

The use of electronic cigarettes as smoking cessation aids or harm reduction methods.

Selected positions taken after 2018 by health organizations, health authorities and in scientific publications.

1. Health organizations which do not recommend e-cigarettes as cessation aids
2. Health organizations which do not recommend e-cigarettes for harm reduction
3. Selected conclusions by scientific committees commissioned by governments regarding e-cigarettes and cessation
4. Selected conclusions by Canadian health practitioners or scientists regarding e-cigarettes and cessation

1 Health organizations which do not recommend e-cigarettes as cessation aids

Organization	Statement	Source
American Association for Respiratory Care	<i>The American Association for Respiratory Care (AARC) opposes the use of e-cigarettes, “vapes,” or any device that is used to aerosolize or vaporize non-therapeutic liquids to deliver intoxicants, stimulants or other chemicals and compounds through inhalation. Even though the concept of using the e-cigarettes for smoking cessation is attractive, it has not been fully studied and further research is needed. As such, the AARC does not recommend the use of e-cigarettes as a cessation method.</i>	American Association for Respiratory Care. Position Statement. Electronic Cigarette 2020. ¹
American Cancer Society and the American Cancer Society Cancer Action Network	<i>E-cigarettes should not be used to quit smoking. The ACS does not recommend the use of e-cigarettes as a cessation method. No e-cigarette has been approved by the Food and Drug Administration (FDA) as a safe and effective cessation product.</i>	American Cancer Society Position Statement on Electronic Cigarettes ²
American College of Cardiology	<i>“The American College of Cardiology staunchly supports all efforts to reduce tobacco use, including the alarming rise in e-cigarette use among American youth. We applaud the Trump Administration’s announcement that it will seek to ban all non-tobacco flavors of e-cigarettes. This is a welcome step in the right direction. The FDA and CDC’s 2018 National</i>	Press Release. ACC Supports Ban on Flavored E-Cigarettes 2019. ³

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	<i>Youth Tobacco Survey found a 78 percent increase in e-cigarette use among high schoolers in just one year and much of that rise is driven by fruit and candy-flavored nicotine pods. This trend is reversing the headway we've made in recent years to reduce tobacco use across the board, which is particularly concerning to the doctors, nurses and other health professionals on the front lines of the ongoing battle to treat heart disease. The ACC is committed to working with policymakers and others to reduce tobacco use in the hope that it means even one less patient to treat."</i>	
American Diabetes Association	<p><i>Smoking Cessation: Tobacco and E-Cigarettes Recommendations</i></p> <p><i>5.32 Advise all patients not to use cigarettes and other tobacco products A or e-cigarettes. A</i></p> <p><i>5.33 After identification of tobacco or e-cigarette use, include smoking cessation counseling and other forms of treatment as a routine component of diabetes care.</i></p>	Standards of Medical Care in Diabetes—2021 Abridged for Primary Care Providers ⁴
American Lung Association	<i>The Food and Drug Administration has not found any e-cigarette to be safe and effective in helping smokers quit. If smokers are ready to quit smoking for good, they should call 1-800-QUITNOW or talk with their doctor about finding the best way to quit using proven methods and FDA-approved treatments and counseling.</i>	E-Cigarettes post 2020 ⁵
American Thoracic Society	<p><i>Conditional recommendations include combining a nicotine patch with varenicline rather than using varenicline alone and using varenicline rather than electronic cigarettes....</i></p> <p><i>The panel was aware of large epidemiologic studies of the respiratory and cardiovascular impact of electronic cigarette use and highlighted that the overall health consequences of electronic cigarette use have become increasingly suspect (92–94); conversely, initial safety concerns over varenicline have diminished under scrutiny (95, 96). The panel emphasized that the recommendation is intended exclusively for tobacco dependence treatment under the supervision of a trained clinician and should not be extrapolated to other contexts, such as unsupervised treatment of tobacco dependence or recreational use</i></p>	Initiating Pharmacologic Treatment in Tobacco-Dependent Adults. An Official American Thoracic Society Clinical Practice Guideline, 2020 ⁶
Asociación Española Contra el Cáncer (AECC) Spanish Cancer Society	<i>No existen evidencias sólidas hasta la fecha que apoyen que el uso de cigarrillos electrónicos sea una herramienta efectiva para dejar de fumar. El uso del cigarrillo electrónico generalmente se asocia a un consumo dual con tabaco convencional y el único ensayo clínico aleatorizado muestra que la tasa de</i>	Website: Valoración del producto desde la perspectiva médica y psicológica Evaluation of the product from the medical and psychological perspective ⁷

