

## Tobacco and Nicotine Products

The Bill includes proposals to ban the use of nicotine inhaling devices, such as e-cigarettes, in enclosed spaces like restaurants, pubs and at work. Shops will also have to join a register for retailers of tobacco and nicotine products, and it will become an offence to “hand over” tobacco and e-cigarettes to anyone under the age of 18.

### *Question 1*

Do you agree that the use of e-cigarettes should be banned in enclosed public and work places in Wales, as is currently the case for smoking tobacco?

No.

This policy has no merit in scientific fact. The ostensible purpose of the ban on smoking in enclosed public places is the harm to bystanders, but the vapour from e-cigarettes has been demonstrated to have no biological effect on bystanders.

<http://www.biomedcentral.com/1471-2458/14/18>

### *Question 2*

Do you believe the provisions in the Bill will achieve a balance between the potential benefits to smokers wishing to quit with any potential dis-benefits related to the use of e-cigarettes?

No.

Given the lack of any biological effect on bystanders and the huge benefit to smokers that reduce or completely stop their use of tobacco, I consider the Bill to be completely out of balance. The Bill would radically reduce the appeal of e-cigarettes to current smokers.

One of the key factors in ensuring an effective switch is trying a multitude of flavours. On my first visit to a vape shop I anticipated walking out with a tobacco flavour liquid. Had I done so I doubt I would have vaped for a week. As I was able to try the flavours on the premises I quickly realised I didn't like any of the tobacco flavours and walked out with Cherry and Honeydew Melon instead. I have now been a non-smoking vaper for 14 months.

### *Question 3*

Do you have any views on whether the use of e-cigarettes re-normalises smoking behaviours in smoke-free areas, and whether, given their appearance in replicating cigarettes, inadvertently promote smoking?

Yes.

The difference between a cigarette and a vapouriser is abundantly obvious to any observers. The use of vaping devices of all shapes and sizes normalises vaping. It provides a key incentive for smokers to switch from the great health harm that is tobacco to the vastly safer alternative.

### *Question 4*

Do you have any views on whether e-cigarettes are particularly appealing to young people and could lead to a greater uptake of their use among this age group, and which may ultimately lead to smoking tobacco products?

Yes.

All the evidence so far from UK sources indicates that uptake of regular vaping amongst non-smoking teens is of very little significance. There is evidence of experimentation, but no evidence that this is leading to regular use. I believe the opposite is happening, the evidence that the youth smoking rates are actually falling indicates that experimentation with e-cigarettes is in fact replacing experimentation with tobacco and given the much lower addictiveness of nicotine without the additional chemicals found in cigarette smoke, this is providing a safety net that is actively preventing the uptake of tobacco use amongst young people.

### *Question 5*

Do you agree with the proposal to establish a national register of retailers of tobacco and nicotine products?

I would not support any register that place shops that sold only vaping equipment on the same register as shops selling only tobacco products, though separate registers might be useful.

*Question 6*

What are your views on creating a new offence for knowingly handing over tobacco and nicotine products to a person under 18, which is the legal age of sale in Wales?

## Other comments

### *Question 19*

Do you believe that the issues included in this Bill reflect the priorities for improving public health in Wales?

Reducing the number of preventable deaths in Wales which are currently due to tobacco use has to be a high priority, I consider the e-cigarette component of this bill to be in direct opposition of that aim.

### *Question 20*

Are there any other areas of public health which you believe require legislation to help improve the health of people in Wales?

### *Question 21*

Are there any other comments you would like to make on any aspect of the Bill?

I stopped smoking on the 21<sup>st</sup> of May 2015, and that is something I never thought would happen. Not only that I did it by accident. I bought my first vaping device on a whim, I thought it might be a laugh, as I had seen a girl at work using hers. I had no intention of quitting smoking, but 3 weeks later I was completely smoke free. If the proposals in this bill had been in place I would never have bought a vape pen, and I would still be smoking to this day.