vapes are bought per week (double compared to 2022).
- Figures from September 2023 showed that the number of disposable single-use vapes thrown away had soared from 1.3 million to nearly 5 million per week.
- Valuable and critical materials such as lithium and copper that are regularly being binned, these could instead be powering nearly 5,000 electric vehicles.
- Data shows house fires sparked by vapes have also more than doubled in two years from 59 in 2020 to 123 in 2022 – an increase of 108%.

These statistics are from September 2023 - [Number of disposable single-use vapes thrown away have in a year quadrupled to 5 million per week - Material Focus](#)

(Material Focus will continue to publish updated figures, so we'd advise to periodically check their website for new reports on disposable single-use vapes)