Organization	Statement	Source
	<p><i>abandono mediante cigarrillo electrónico es baja y similar a la de los sustitutos de nicotina. Cabe reseñar por otro lado, que a diferencia del cigarrillo electrónico, los sustitutos de la nicotina cuentan con una sólida evidencia científica, acumulada a lo largo de años sobre su seguridad y eficacia.</i></p> <p><i>There is no strong evidence to date to support the use of electronic cigarettes as an effective tool for smoking cessation . The use of electronic cigarettes is generally associated with dual consumption with conventional tobacco, and the only randomized clinical trial shows that the rate of quitting using electronic cigarettes is low and similar to that of nicotine substitutes. On the other hand, it should be noted that, unlike electronic cigarettes, nicotine substitutes have solid scientific evidence, accumulated over the years, on their safety and efficacy..</i></p>	
<p>Australian Joint Statement</p> <p>VicHealth</p> <p>Lung Foundation Australia</p> <p>Publi Health Association Australia</p> <p>Cancer Council Victoria</p> <p>Australian Cardiovascular Health and Rehabilitation Association</p> <p>Australian Health Promotion Association</p> <p>Australian Primary Health Care Nurses Association</p> <p>Stroke Foundation</p>	<p><i>Given the lack of evidence for their safety, quality and efficacy and the availability of approved pharmacotherapies, we do not encourage the use of NVPs [Nicotine Vaping Products] for smoking cessation.</i></p>	<p>Position statement: Smoking and vaping cessation 2021⁸</p>
<p>Australian Medical Association</p>	<p><i>“Big Tobacco has sought to promote e-cigarettes and vaping as healthy alternatives to normalise smoking among younger people. They are not healthy,” Dr Zappala said.</i></p> <p><i>“The AMA welcomes the move to strengthen the response to the importation of nicotine liquids for use in e-cigarettes. Stronger enforcement should see a reduction in the amount of illegally imported nicotine solution coming to Australia.</i></p>	<p>Press Release. AMA supports continued ban on e-cigarettes and vaping 2020⁹</p>
<p>Canadian Lung Association</p> <p>Canadian Thoracic Society</p>	<p><i>Current research remains inconclusive as to the effectiveness of electronic cigarettes in helping people to quit smoking ...</i></p> <p><i>Based on the available evidence to date, the best approach to quit smoking is through behavioural support and approved pharmacologic aids to increase the chances of sustained and complete abstinence.</i></p> <p><i>While we acknowledge that some individuals may view these products as a method to aid them in</i></p>	<p>Canadian Lung Association Position Statement on Vaping / E-cigarettes in Canada¹⁰</p>

Organization	Statement	Source
	<i>quitting smoking, they have not been approved by Health Canada for this purpose and to date there has not been sufficient evidence to support their use for this purpose.</i>	
Cancer Council Australia	<i>There is insufficient evidence to support the use of e-cigarettes for smoking cessation</i>	Policy Priorities. Tobacco Control. ¹¹
College of Family Physicians of Canada	<i>Harm reduction: Vaping and the use of e-cigarettes There is some evidence that e-cigarettes can reduce smoking rates, but the long-term effects of e-cigarette use are still unknown.¹² Recommend offering first line therapies instead, which currently have more evidence of efficacy and safety.</i>	Practical Approach to Substance Use Disorders for the Family Physician 2021 ¹²
European Association of Preventive Cardiology	<i>Health professionals should be cautious in recommending the use of e-cigarettes to their patients and the general public as: (a) mounting evidence suggests that e-cigarettes are harmful to health, including to the heart; (b) smokers might end up using e-cigarettes as a supplement to smoking without cutting back their tobacco consumption; (c) there is a lack of robust evidence that e-cigarettes are effective as a smoking cessation tool; (d) e-cigarettes seem to be used instead of evidence-based smoking cessation products and smoking cessation clinics. E-cigarette should only be considered to aid tobacco cessation alongside a formal tobacco cessation programme. The current findings suggest that the use of e-cigarettes for smoking cessation might increase abstinence rates in combination with behavioural therapy. The findings might suggest that e-cigarettes ought to be implemented in a clinical setting as part of intensive repeated counselling to have an effect but might undermine cessation for the clear majority of adult smokers who use e-cigarettes outside a smoking cessation clinic. Additional studies of high quality and in particular pragmatic randomised trials are urgently needed. Such studies ought to incorporate the frequency of e-cigarette use upon successful long-term smoking cessation..</i>	Electronic cigarettes and health with special focus on cardiovascular effects: position paper of the European Association of Preventive Cardiology (EAPC) 2020 ¹³
European Academy of Paediatrics	<i>The Academy recognises that there may be a very small number of smokers who are unable to quit by any other means, for whom e-cigarettes may offer the only hope of breaking their addiction, but for the vast majority of smokers, quitting is best achieved without using e-cigarettes.</i>	E-Cigarettes as a Growing Threat for Children and Adolescents: Position Statement From the European Academy of Paediatrics 2021 ¹⁴
European Public Health Association	<i>Overall, e-cigarettes may help some smokers quit but, for most, e-cigarettes depress quitting.</i>	Facts and fiction on e-cigs. 2018 ¹⁵

