

QUICK FACTS ON

HTPs & E-CIGARETTES

About: This Fact Sheet provides key facts and information about HTPs and E-Cigarettes, and the harmful health impacts, misleading narration of tobacco industry and policy options for regulation of these products. The information is gathered from verified sources of research studies by international and national health institutions, WHO, scientific studies, academic and educational studies, credible media outlets' information, and other news outlets.

WHAT ARE HTPs:

- ▶ **Heated Tobacco Products (HTPs)** use a device to heat compressed tobacco and chemicals to produce an inhalable aerosol.
- ▶ HTPs produce aerosols containing nicotine and toxic chemicals when tobacco is heated or when a device containing tobacco is activated. These aerosols are inhaled by users during a process of sucking or smoking involving a device.¹
- ▶ HTPs are a hybrid between electronic and conventional cigarettes: they are equipped with a battery-powered device that heats while the product used inside is not a liquid containing nicotine, but "real cut tobacco" (e.g. disposable tobacco sticks).²
- ▶ HTPs deploy various aerosol-generating mechanisms. Some HTPs heat up tobacco sticks, or capsules of processed tobacco. Some work by heating up liquids to produce an aerosol which then passes through a capsule to pick up nicotine and other chemicals (such as flavouring agents) from the tobacco before it is inhaled by the user.³



WHAT ARE E-CIGARETTES:

- ▶ Electronic cigarettes (e-cigarettes) are battery-operated portable devices that deliver nicotine via a vaporised, flavoured liquid consisting of propylene glycol, glycerol and nicotine.
- ▶ E-cigarettes are often called: Vape Pens, Vapes, E-cigs, E-Hookahs, Vape Mode, Tank System, E-Pipes, E-Cigars, JUUL and ENDS (Electronic Nicotine Delivery Systems).⁴
- ▶ There are many different types of e-cigarettes in use, also known as electronic nicotine delivery systems (ENDS) and sometimes electronic non-nicotine delivery systems (ENNDS).⁵
- ▶ Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB sticks, and other everyday items. Larger devices such as tank systems, or "mods," do not resemble other tobacco products.⁶

HEALTH IMPACTS OF HTPs AND E-CIGARETTES:

- ▶ HTPs deliver nicotine to users and if a maximum blood concentration similar to that with conventional cigarettes is quickly attained, they are likely to have similar addiction potential.⁷
- ▶ Despite claims from the tobacco industry that those new products can reduce harm up to 90-95% compared to conventional cigarettes, independent research has confirmed high levels of carcinogenic substances. In addition, dual-use is an essential issue to address in the context of HTPs.⁸
- ▶ The use of any tobacco product—including HTPs—is harmful, especially for youth, young adults, or pregnant women, as well as adults who do not currently use tobacco products.⁹
- ▶ HTPs have not been scientifically shown to help smokers quit.
- ▶ E-cigarette emissions typically contain nicotine and other toxic substances that are harmful to both users, and non-users who are exposed to the aerosols second-hand.
- ▶ Some recent studies suggest that ENDS use can increase the risk of heart disease and lung disorders.
- ▶ Both tobacco products and ENDS pose risks to health. The safest approach is not to use either.¹⁰

¹ <https://iris.who.int/bitstream/handle/10665/331297/WHO-HEP-HPR-2020.2-eng.pdf?sequence=1>

² Heat-Not-Burn Tobacco Products Are Getting Hot in Italy - Xiaojie Liu, Alessandra Lugo, Lorenzo Spizzichino, Takahiro Tabuchi, Giuseppe Gorini, and Silvano Gallus, 2018

³ <https://www.livetobaccofree.hk/en/reason-to-quit/heated-tobacco-products.html>

⁴ https://www.mdanderson.org/content/dam/mdanderson/documents/Programs/endtobacco/2019_Say_What_E-Cig_and_Vaping_Facts_sheet.pdf

⁵ <https://www.who.int/news-room/questions-and-answers/item/tobacco-e-cigarettes>

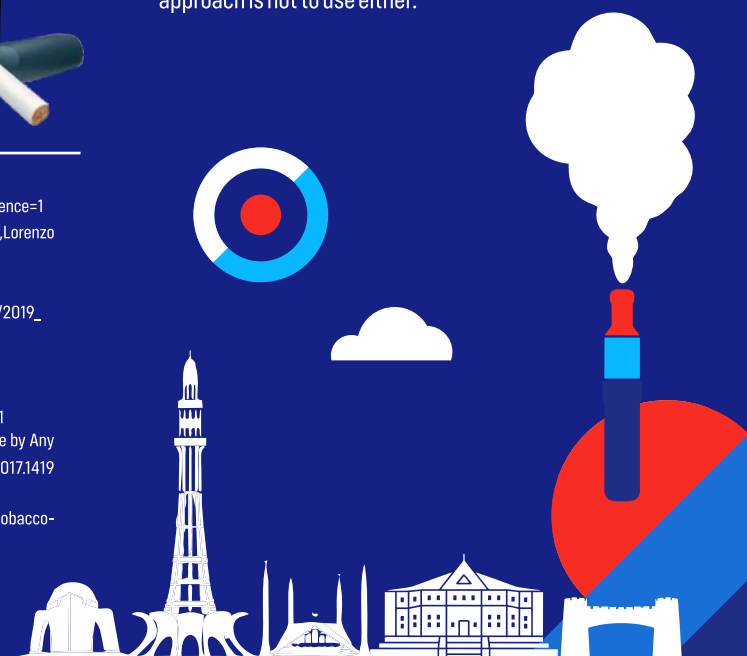
⁶ https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html

