

It's time to stop quoting the more than three-year-old PHE report on e-cigs

 tobacco.ucsf.edu/its-time-stop-quoting-more-three-year-old-phe-report-e-cigs

The report by Public Health England that concluded that e-cigs are 95% safer than conventional cigarettes continues to be widely quoted to oppose sensible regulation of e-cigarettes.

As I have noted before, there were many problems with the PHE report the day it was released in August 2015.

But, given that research on e-cigarettes is rapidly accumulating, the most serious criticism of the PHE report is now that it is badly out-of-date. It was released over 3 years ago (and written some time before that), before almost all the research supporting our current understanding of e-cigarettes was published.

For example, since PHE was published, we know that:

- E-cigs are attracting youth who would be unlikely to start nicotine with conventional cigarettes are starting with e-cigarettes.
- Every study that has looked at the “gateway effect” (including work in England), has shown that kids who start with e-cigarettes are more likely to go on to smoking than kids who don’t start with e-cigarettes.
- While some people do quit smoking with e-cigarettes, for most smokers, using e-cigarettes makes it *harder* to quit cigarettes.
- E-cigarette users are at increased risk of heart attacks.
- E-cigarette users are at increased risk of lung disease.

Decision makers should base thinking on the current evidence, not ancient history.