Organization	Statement	Source
<p>Deutsche Gesellschaft für Pneumologie und Beatmungsmedizin e.v. German Respiratory Society</p>	<p><i>Smokers should not be recommended to use e-cigarettes to quit smoking. In contrast to nicotine replacement therapy (NRT) or medication to support smoking cessation, e-cigarettes are used permanently by the majority of smokers who want to quit. The prolonged inhalation of the e-cigarette aerosol entails health risks, the extent of which cannot yet be estimated. Smokers who switch to e-cigarettes have an increased risk of relapse. The majority of e-cigarette smokers also consume tobacco cigarettes at the same time.</i></p> <p><i>Inhaling pro-inflammatory toxic substances and flavors through the e-cigarette carries the risk of permanent damage to the bronchi and lung tissue.</i></p> <p><i>The nicotine contained in most e-cigarettes is highly addictive. Adolescents and adolescent users of e-cigarettes have an increased risk of addiction and tobacco use.</i></p> <p><i>E-cigarettes as consumer products are not subjected to the toxicological tests that are customary for medicines with regard to health risks.</i></p> <p><i>Sufficient long-term study data are not available.</i></p> <p><i>There is no research independent of the industry that demonstrates a relevant advantage of e-cigarettes over smoking cessation according to medical guidelines with counseling, telephone counseling, group courses and drug support.</i></p> <p><i>Evidence-based therapies in the combination of behavioral therapy and NET or withdrawal medication are well studied, effective and safe.</i></p>	<p>Position Statement: Recommendations for handling electronic cigarettes (e-cigarettes), 2022¹⁶</p>
<p>Ibero-Latin American Pulmonological Scientific Societies</p> <p>Association Argentina de Medicina Respiratoria Associaion Latinoamericana de Torax Asian Pacific Society of Respirology Sociedad Chilena Enfermedades Respiratorias Federación Centroamericana y del Caribe de Neumología y Cirugía de Tórax Sociedade Brasileira de Pneumologia e Tisiologia Sociedad Espanola de Neumologia y Cirugia Toracica</p>	<p><i>El análisis científico de los estudios realizados a la fecha indican que los DELN no han demostrado efectividad para dejar de fumar.</i></p> <p><i>Por lo expuesto, afirmamos que los profesionales sanitarios no deben recomendar la utilización de este tipo de dispositivos en ningún caso.</i></p> <p><i>Scientific analysis of studies to date indicate that ENDS have not been shown to be effective for smoking cessation</i></p> <p><i>Based on the foregoing, we affirm that health professionals should not recommend the use of this type of device in any case</i></p>	<p>Declaración de las Sociedades Científicas Neumológicas ibero-latino-americanas sobre los dispositivos electrónicos de liberación de nicotina Declaration of the Ibero-Latin American Pulmonological Scientific Societies on electronic nicotine release devices 2019¹⁷</p>

Organization	Statement	Source
Sociedad Mexicana de Neumologia y Cirugia de Torax Sociedad Peruana de Neumologia Sociedade Portuguesa de Pneumologia		
International Union of Tuberculosis and Lung Disease	<i>The Union shares the position of the World Health Organization, which states that there is “insufficient independent evidence to support the use of [e-cigarettes] as a population-level tobacco cessation intervention to help people quit conventional tobacco use.”</i>	E-cigarettes, Heated Tobacco Products, and the Need for Bans in LMICs ¹⁸
Kraeftens Bekaempelse Danish Cancer Society	<i>E-cigaretter bør ikke anbefales som hjælp til rygestop, med mindre der er evidens for effektivitet, dosis, virkning og bivirkninger for specifikke produkter, ligesom der er for de nikotinpræparater, der i dag er godkendt som rygestopmedicin af Lægemiddelstyrelsen</i> <i>E-cigarettes should not be recommended as an aid to smoking cessation, unless there is evidence of efficacy, dose, effect and side effects for specific products, just as there is for the nicotine preparations that are currently approved as smoking cessation medication by the Danish Medicines Agency,</i>	Det mener Kræftens Bekæmpelse om e-cigaretter Website: That is what the Danish Cancer Society thinks about e-cigarettes 2022 ¹⁹
KWF Kankerbestrijding KWF Dutch Cancer Society	<i>We see that in some individual cases the e-cigarette can lead to smoking cessation. This does not alter the fact that there is currently insufficient evidence for the effectiveness of the e-cigarette as an aid to smoking cessation. Contrary to the proven effective aids and behavioral support (guidance), the use of the e-cigarette as a smoking cessation aid is therefore not actively recommended.</i>	Website: The e-cigarette and shishapen 2019 ²⁰
National Health and Medical Research Council (Australia)	<i>If you are a current tobacco smoker and you use or are thinking of using e-cigarettes: E-cigarettes are not proven safe and effective smoking cessation aids.</i> <i>If you are a former tobacco smoker and you use or are thinking of using e-cigarettes: Using an e-cigarette may increase your chance of smoking relapse.</i>	CEO Statement on Electronic Cigarettes. 2022 ²¹
Public Health Association (Australia)	<i>Claims that e-cigarettes can help people quit smoking have not been proven. Neither the safety of e-cigarettes nor their alleged superior efficacy in smoking cessation have been scientifically demonstrated</i>	E-cigarettes. Policy Position Statement 2018. ²²
Standing Committee of European Doctors (CPME)	<i>CPME calls on European doctors to: ... not recommend novel tobacco or novel nicotine products as means to stop or reduce smoking.</i>	CPME Policy on Novel Tobacco and Nicotine Products 2019 ²³