⁷ <https://iris.who.int/bitstream/handle/10665/368022/9789240042490-eng.pdf?sequence=1>

⁸ Auer R, Concha-Lozano N, Jacot-Sadowski I, et al. Heat-Not-Burn Tobacco Cigarettes: Smoke by Any Other Name. JAMA internal medicine 2017;177(7):1050-52. doi: 10.1001/jamainternmed.2017.1419 [published Online First: 2017/05/23]

⁹ https://www.cdc.gov/tobacco/basic_information/heated-tobacco-products/pdfs/heated-tobacco-products_h.pdf

¹⁰ <https://www.who.int/news-room/questions-and-answers/item/tobacco-e-cigarettes>



MYTHS OF E-CIGARETTES

MYTHS	FACTS
E-cigarettes produce harmless water vapor	In reality, they emit aerosols containing harmful chemicals and fine particles
E-cigarettes are as effective as approved smoking cessation aids like nicotine replacement therapy or prescription medications	Research suggests mixed outcomes. Concerns persist that e-cigarettes may serve as a gateway to traditional smoking, particularly among youth.
E-cigarettes are nicotine free	E-cigarettes are not entirely safe. While they may be less harmful than traditional cigarettes, they are not risk-free. Not all e-cigarettes are nicotine-free
E-cigarettes aids in smoking reduction and quitting	E-cigarettes may aid in smoking reduction, but evidence on their effectiveness in helping people quit smoking altogether is inconclusive. Using nicotine-containing e-cigarettes can lead to dependence, making it harder to quit nicotine altogether.
E-cigarette aerosol is harmless to second-hand smokers	E-cigarette aerosol is not harmless, and exposure can still pose risks, especially to vulnerable populations like children and pregnant women. ¹¹

MISLEADING MARKETING AND PROMOTION:

- ▶ HTPs are aggressively promoted by the tobacco industry as substitutes of conventional cigarettes, but most HTP users in fact do not switch completely and use conventional cigarettes and HTPs concurrently instead. Thus, so-called dual-users expose themselves to both types of tobacco products and the associated risks.¹²
- ▶ To date, most data on ENDS and HTPs have been generated by investigators who work for or are funded by the tobacco industry, which raises a conflict of interest.¹³
- ▶ E-cigarettes are often promoted as “reduced risk”, “smoke-free”, “socially acceptable” consumer products by the Tobacco Industry and these promotional strategies have the potential to re-normalize smoking and drive long-term use of addictive nicotine products. Some manufacturers also tend to talk about e-cigarettes with HTPs together, thereby confusing potential consumers, and making it difficult to tell the difference between a tobacco and a non-tobacco product.¹⁴

IMPORTANCE OF REGULATION OF HTPs AND E-CIGARETTES:

- ▶ Article 4.2 (B) of the World Health Organization’s (WHO) Framework Convention on Tobacco Control (FCTC) highlights “The need to take measures to prevent the initiation, to promote and support cessation, and to decrease the consumption of tobacco products in any form”.
- ▶ Banning e-cigarette devices is a workable solution. Over 45 countries globally currently ban ENDS, including five ASEAN countries: Brunei, Cambodia, Lao PDR, Singapore, and Thailand.¹⁵
- ▶ In decision FCTC/COP8(22), Parties to the WHO FCTC recognized HTPs as tobacco products and were reminded of their commitments under the Convention for addressing the challenges posed by novel and emerging tobacco products such as HTPs.
- ▶ Different international studies and analytical papers suggest that how a country approaches ENDS depends on diverse factors particular to its contextual situation. ENDS are currently banned in over 30 countries worldwide.¹⁶
- ▶ Where ENDS are not banned, WHO recommends that ENDS be regulated, for example, by strengthening prevention of ENDS use by non-smokers and children, restricting advertising, promotion and sponsorship, regulating product characteristics, prohibiting ENDS use in indoor spaces where smoking is not permitted, preventing unproven health claims and protecting public health policies from commercial and other vested interests.¹⁷

DISCLAIMER:

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¹¹ <https://assimilate.one/case-discussion/myths-on-electronic-cigarettes-tobacco-cessation/>
¹² <https://www.livetobaccofree.hk/en/reason-to-quit/heated-tobacco-products.html>
¹³ <https://iris.who.int/bitstream/handle/10665/368022/9789240042490-eng.pdf?sequence=1>
¹⁴ <https://www.who.int/news-room/questions-and-answers/item/tobacco-industry-tactics-to-attract-younger-generations>
¹⁵ <https://timonitor.seatca.org/faq-on-ends-htps/>
¹⁶ Statista. E-Cigarettes. Vol 20202020
¹⁷ <https://www.who.int/news-room/questions-and-answers/item/tobacco-ecigarettes#:~:text=E%2Dcigarette%2Demissions%20typically%20contain,been%20found%20to%20contain%20nicotin>
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