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# Implementation of smokefree prisons in Scotland: results of the Tobacco in Prisons (TIPs) study

Professor Kate Hunt  
13e congress de la Societe Francophone de  
Tabacologie  
Ajaccio, 21 November 2019

BE THE DIFFERENCE



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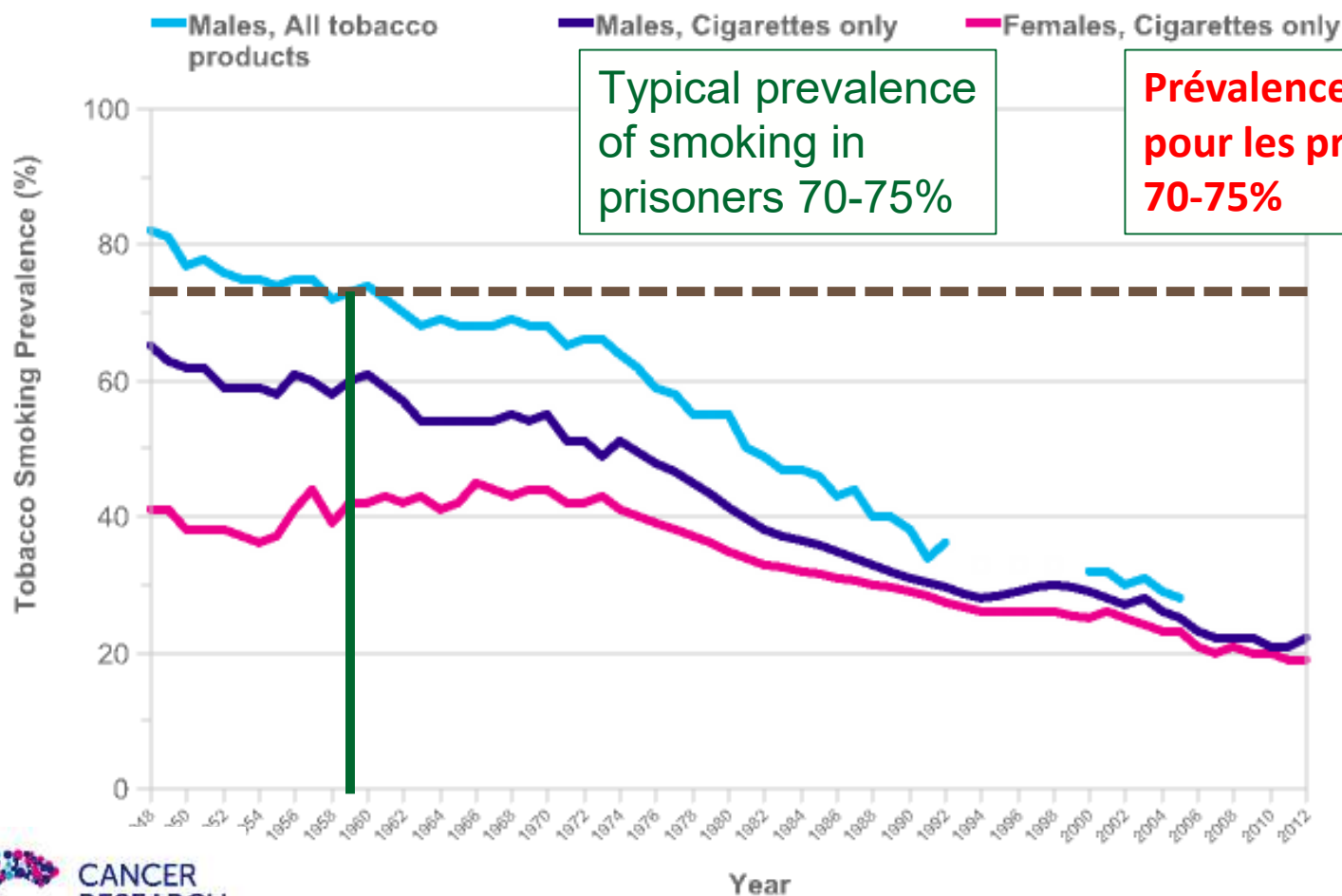
**Je n'ai pas de conflits  
d'intérêt**