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Taiwan Society of Cardiology	<i>Thus, E-cigarettes should not be approved as consumer products but may warrant consideration as a prescription treatment..... There is no solid evidence supporting that E-cigarettes are a safer alternative for tobacco cessation, or sufficient evidence to claim their long-term CV safety.</i> ⁵²¹	2023 Guidelines of the Taiwan Society of Cardiology on the Diagnosis and Management of Chronic Coronary Syndrome ²⁴ 2023
Thoracic Society of Australia and New Zealand	<i>EC [Electronic Cigarettes] have adverse lung effects and harmful effects of long-term use are unknown. EC are unsuitable consumer products for recreational use, part-substitution for smoking or long-term exclusive use by former smokers. Smokers who require support to quit smoking should be directed towards approved medication in conjunction with behavioural support as having the strongest evidence for efficacy and safety. No specific EC product can be recommended as effective and safe for smoking cessation. Smoking cessation claims in relation to EC should be assessed by established regulators.”</i> ³³	Electronic cigarettes: A position statement from the Thoracic Society of Australia and New Zealand 2020 ²⁵
Turkish Thoracic Society	<i>E-cigarettes have been shown in studies to be ineffective for smoking cessation and the evidence for smoking cessation is known to be deficient.</i>	Turkish Thoracic Society’s Statement Report on Electronic Cigarettes and Heated Tobacco Products 2022 ²⁶
World Health Organization	<i>There is insufficient independent evidence to support the use of these products as a population level tobacco cessation intervention to help people quit conventional tobacco use.</i>	WHO Report on the Global Tobacco Epidemic, 2019 ²⁷
World Health Organization	<i>To date, evidence on the use of ENDS as a cessation aid is inconclusive. In part due to the diversity of ENDS products and the low certainty surrounding many studies, the potential for ENDS to play a role as a population-level tobacco cessation intervention is unclear.</i> <i>To truly help tobacco users quit and to strengthen global tobacco control, governments need to scale up policies and interventions that we know work. Tried and tested interventions, such as brief advice from health professionals, national toll-free quit lines and cessation interventions delivered via mobile text messaging are recommended. Where economically feasible, governments should also consider promoting nicotine replacement therapies and non-nicotine pharmacotherapies for cessation.</i>	Website: Tobacco: E-cigarettes. Q&A. 2022 ²⁸
World Medical Association	<i>That the marketing of e-cigarettes and other electronic nicotine delivery systems as a valid method for smoking cessation must be based on evidence and must be approved by appropriate regulatory bodies based on safety and efficacy data.</i>	WMA Policy: Tobacco 2021. ²⁹

