

# THE **E**-CIGARETTE SUMMIT

**Science, Regulation & Public Health**

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# E-cigarette use in enclosed public places: how can research inform regulation?



# Outline

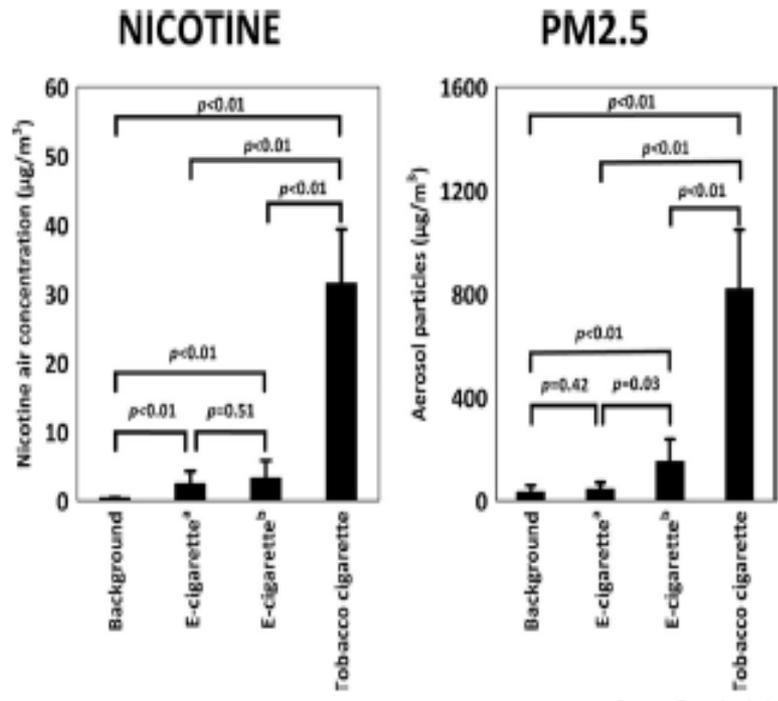
- Arguments used to regulate use in enclosed public spaces and the evidence so far:
  - Harms to bystanders
  - Enforcement
  - Renormalisation
  - Etiquette
- Public opinion – does it matter?

# Harms to Bystanders

- Does e-cigarette vapour pose a health risk to bystanders?
- Evidence summarised by Marcus
- Also new data on air quality, but still very few studies and, arguably, we could benefit from more research on this topic.

# Existing data

- Czogala, Goniewicz et al (2014)  
Nicotine Tob Res, 16, 6, 655-662.



- Fernandez, E et al (2015) Particulate matter from electronic cigarettes: a systematic review and observational study, Curr Envir Health Rpt, doi: 10.1007/s40572-015-0072-x
- A recent study in Spain measured PM2.5 levels in vaping, smoking & non smoking homes. PM2.5 levels were similar between non smoking & vaping homes but much higher in the homes of smokers.

# Enforcement

- Including e-cigarettes in existing smokefree policies is common, with problems around enforcement often cited.
- A typical example (city council in England):  
*Many e-cigarettes look exactly like cigarettes. It would be difficult for staff to be able to tell the difference between a real and an e cigarette in enforcing the no smoking legislation and for that reason many businesses do not allow e-cigarettes to be used on their premises.*



# But do e-cigarettes undermine smokefree laws?

- There are certainly examples of enforcement problems, cited in particular by the Royal Environmental Health Institute in Scotland and the CIEH in Wales.
- In England attempts have been made to call for balance, initially through a discussion document for organisations

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ash.     

Will you permit or prohibit electronic cigarette use on your premises?

[www.ash.org.uk](http://www.ash.org.uk)

Five questions to ask before you decide

- There are other more recent developments in England and Scotland

# CIEH Policy Statement

- In September 2015 the Chartered Institute for Environmental Health approved a policy statement on permitting or prohibiting use of e-cigarettes in indoor workplaces and public places
- It contained 6 statements, not supportive of blanket bans on e-cigarette use in all enclosed public places

# CIEH Policy Statement

- “In order to maximise the potential for use of nicotine vapourisers ...regulation and policy should create a clear distinction between vaping and smoking...”
- Statutory prohibitions on the use of nicotine vapourisers in enclosed public places and workplaces would not be justified on the grounds of passive exposure...
- Compliance with smokefree requirements can be maintained and supported by emphasising a clear distinction between smoking and vaping, including indicating where vaping is permitted or prohibited and communicating the policy clearly.”

# Renormalisation

- Electronic cigarette use mimics smoking and therefore encourages tobacco use.
- These devices will undermine years of reductions in smoking rates
- Children who would never otherwise have used tobacco will start doing so after using e-cigarettes
- If someone can show me the data to support **any** of these statements, I'd be interested.



# Etiquette

- A final reason for prohibiting e-cigarette use in enclosed public places is preference or etiquette
- Some argue that we shouldn't release anything into ambient air which isn't essential
- In reality many e-cigarette users choose to vape only where they feel it is appropriate to do so
- Arguably this should remain a decision for individual business and premises. The Scottish government, for example, has now explicitly acknowledged this.

# Public opinion

- Data on the views of members of the public on proposed regulation is (sometimes) used by policy-makers to justify or support the case for introducing measures
- Consultations provide one source (i.e. Public Health Bill in Wales)
- What about research on the views of the public?

# Recent research

- Susan Mello and colleagues looked at the relationship between support for banning e-cigarette use in restaurants, bars/casinos and parks and perceptions of harm to health from 'second hand' vapour
- Survey of 1,449 adults in the USA, Oct-Dec 2013, weighted to represent US population

Source: Mello, S, Bigman, C, Sanders-Jackson, A, Tan, A (2015) Perceived harm of secondhand e-cigarette vapours and policy support to restrict public vaping: results from a national survey of US adults, *Nicotine and Tobacco Research*, doi: 10.1093/ntr/ntv232

# Findings

- Second-hand vapour was rated as moderately harmful to health (3.78, on a scale ranging from 1 to 7) and respondents tended to favour restricting vaping in public places (2.14 on a scale from 1 to 3).
- Support was highest for restricting use inside restaurants, where 48% supported a total ban, compared to bars/casinos/clubs (33%) and parks (26%).
- **Higher ratings of perceived harm of second-hand e-cigarette vapour were associated with stronger support for restricting on the use of e-cigarettes.**
- Those with higher education levels, current smokers, those who had tried e-cigarettes and those who had seen others using e-cigarettes more often were less likely to support restrictions.

# Implications

- Harm perceptions influence support for restrictions
- Most adults in this survey had incorrect views about harm from second hand vapour
- We know harm perceptions on e-cigarettes *generally* are moving in the wrong direction in the UK
- **Better, evidence-based information is needed not just for policy makers but also for the public if sensible and proportionate policy is to be made.**

# Thank you

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