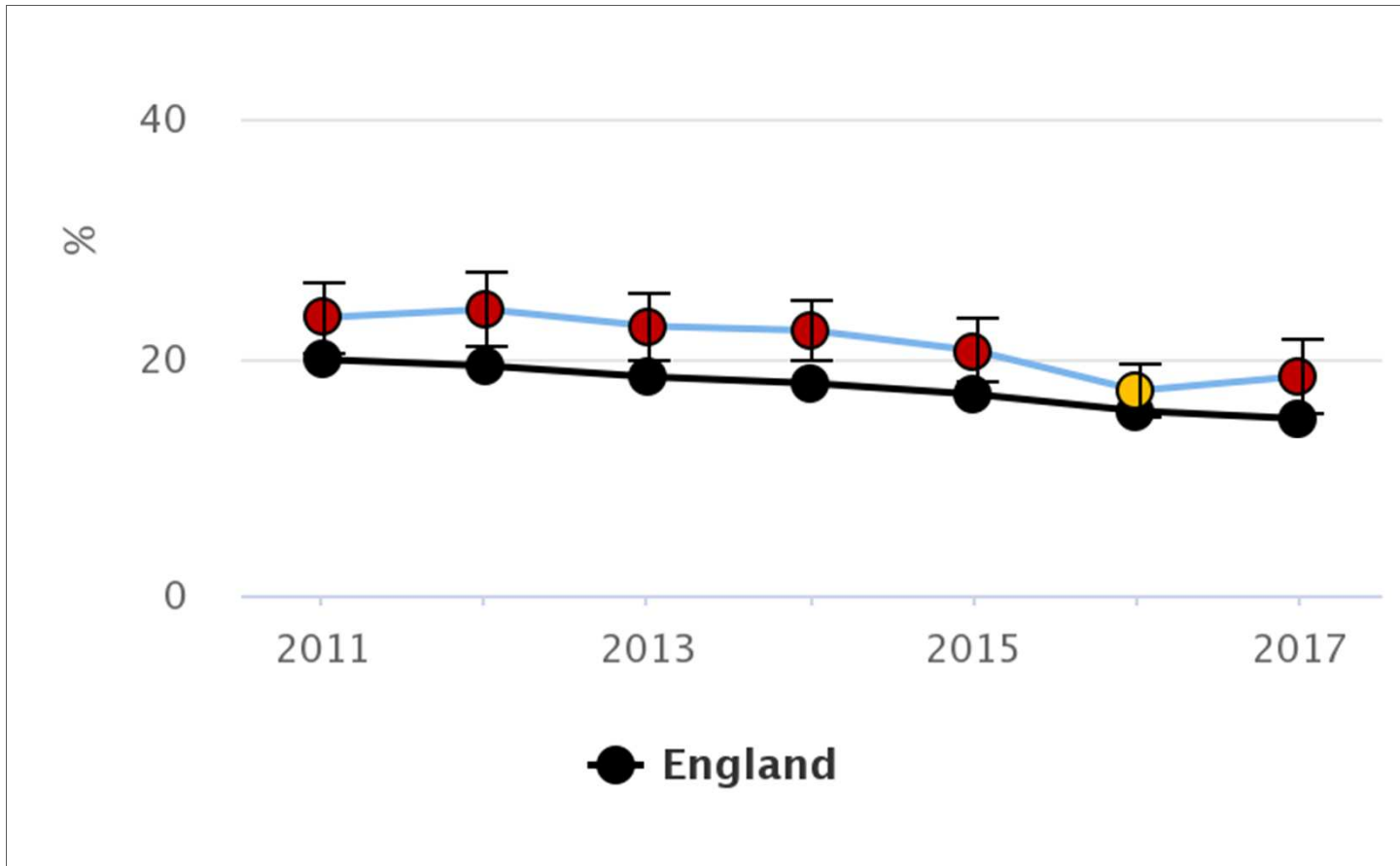


Health and Wellbeing Board 10 Jan 2019

Vaping and E-Cigarettes



Smoking prevalence in adults, Plymouth and England 2011 - 17



Source: Public Health England,
Tobacco Control profile

OFFICIAL

Around 39,000 people in Plymouth currently smoke tobacco



18.4 % adults