2. Health organizations or research bodies which do not recommend e-cigarettes for harm reduction

Organization	Statement	Source
American Association of Oral and Maxillofacial Surgeons	<i>Based on the available evidence, AAOMS cannot recommend the routine use of e-cigarettes as an alternative to or as a means to promote abstinence from conventional tobacco products unless there is further evidence related to safety</i>	<i>Position Paper. Tobacco and Electronic Cigarettes.</i> 2020 ³⁰
Australian Medical Association, Cancer Australia, Cancer Council Australia, National Heart Foundation of Australia, Thoracic Society of Australia and New Zealand	<i>Current evidence indicates that the balance of harms at a population level significantly outweighs any potential benefit of e-cigarette use.</i>	<i>Statement on e-cigarettes in Australia</i> 2018 ³¹
Brazilian Medical Association (AMB) Brazilian Association for the Study of Alcohol and Other Drugs (ABEAD) Brazilian Association on Public Health (ABRASCO) Endorsed by 45 medical associations.	<i>De forma sorrateira, a indústria do tabaco lançou esses produtos no mercado usando duas estratégias principais: o discurso de redução de danos em relação ao tabagismo convencional e como opção de tratamento para cessação dos cigarros combustíveis. Outra jogada foi propalar que os produtos não contêm monóxido de carbono e, assim, tentar normalizar novamente o seu uso, inclusive em ambientes fechados. Apresentados como “saudáveis”, os DEFs seriam a “solução tecnológica” para o anseio de uma importante fração de tabagistas: a ideia de poder fumar sem culpa, já que o produto “se trataria apenas de vapor de água” e não conteria substâncias tóxicas e perigosas.</i> <i>Entretanto, não é essa a realidade sobre esses dispositivos.</i> <i>In a sneaky way, the tobacco industry launched these products on the market using two main strategies: the harm reduction discourse in relation to conventional smoking and as a treatment option for the cessation of combustible cigarettes. Another move was to advertise that the products do not contain carbon monoxide and thus try to normalize their use again, including indoors. Presented as “healthy”, DEFs would be the “technological solution” to the desire of an important fraction of smokers: the idea of being able to smoke without guilt, since the product “would only be water vapour” and would not contain toxic substances and dangerous.</i> <i>However, this is not the reality about these devices. (unofficial translation)</i>	<i>Posicionamento sobre os dispositivos eletrônicos para fumar (DEFs).</i> <i>Position Statement on Electronic Nicotine Systems (ENDS) (in support of a continued ban on the sale of ENDS).</i> 2022 ³²

Organization	Statement	Source
Canadian Lung Association Canadian Thoracic Society	<p><i>When considered in the context of a harm reduction strategy, switching to e-cigarettes in the short-term may be a less harmful alternative than continued smoking for an individual. However, this statement needs to be tempered by the fact that the harms (including but not limited to the effects of inhaled nicotine and/or flavors, potential device malfunctions, and outbreak of vaping associated lung illnesses) continue to evolve and have not been fully evaluated to date and therefore, at a societal level, the concept that e-cigarettes are safer than tobacco should be challenged.</i></p>	Position Statement on Vaping / E-cigarettes in Canada ³³
Direccion General de Salud Publica (Spain)	<p><i>A día de hoy no se han realizado estudios toxicológicos o de seguridad del consumo de cigarrillos electrónicos a largo plazo en humanos; sin estos datos es imposible decir con certeza que los cigarrillos electrónicos son más seguros que los cigarrillos combustibles.]. Teniendo esto en cuenta es imposible recomendar estos dispositivos como una herramienta útil frente a la cesación de consumo de tabaco tradicional.</i></p> <p><i>To date, no toxicological or drug studies have been performed on the long-term safety of e-cigarette use in humans; without these data it is impossible to say with certainty that e-cigarettes are safer than cigarettes. With this in mind it is impossible to recommend these devices as a useful tool against the cessation of traditional tobacco consumption.(unofficial translation)</i></p>	Informe Sobre los cigarrillos electrónicos : Situación actual, evidencia disponible y regulación 2022. ³⁴
European Respiratory Society	<p><i>The ERS TCC believe that current strategies which support the use of alternative nicotine delivery products for smoking cessation are not effective as they are based upon incorrect assumptions and undocumented claims about the safety and effectiveness of alternative nicotine delivery products for smoking cessation.</i></p> <p><i>Therefore, the statement brings together scientifically-backed arguments for why a tobacco harm reduction strategy should not be used as a population-based strategy in tobacco control, including that harm reduction arguments are:</i></p> <ul style="list-style-type: none"> • <i>Based on incorrect claims that smokers cannot or will not quit smoking</i> • <i>Reliant upon undocumented assumptions that alternative nicotine delivery products are highly effective as a smoking cessation aid</i> • <i>Built on incorrect assumptions that smokers will replace conventional cigarettes with alternative nicotine delivery products</i> 	A statement by the ERS Tobacco Control Committee 2019. ³⁵