**BE THE DIFFERENCE**

# Background

# TIPS

Smoking Prevalence: 1948-2012  
Prevalence Percentage, Great Britain



Typical prevalence  
of smoking in  
prisoners 70-75%

Prévalence typique  
pour les prisonniers  
70-75%

**CREATING A TOBACCO-FREE GENERATION**  
A Tobacco Control Strategy for Scotland

High smoking in prisoners a challenge to aspirations for:

- A tobacco-free Scotland by 2034.
- Reduced inequalities in health

healthier scotland  
SCOTTISH GOVERNMENT

# Implementation of smokefree prisons up to 2016 (when TIPs study began)

- **Canada:** All provinces, comprehensive smoke-free policies (indoor and outdoor) (**2008**)
- **New Zealand:** comprehensive smoke-free policies since **2011**
- **Australia:** most states, comprehensive smoke-free policies (first implementation in Northern Territory in July **2013**) – not Western Australia
- **USA:** 105 federal prisons smoke-free, and in April 2014 correctional facilities in 20/50 states have comprehensive smoke-free policies
- **Wales and England:** 4 + 4 pilot prisons **2016** (then projected roll out – *completed by 2018*)



# Implementing smokefree prisons

- Significant **challenges** because of **smoking culture** in prisons. *Défis importants dus à l'habitude culturelle du tabagisme dans les prisons*
- Exemptions from 2006/7 smokefree policies - **staff and prisoners continued to be exposed to SHS**. *Exceptions aux politiques antitabac de 2006/2007 - le personnel et les prisonniers ont continué à être exposés à la fumée passive*
- **Under-researched** – extent of problem; barriers and facilitators; process of developing and implementing new smoking policies; outcomes and impacts. *Sous-évalué - étendue du problème; obstacles et facilitateurs; processus d'élaboration et de mise en œuvre de nouvelles politiques sur le tabagisme; résultats et impacts*

# 3 Phase mixed-methods research: the Tobacco in Prisons study



**Phase 1** – understanding the **situation before any change in smoking policy.** *Comprendre la situation avant changement de politique sur l'usage du tabac.* Sep 2016 – Jui 2017

**Phase 2** – understanding **whether/how things change after the announcement of date for implementation of smokefree prisons in Scotland.** *Comprendre **si/comment** les choses changent après l'annonce de la date de mise en place de prisons sans fumée en Écosse*

*Aug 2017-Nov 2018*

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## IMPLEMENTATION OF SMOKE FREE PRISONS ON 30.11.18

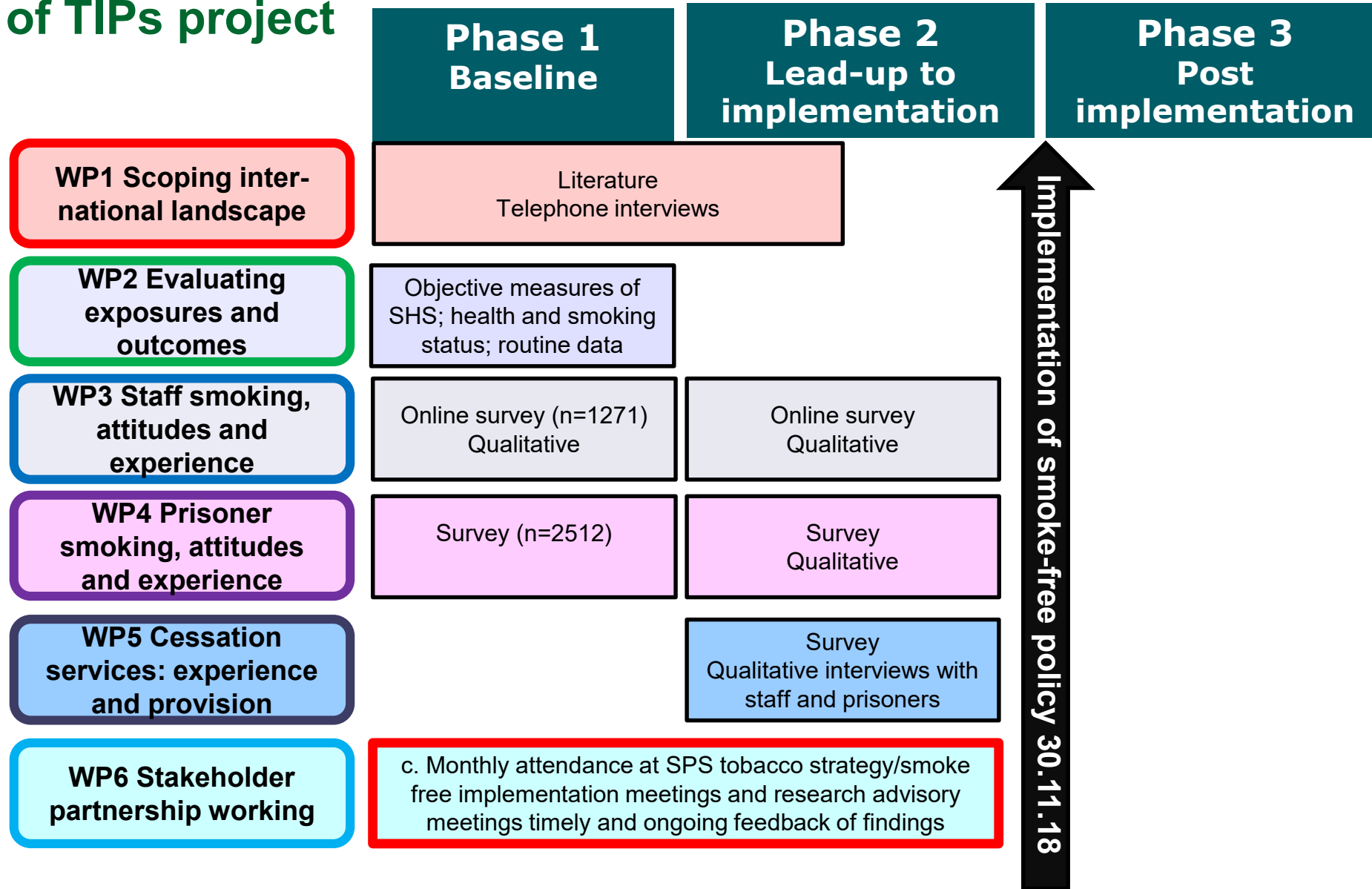
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**Phase 3** – **evaluating the impact of smokefree prisons** for prisoners, staff, the prison service and health services *évaluer l'impact sur les détenus, le personnel, l'administration pénitentiaire et les services de santé* Dec 2018- May 2020

