

# E-CIGARETTES

## EVIDENCE ON HEALTH IMPACTS

Use of e-cigarettes (vaping) has increased rapidly in recent years and is greatest in young people. In 2019, about 5 per cent of people aged 18-24 in Australia reported current vaping.

The global evidence shows that use of e-cigarettes can be harmful to health, particularly for non-smokers and youth. For most major health outcomes — like cancer, cardiovascular disease and mental illness — the impacts of e-cigarettes are not known, so their safety for these outcomes hasn't been established.

### NOT HARMLESS VAPOUR

There are 100s of chemicals in e-cigarettes, including formaldehyde, heavy metals, solvents, and volatile organic compounds.



### CAUSES ADDICTION

Nicotine is highly addictive and exposure during adolescence can change the structure and function of the brain.



### A GATEWAY TO SMOKING

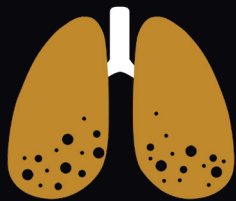
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Non-smokers who vape are three times as likely to take up regular smoking as non-smokers who don't vape.



### SMOKING CESSATION UNCLEAR

Evidence that e-cigarettes are effective for smoking cessation is limited. Most smokers who use e-cigarettes continue to smoke.



### CAUSES INJURY

Impacts include poisoning, seizures, burns, and lung disease.

### HARMFUL TO THE ENVIRONMENT

E-cigarettes contain single-use plastics and lithium batteries, cause pollution and can start fires.



Knowledge translation and visualisation by the PHXchange



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Banks E, Yazidjoglou A, Brown S, Nguyen M, Martin M, Beckwith K, Daluwatta A, Campbell S, Joshy G. Electronic cigarettes and health outcomes: systematic review of global evidence. *Report for the Australian Department of Health, National Centre for Epidemiology and Population Health, Canberra: April 2022.* The study was commissioned by the Australian Department of Health and was undertaken independently by researchers from the National Centre for Epidemiology and Population Health at The Australian National University.