28% adults in routine and manual jobs

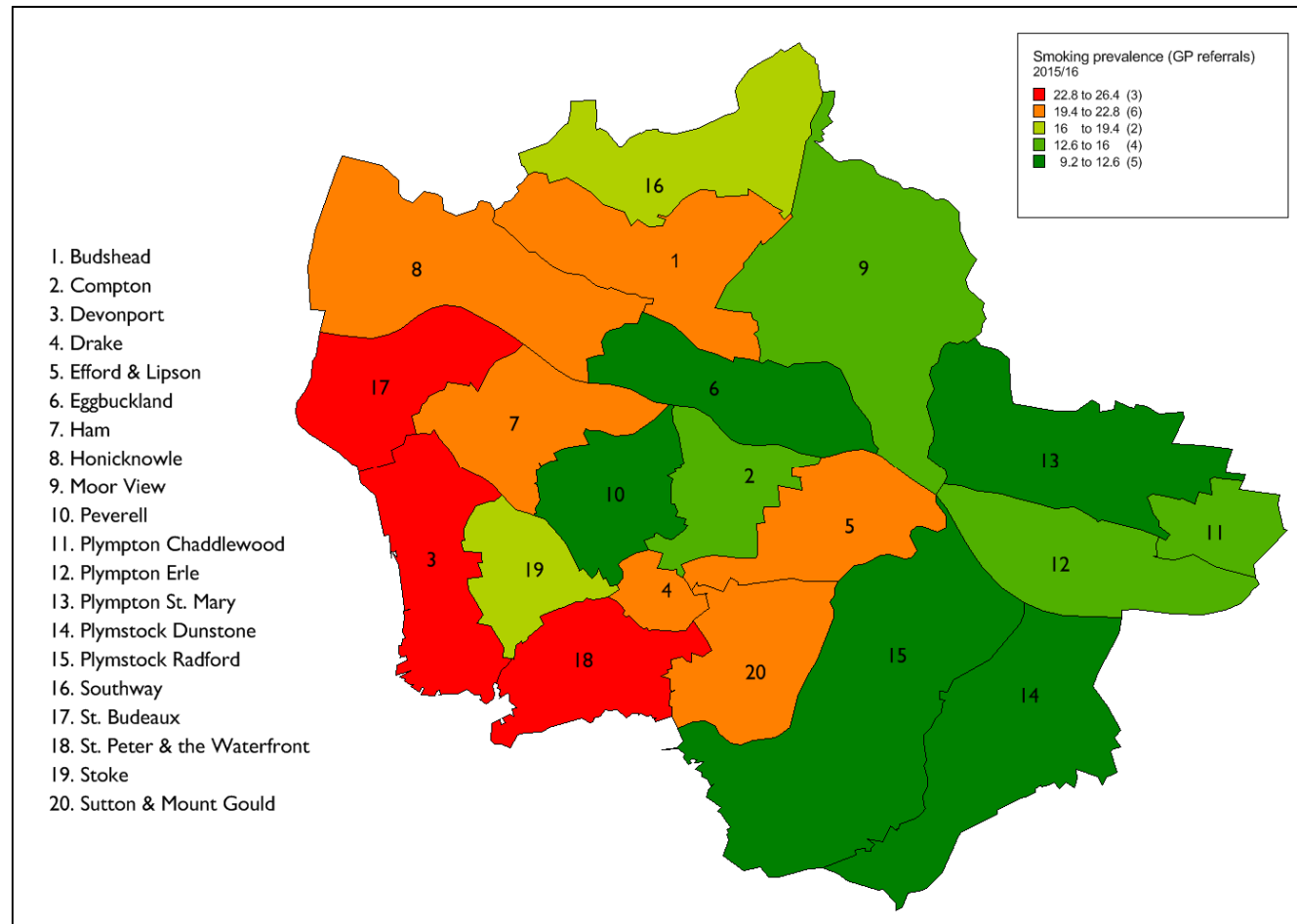


30% in poorest areas



42% of people with serious mental illness

Estimated smoking rates in wards of Plymouth 2015/16



Source: Plymouth City Council, [The prevalence of smoking, obesity and high blood pressure in Plymouth, 2013/14 – 15/16](#)