Organization	Statement	Source
	<ul style="list-style-type: none"> Ignorant to the lack of evidence to show that alternative nicotine delivery products are safe for human health 	
Haut Conseil de la Santé Publique (France)	<p><i>les SEDEN ne peuvent pas à ce jour être présentés comme des outils de réduction des risques liés au tabac.</i></p> <p><i>At this point in time, ENDS cannot be considered as a way to reduce the risks associated with tobacco. (unofficial translation)</i></p>	Avis relatif aux bénéfices-risques de la cigarette électronique. 2021 ³⁶
Society of Pulmonology and Thoracic Surgery (Spain)	<p><i>La Sociedad Española de Neumología y Cirugía Torácica (SEPAR) advierte que los cigarrillos electrónicos y los productos de tabaco para calentar son adictivos, no son seguros y no sirven como método de reducción del daño. “La reducción del daño es una falsa solución, al representar una estrategia comercial de la industria tabaquera para incrementar sus ventas dificultando el control del tabaquismo, ya que retiene a los fumadores en el consumo de tabaco e impide que estos hagan intentos serios de abandono</i></p> <p><i>The Spanish Society of Pulmonology and Thoracic Surgery (SEPAR) warns that electronic cigarettes and tobacco products for heating are addictive, are not safe and do not serve as a method of harm reduction. “Harm reduction is a false solution, as it represents a commercial strategy of the tobacco industry to increase its sales by making it difficult to control smoking , since it keeps smokers in tobacco consumption and prevents them from making serious attempts to quit. In addition, these products are a gateway to adolescents in tobacco”.</i></p>	SEPAR advierte que los cigarrillos electrónicos son nocivos como el tabaco, adictivos y no sirven como estrategia de reducción de daños SEPAR warns that electronic cigarettes are harmful like tobacco, addictive and do not serve as a harm reduction strategy 2022 ³⁷
World Heart Federation	<p>POTENTIAL AS A HARM REDUCTION TOOL</p> <p><i>Although not harmless, current evidence suggests that completely switching from tobacco cigarettes to electronic cigarettes would reduce exposure to toxicants in terms of quality and quantity, and could result in health improvements in the short term (8,12). Nonetheless, surveys indicate that a majority of e-cigarette users are dual users of both conventional and electronic cigarettes, which carries an increased health risk (5)</i></p>	E-cigarettes: a new threat to cardiovascular health. A world Heart Federation Policy Brief. 2121 ³⁸

3. Selected conclusions by scientific committees commissioned by governments or health authorities regarding e-cigarettes and cessation

Organization	Statement	Source
U.S. Center for Disease Control and Prevention	<i>While e-cigarettes have the potential to benefit some people and harm others, scientists still have a lot to learn about whether e-cigarettes are effective for quitting smoking.</i>	Website. Smoking and Tobacco use. Electronic Cigarettes. ³⁹
Comision Nacional contra las Adicciones National Commission against Addictions. (Mexico).	<p><i>Dada la escasez y la poca calidad de las pruebas científicas empleadas para acreditar los “supuestos beneficios”, no es posible determinar si estos dispositivos pueden ayudar a la mayoría de los fumadores a dejar de fumar. (33)</i></p> <p><i>Ninguno de estos nuevos productos, promocionados para abandonar el consumo del tabaco, es más efectivo ni presenta mejores resultados que lo que actualmente existe en los servicios profesionales de cesación: farmacoterapia y terapia de reemplazo (parches de nicotina).</i></p> <p><i>Mientras que los productos terapéuticos de sustitución buscan eliminar la adicción a la nicotina, la mayoría de estos productos (SEAN) promueven su mantenimiento y dependencia.</i></p> <p><i>Given the paucity and low quality of the scientific evidence used to support “purported benefits”, it is not possible to determine whether these devices can help most smokers quit.</i></p> <p><i>None of these new products, promoted to quit smoking, is more effective or has better results than what currently exists in professional cessation services: pharmacotherapy and replacement therapy (nicotine patches).</i></p> <p><i>While substitution therapeutic products seek to eliminate nicotine addiction, most of these products (SEAN) promote its maintenance and dependence.</i></p>	<p>Technical information on Electronic Nicotine Administration Systems (SEAN) and Similar Nicotine-Free Systems (SSSN) popularly known as "electronic cigarettes" or "vapers"</p> <p>Technical information on Electronic Nicotine Administration Systems (ENDS) and Similar Nicotine-Free Systems (SSSN) popularly known as "electronic cigarettes" or "vapers" 2019⁴⁰</p>
Haut Conseil de la Santé Publique (France)	<i>Aucune des études rapportées ici ne met en oeuvre une méthodologie rigoureuse comme celle exigée pour les essais thérapeutiques dans d’autres domaines thérapeutiques ou pour l’enregistrement de produits de santé dans une indication thérapeutique. Cette insuffisance méthodologique résulte en une incertitude quant au rapport bénéfice/risque des SEDEN. C’est pour cette raison que les recommandations internationales ne recommandent pas les SEDEN avec ou sans nicotine comme outils thérapeutiques dans la prise en charge du sevrage tabagique par les professionnels de santé.</i>	Avis relatif aux bénéfices-risques de la cigarette électronique. 2021 ⁴¹