FUNDED BY



# Overview of TIPs project



FUNDED BY

Sept  
2016

July  
2017

Nov  
2018

# Phase 1: Prisoner & staff views

*Nicotine & Tobacco Research*, 2018, 1–9

doi:10.1093/ntr/nty092

Original investigation

Received January 19, 2018; Editorial Decision April 28, 2018; Accepted May 8, 2018

Advance Access publication XXXX XX, XXXX



SRNT



Original investigation

## Prison Staff and Prisoner Views on a Prison Smoking Ban: Evidence From the Tobacco in Prisons Study

Ashley Brown MA<sup>1,2</sup>, Helen Sweeting PhD<sup>2</sup>, Greig Logan PhD<sup>3</sup>,  
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### Abstract

**Introduction:** In jurisdictions permitting prison smoking, tobacco use is embedded in prison culture, leading to second-hand smoke exposure and challenges for smoking cessation. More research on staff and prisoner views is lacking.

Open access

**BMJ Open** Views of prison staff in Scotland on the potential benefits and risks of e-cigarettes in smoke-free prisons: a qualitative focus group study

Ashley Brown,<sup>1</sup> Helen Sweeting,<sup>2</sup> Sean Semple,<sup>1</sup> Linda Bauld,<sup>3</sup>  
Evangelia Demou,<sup>2</sup> Greig Logan,<sup>4</sup> Kate Hunt<sup>1</sup>