The annual cost of smoking to Plymouth, 2018



Healthmatters

The annual costs of smoking to Plymouth



Source: ASH, Ready Reckoner

Adapted from: [Public Health England, Health Matters](#)

OFFICIAL



Thrive PLYMOUTH



OFFICIAL

Plymouth's approaches to tobacco



Enforce regulations to disrupt illegal and under age sales

Reduce starting through positive peer influence

Support people to stop smoking

Enable people to stop smoking

Inform – provide information

PlymouthLive NEWS • IN YOUR AREA ARGYLE SPORT • WHAT'S ON •

Cigarettes and tobacco seized from shops in huge multi-agency operation

24 officers from different agencies visited 28 retail premises in tax evasion crackdown

By **Max Channon** Live And Trending Editor
18:44, 25 SEP 2018

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Play (k) 2:36 / 3:28

ONE YOU
HOME SMOKE FREE EAT!
BE SM

Electronic cigarettes allowed

THINKING OF QUITTING?
Now is the right time to quit. Every cigarette causes you real harm and quitting smoking is healthier for you and your family.

DID YOU KNOW?
More than 80% of smoke is invisible and odourless. Protect your family by quitting.

SMOK Send us a Message

Support from local stop smoking services



ONE YOU PLYMOUTH



[HOME](#) [SMOKE FREE](#) [EAT WELL](#) [MOVE MORE](#) [DRINK LESS](#) [STRESS LESS](#) [SLEEP WELL](#) [TRAINING](#) [MORE](#) [CONTACT](#)



THINKING OF QUITTING?

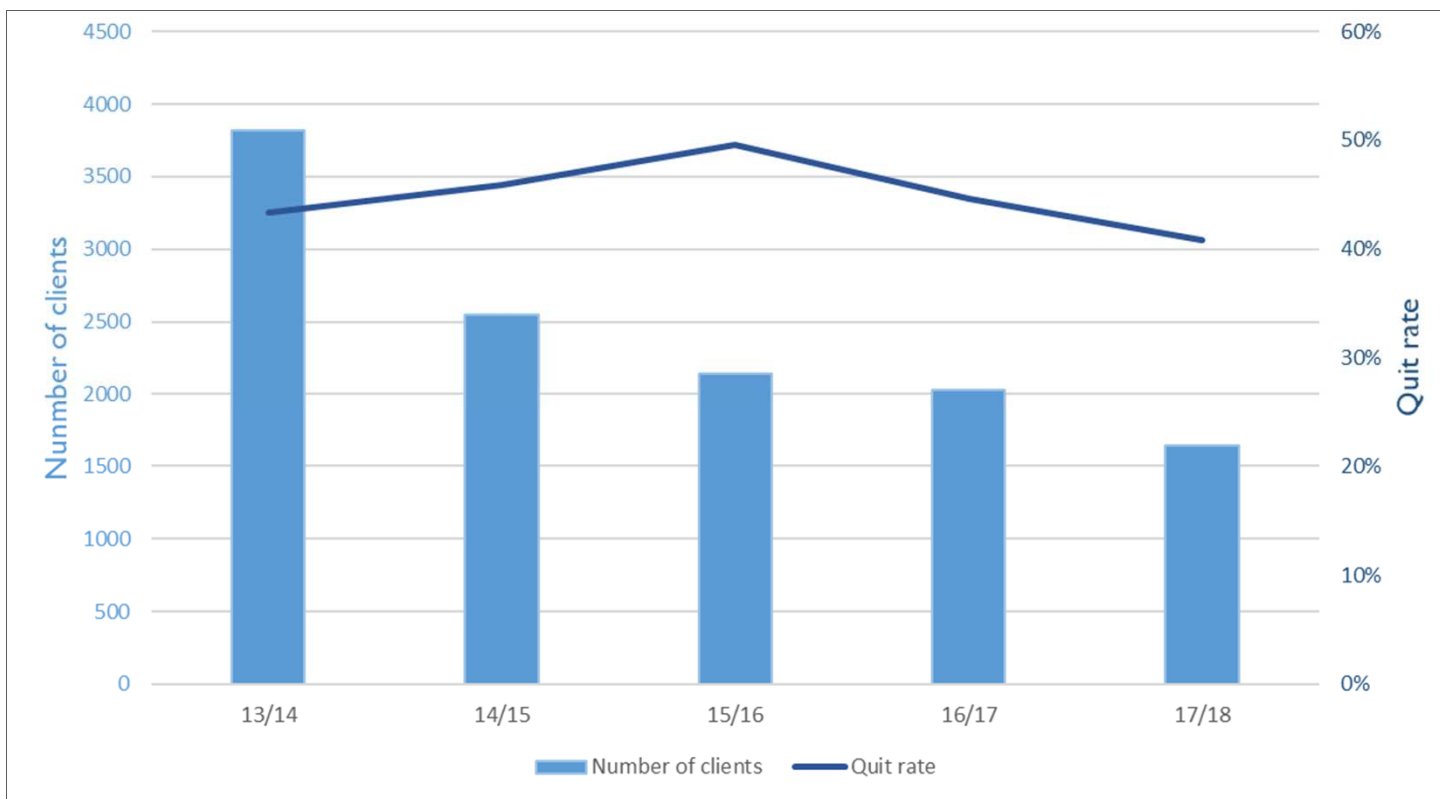
Now is the right time to quit. Every cigarette causes you real harm and quitting smoking is healthier for you and your family.

