

Jersey consensus statement on e-cigarettes

Smoking kills. Helping people to stop smoking completely is our priority.

The purpose of this document is to clarify perceptions about any harms and benefits of using e-cigarettes based on current evidence. It is aimed at both health professionals and the general public.

E-cigarettes have been available for purchase for just over a decade in Jersey. They have become increasingly popular and many smokers report using them.

There is now agreement based on the available evidence that vaping e-cigarettes is definitely less harmful and carries less risk than smoking tobacco. Although most e-cigarettes contain nicotine, which is addictive, vaping carries less risk to smokers than if they continued to smoke tobacco. Thus, it would be a good thing if smokers used them instead of tobacco. However, because nicotine is addictive, **they are not products for children or non-smokers**. For this reason, access to e-cigarettes needs to be controlled carefully.

Using e-cigarettes without stopping smoking (dual use) does not reduce the risk to health of continuing to smoke tobacco. Anyone who is using both should be strongly encouraged to stop smoking tobacco as soon as they can.

To be absolutely clear, e-cigarettes are useful for public health and health service purposes only as a potential route towards stopping smoking.

There is still a lot we do not know about e-cigarettes. They are not risk free, but based on current evidence, they have a much lower risk than smoking tobacco. Research is being undertaken to understand these risks but in the meantime we need to make the best use of the situation to reduce tobacco smoking further.

We have two key messages:

- 1. To smokers we say:** whether or not you use e-cigarettes, stopping smoking will have a positive impact on your health and wellbeing and those around you. The most successful way of stopping smoking is with a combination of medication and specialist support. Our Help2Quit stop smoking services are free and with their support you are up to 4 times more likely to quit for good. The Help2Quit service will not turn you away if you are currently choosing to use e-cigarettes during a quit attempt. See <https://www.gov.je/health/help2quit/pages/index.aspx>
- 2. To health professionals we say:** when smokers come to you, be clear with them that expert support and licensed medical treatments for cessation have the strongest evidence base to help people stop smoking. The Help2Quit service will not turn anybody away because they are currently choosing to use e-cigarettes.

This consensus has been based on the Scottish consensus [statement](#) and is supported by:

- Medical Officer of Health and the Strategic Public Health Unit
- Health and Social Services Department including:
 - Respiratory Services
 - Cardiology Services
 - Maternity Services
 - Mental Health Services
 - Paediatric Services
 - Help2quit Services
 - Alcohol and Drug Services
 - Pharmacy Services
- HM La Moye Prison
- Family Nursing and Home Care
- Jersey Primary Care Body
- Jersey Asthma and Respiratory Society
- Mind Jersey