Organization	Statement	Source
	<i>None of the studies reported here implements a rigorous methodology such as that required for therapeutic trials in other therapeutic areas or for the registration of health products in a therapeutic indication. This methodological inadequacy results in uncertainty as to the benefit/risk ratio of ENDS. It is for this reason that international recommendations do not recommend ENDS with or without nicotine as therapeutic tools in the management of smoking cessation by health professionals. (unofficial translation)</i>	
Health Research Board (Ireland)	<i>The systematic review and network meta-analysis of electronic nicotine delivery systems (e-cigarettes) versus therapies usually given for smoking cessation showed that there is no evidence of a difference in effect on incidences of smoking cessation. There is a low-level of certainty in these results due to low successful event rates and high rates lost to follow-up in all studies.</i>	Electronic cigarettes and smoking cessation: An evidence review 2020 ⁴²
Instituto Nacional de Salud Pública SALUD (Mexico)	<i>Desde un inicio, los dispositivos de vapeo han sido promocionados como un producto de menor riesgo que ayuda a los adultos fumadores a dejar de fumar. Sin embargo, debido a lo novedoso del producto y a las características tan variables y personificables de los dispositivos de vapeo, no existe evidencia concluyente que pueda afirmar que, en efecto, estos productos son alternativas más seguras o que ayuden a los sujetos a lograr efectivamente el cese del consumo, no sólo de cigarros, sino también de nicotina.</i> <i>From the beginning, vaping devices have been promoted as a lower-risk product that helps adult smokers quit. However, due to the novelty of the product and the highly variable and personifiable characteristics of vaping devices, there is no conclusive evidence that can affirm that, in effect, these products are safer alternatives or that they help subjects to effectively achieve the cessation of consumption, not only of cigarettes, but also of nicotine.</i>	Evidencia Actualizada Sobre Vapeo : un reporte del repositorio SEAN Updated Evidence on Vaping: A report from the ENDS Repository 2021 ⁴³
National Academies of Sciences, Engineering, and Medicine (USA)	<i>Conclusion 17-1. Overall, there is limited evidence that e-cigarettes may be effective aids to promote smoking cessation.</i> <i>Conclusion 17-2. There is moderate evidence from randomized controlled trials that e-cigarettes with nicotine are more effective than e-cigarettes without nicotine for smoking cessation.</i>	Public Health Consequences of E-Cigarettes (2018) ⁴⁴

Organization	Statement	Source
	<p><i>Conclusion 17-3. There is insufficient evidence from randomized controlled trials about the effectiveness of e-cigarettes as cessation aids compared with no treatment or to Food and Drug Administration–approved smoking cessation treatments.</i></p> <p><i>Conclusion 17-4. While the overall evidence from observational trials is mixed, there is moderate evidence from observational studies that more frequent use of e-cigarettes is associated with an increased likelihood of cessation.</i></p>	
National Centre for Epidemiology and Population Health (for Australian Department of Health)	<p><i>There is limited evidence that, in the clinical context in combination with best-practice counselling and supportive care, freebase nicotine e-cigarettes may be more efficacious for smoking cessation than existing NRT, and that nicotine e-cigarettes may be more efficacious than no intervention or usual care. There is insufficient evidence that nicotine e-cigarettes are efficacious for smoking cessation, compared to nonnicotine e-cigarettes or that non-nicotine e-cigarettes are efficacious for smoking cessation. There is also insufficient evidence that nicotine e-cigarettes are efficacious outside the clinical setting. No evidence on nicotine salt products was located and their efficacy for smoking cessation is unknown. The certainty of the evidence is low or very low and additional high-quality large-scale RCTs are needed. Trials demonstrating efficacy were limited to products with nicotine concentrations ≤20mg/mL. Use of nicotine e-cigarettes is likely to result in prolonged exposure to nicotine, including through dual e-cigarette use and combustible smoking. The balance of safety and efficacy of e-cigarettes needs to be considered in clinical decision making about their use for smoking cessation.</i></p>	Efficacy of e-cigarettes as aids to cessation of combustible tobacco smoking: updated evidence review 2021. ⁴⁵
National Centre for Epidemiology and Population Health (for Australian Department of Health)	<p><i>There is limited evidence that freebase nicotine e-cigarettes are an effective aid for quitting smoking when used in the clinical setting. Use of e-cigarettes by smokers trying to quit is likely to lead to greater long-term exposure to nicotine than the use of other smoking cessation measures. There is limited evidence that ex-smokers using e-cigarettes are around twice as likely to relapse to smoking as ex-smokers not using e-cigarettes.</i></p> <p><i>Given the extreme harms of smoking, smokers who have not been able to quit by other means who switch promptly and completely to appropriate e-cigarette products may benefit, bearing in mind uncertainties about their effects</i></p>	Summary Brief: Review of global evidence on the health effects of electronic cigarettes. 2022. ^{46 47}