DID YOU KNOW?

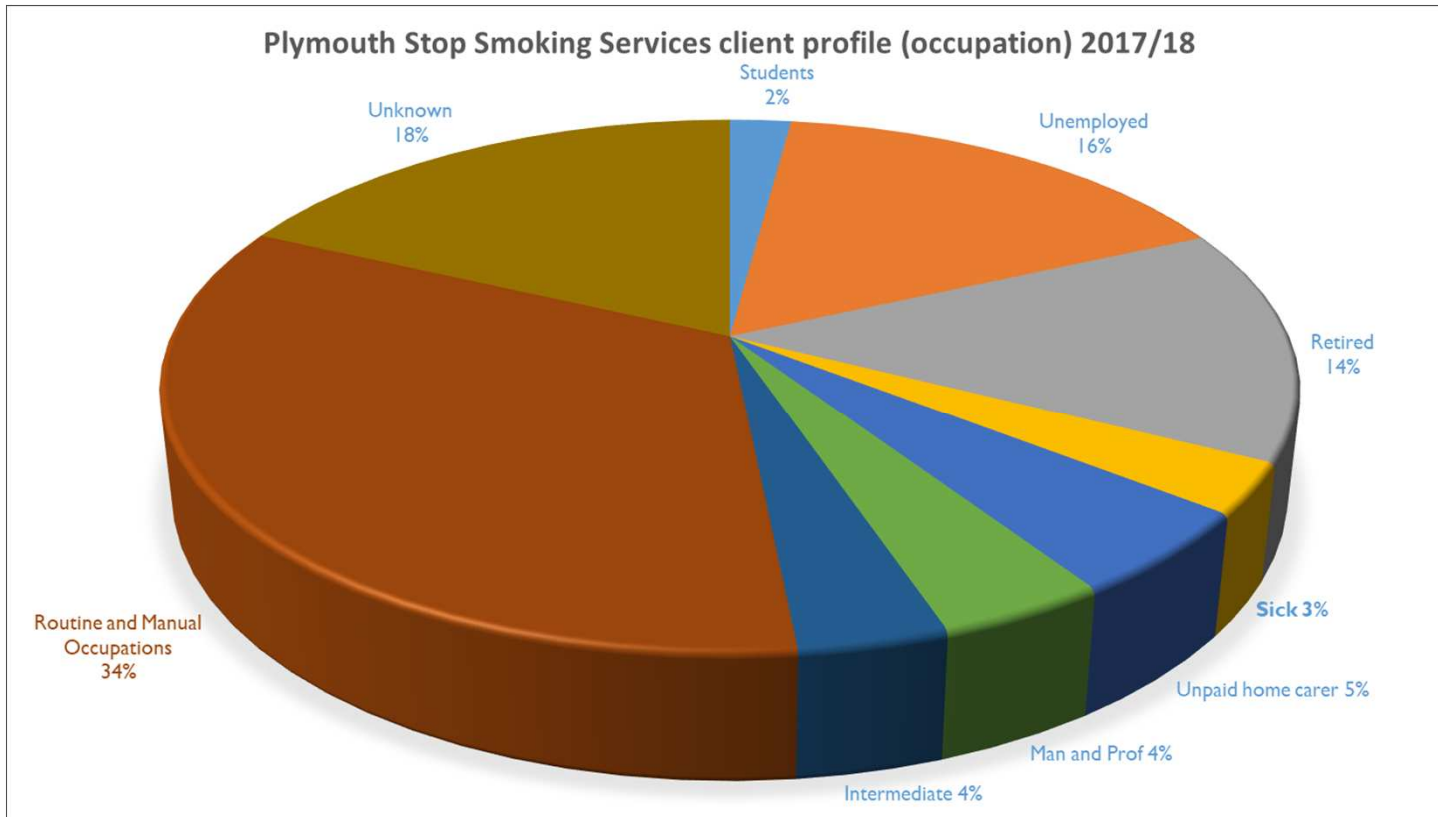
More than 80% of smoke is invisible and odourless. Protect your family by quitting.



