**Joint Position Statement from the Scottish Directors of Public Health and Scottish Health Promotion Managers on e-cigarettes**

***Stopping smoking is one of the most important steps that you can take to improve:***

* ***your health;***
* ***the health of your baby if you are pregnant; and***
* ***the health of young children, if you have a family.***

***On the use of e-cigarettes in general we recommend:***

1. If you cannot stop smoking then using e-cigarettes is much less harmful than smoking but only if you stop smoking cigarettes completely and switch to only using e-cigarettes.
2. That you do not use e-cigarettes in front of children or young people. If you do, you might unintentionally make them think about starting smoking or using e-cigarettes when they are older.   We want to stop young people getting addicted to nicotine.
3. Using e-cigarettes outdoors, apart from where the relevant authorities have forbidden them, is acceptable as part of a harm reduction strategy.

***On using e-cigarettes within smoking cessation services we recommend:***

1. Smoking cessation services in Scotland will always be there to help those using e-cigarettes to stop smoking. They will also be able to advise on what alternative smoking cessation treatments are available which are more effective and better suited to many people.
2. Two e-cigarette products have been recently granted a license to be marketed as a medicine on general sale. However, at present it will be for NHS Boards to decide if these products will be made available from the NHS.
3. For pregnant women we note that:
   * standard Nicotine Replacement Therapy, such as lozenges and gum, can be safely used as a treatment to stop smoking in pregnancy because the strength and quality of the nicotine is tightly controlled; and that
   * the strength and quality of the nicotine in unlicensed e-cigarettes is not controlled, but if a pregnant woman has switched from cigarettes to e-cigarettes, and does not want to quit now, they should still be supported to stay off cigarettes by the service.

***On the use of e-cigarettes on NHS or other Smoke Free Grounds we note:***

1. We do not want to lose the momentum we have made in achieving smoke free grounds.
2. Individual Health Boards should make local decisions on e-cigarettes in designated areas in NHS grounds as part of their Smoke Free Grounds policies to meet the specific harm reduction needs of their local populations.
3. On non NHS smoke free grounds, clear policies and signposting should establish where e-cigarette use is permitted and where it is not.

Finally, we commend this simple three point message about reducing harm and promoting smoking cessation

***Helpful*: If you do smoke, moving wholly to** **e-cigarettes is a helpful switch to reduce harm.**

***Better*: Better would be to seek help from a smoking cessation service. This will improve your chances of quitting by using approaches such as Nicotine Replacement Therapy. They will support you if choose e-cigarettes.**

***Best*: Best of all is seeking help to quit smoking altogether from**

**your local smoking cessation service, and benefit from group or individual support in addition to Nicotine Replacement Therapy, or other types of treatment.**

**Professor Alison McCallum, Director of Public Health NHS Lothian & Chair of Scottish Directors of Public Health.**

**Elaine Young, Assistant Director of Public Health NHS Ayrshire & Arran & Chair of Scottish Health Promotion Managers.**

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***This statement is based on the currently available evidence in relation to e-cigarettes. We will update our statement in line with new evidence on a regular basis. A useful summary of the current evidence base is available from NHS Health Scotland at*** [***http://www.healthscotland.com/documents/24383.aspx***](http://www.healthscotland.com/documents/24383.aspx)