Organization	Statement	Source
	<i>on major health conditions. The overall balance of risk and benefits of e-cigarette use in smokers is unclear.</i>	
National Institute on Drug Abuse	<p><i>Some people believe e-cigarettes may help lower nicotine cravings in those who are trying to quit smoking. However, e-cigarettes are not an FDA-approved quit aid, and there is no conclusive scientific evidence on the effectiveness of vaping for long-term smoking cessation. It should be noted that there are seven FDA-approved quit aids that are proven safe and can be effective when used as directed.</i></p> <p><i>Vaping nicotine has not been thoroughly evaluated in scientific studies. For now, not enough data exists on the safety of e-cigarettes, how the health effects compare to traditional cigarettes, and if they are helpful for people trying to quit smoking.</i></p>	Drug Facts. Vaping Devices (Electronic Cigarettes) Drug Facts 2020 ⁴⁸
Scientific Committee on Health, Environmental and Emerging Risks (SCHEER) (EU)	<i>Regarding the role of electronic cigarettes in cessation of traditional tobacco smoking, the SCHEER concludes that there is weak evidence for the support of electronic cigarettes' effectiveness in helping smokers to quit while the evidence on smoking reduction is assessed as weak to moderate.</i>	Final Opinion on electronic cigarettes 2021 ⁴⁹
U.S. Department of Health and Human Services	<i>E-cigarettes, a continually changing and heterogeneous group of products, are used in a variety of ways. Consequently, it is difficult to make generalizations about efficacy for cessation based on clinical trials involving a particular e-cigarette, and there is presently inadequate evidence to conclude that e-cigarettes, in general, increase smoking cessation.</i>	Smoking Cessation A Report of the Surgeon General 2020 ⁵⁰
US Preventive Services Task Force	<i>The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of e-cigarettes for tobacco cessation in adults, including pregnant persons. The USPSTF recommends that clinicians direct patients who use tobacco to other tobacco cessation interventions with proven effectiveness and established safety. (I statement)</i>	Interventions for Tobacco Smoking Cessation in Adults, Including Pregnant Persons US Preventive Services Task Force Recommendation Statement, 2021 ⁵¹

4. Selected conclusions by Canadian health practitioners or scientists regarding e-cigarettes and cessation

Individuals	Statement	Source
Andrew Pipe, CM, MD	<p><i>Should adult smokers continue to have access to vaping?</i></p> <p><i>Vaping is less harmful than smoking, but it is harmful, nevertheless. There are potential advantages to the use of these devices as a smoking cessation aid, but the evidence is limited and unclear.</i></p> <p><i>I think that potential has been lost because of the weak regulations of these products. As a result many health organizations, authoritative journals and professional organizations do not recommend the use of these vaping devices. Appropriate regulation and oversight would allow us to begin to consider their use as smoking cessation aids.</i></p> <p><i>Unfortunately, we know that most vapers are also current smokers, becoming what we call dual users. There is evidence that dual users increase their overall risk of a variety of health concerns.</i></p> <p><i>We need a comprehensive approach, which reflects the approaches we have taken to address the use of commercial tobacco products. Governments should: ... Eliminate flavours, which appeal to young people</i></p>	Heart and Stroke Vaping: What you need to know. 2020 ⁵²
Peter Selby, M.B., B.S., Laurie Zawertailo, Ph.D.	<p><i>Areas of Uncertainty: ... Limited data have suggested that the use of electronic nicotine delivery devices, or e-cigarettes, may be an effective replacement for tobacco smoking; however, most trials have involved e-cigarettes that are no longer on the market, and study of newer e-cigarette types (e.g., nicotine salt-pod devices) is warranted. There is moderate-certainty evidence that nicotine e-cigarettes are more effective than nicotine-replacement therapy.^{34,47} There has been minimal research on efficacious interventions for persons who are exclusively addicted to vaping nicotine.</i></p> <p><i>Guidelines: Our recommendations are concordant with the guidelines for smoking-cessation therapies in the general population published by the U.S. Preventive Services Task Force and the American Thoracic Society. Guidelines are also available for special populations, hospitalized patients, and pregnant women. Although not a guideline itself, the Surgeon General's 2020 report on smoking cessation⁵⁴ provides a</i></p>	Selby, P and Zawertailo, L. Tobacco Addiction. N Engl J Med 2022;387:345-54. DOI: 10.1056/NEJMcp2032393: 2022 ⁵³

Individuals	Statement	Source
Canadian Task Force on Preventive Health Care.	<p><i>comprehensive review of smoking-cessation interventions</i></p> <p><i>Conclusions and Recommendations: ... We would recommend against the use of e-cigarettes for smoking cessation given insufficient evidence to support their use.</i></p>	<p><i>Pending</i></p> <p><i>Review underway since</i></p>

Links to Sources (accessed July 10 - 30, 2022 and March 17-20, 2023)

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- 2 <https://www.cancer.org/healthy/stay-away-from-tobacco/e-cigarettes-vaping/e-cigarette-position-statement.html>
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