Plymouth's stop smoking services, 2013 - 2018



Plymouth Stop Smoking Services client profile by occupation 2017/18



Smoking related deaths in Plymouth since 2011



3,150
people



SWITCH E-cigarette safety: the facts explained

Watch later Share

MORE VIDEOS

Using e-cigarettes does differ from tobacco in very clear way

John Britton
Professor of Epidemiology
University of Nottingham

0:11 / 13:09

YouTube

The image shows a YouTube video player interface. At the top left, there is a "SWITCH" button and the video title "E-cigarette safety: the facts explained". To the right of the title are "Watch later" and "Share" buttons. The main video frame shows a man with glasses, identified as John Britton, Professor of Epidemiology at the University of Nottingham. A subtitle at the bottom of the video frame reads "Using e-cigarettes does differ from tobacco in very clear way". Below the video frame is a control bar with a play button, a volume icon, and a progress indicator showing "0:11 / 13:09". To the right of the progress bar are icons for subtitles, settings, HD quality, the YouTube logo, and a full-screen button.



Home > Quit Smoking

ONE YOU

HOW ARE
YOU? QUIZ

EVERY MIND
MATTERS

FOR YOUR BODY

FOR YOUR MIND

OFFERS

APPS

ABOUT

USING E-CIGARETTES / VAPES TO QUIT SMOKING



E-cigarettes, also known as vapes, are one of the more recent stop smoking aids to become available and they can help you quit smoking for good.

An estimated 2.9 million adults in Great Britain use an e-cigarette, known as vaping. They can be particularly effective as a stop smoking aid when combined with [expert face-to-face support](#).

WHAT ARE E-CIGARETTES / VAPES?

Whatever you know them as, an e-cigarette, e-cig or vape, are devices that allow you to inhale nicotine in a vapour rather than in the tobacco smoke you would inhale from cigarettes.

HOW DOES VAPING WORK?

E-cigarettes heat a solution, called e-liquid, which typically contains nicotine, propylene glycol and/or vegetable glycerine, and

Vaping and workplace policies



Smoke-free workplace policy...

These reflect the view that vaping policy should be a matter for the owner or manager of the premises, not subject to a blanket legal ban.

•Public Health England:

[Use of e-cigarettes in public places and workplaces](#)

[Advice on evidence-based policy-making \(PDF\)](#)

[5-point guide to policy making](#)

