

VAEP Key Concepts script 14: UK loves harm reduction



In the UK, they benefit their citizens that smoke by promoting vaping as a harm reduction strategy. Their vaping policies are based on thousands of published scientific articles. I'm going to read you some quotes from esteemed medical organizations.

The Royal College of Physicians stated: "The harm of smoking is therefore **caused not by nicotine**, but by other **constituents of tobacco smoke**." And "...the hazard to health arising from long-term vapour inhalation from the e-cigarettes available today is **unlikely to exceed 5% of the harm** from smoking tobacco."(1)

The Royal College of General Practitioners stated: "The evidence so far shows that e-cigarettes have significantly **reduced levels of key toxicants compared to cigarettes**, with average levels of exposure falling **well below the thresholds for concern**."(2)

Public Health England stated "Our new review reinforces the finding that vaping is a fraction of the risk of smoking, **at least 95% less harmful**, and of negligible risk to bystanders."(3)

The Royal Society for Public Health stated: "The [Public Health England] report reflects an up-to-date evidence base that is increasingly pointing in the same direction: not only that vaping is **at least 95% less harmful** than smoking, but also that it is **helping increasing numbers of smokers to quit**."(4)

International health related nonprofits in the UK also promote vaping.

Action on Smoking and Health stated: "E-cigarettes have proved to be an important **gateway out of smoking**, not into it." and "The lifetime **cancer risk** of vaping has been assessed to be under 0.5% of the risk of smoking."(5)

To learn more, please visit VAEP.info. <https://VAEP.info>

Kellie Ann is wearing our Vintage Logo tee in Pink <https://shop.vaep.info/?product=vaep-vintage-tees>

References

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3. Public Health England. (2018). Press release: PHE publishes independent expert e-cigarettes evidence review.
<https://www.gov.uk/government/news/phe-publishes-independent-expert-e-cigarettes-evidence-review#:~:text=The%20main%20findings%20of%20PHE,year%20and%20possibly%20many%20more>
4. Royal Society for Public Health. (2018). New PHE review strengthens consensus on harm reduction role of e-cigarettes.
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5. Action on Smoking and Health. (2018). Briefing: electronic cigarettes.
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