FUNDED BY

**NIHR** | National Institute  
for Health Research

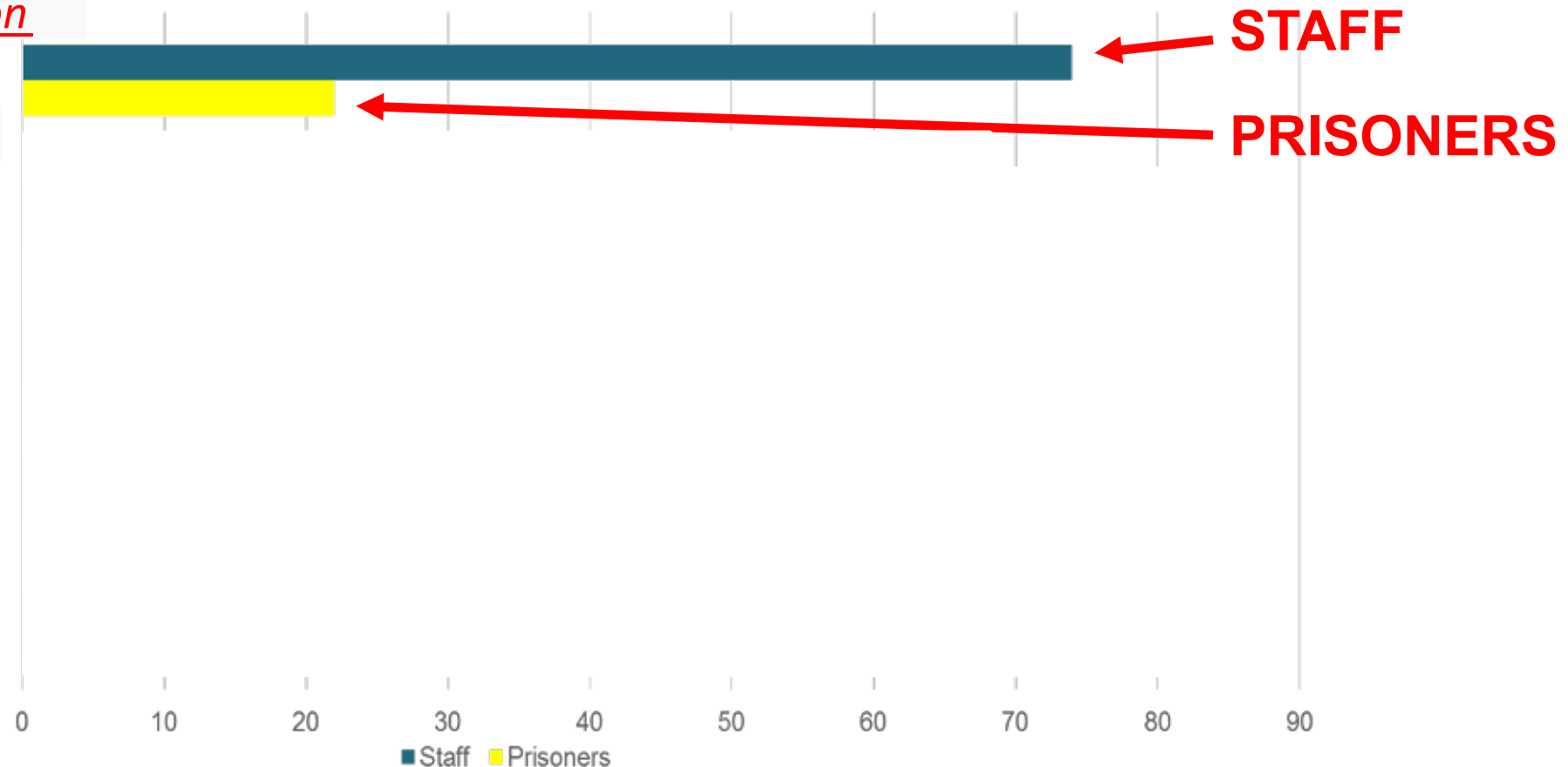


## Phase 1: Staff and prisoner attitudes (survey)

- Surveys (n=2512 prisoners; n=1271 staff).
- Substantial % smokers want to stop *% substantiel de fumeurs aimerait arrêter*
- More staff than prisoners supported prison smoking bans .

### Interdiction de fumer en prison

Are a good idea  
*sont une bonne idée*



## Phase 1: Staff and prisoner attitudes (survey)

- Surveys (n=2512 prisoners; n=1271 staff).

### Interdiction de fumer en prison

Are a good idea



### *Sont ok si les prisonniers sont autorisés e-cigs ou vapes*

Are OK if prisoners are allowed e-cigs or vapes



### *Cause beaucoup de problèmes*

Cause a lot of trouble



### *est difficile à appliquer*

Are hard to enforce



# Evidence on SHS exposure: Phase 1 (2016)



## la fumée passive



- 128,431 mins SHS data  $PM_{2.5}$  using Dylos ~ 89 days' measurement. In a residential wing in each prison *mesure pour ~6 jours dans une aile résidentielle dans chaque prison, utilisant Dylos machine (mesure des particules fines)*
- Additional measures: nicotine levels in air (12 prisons); salivary cotinine in non-smoking staff (n=422)
- Overall, exposure to SHS for most prison staff ~20-30  $\mu g/m^3$  *fumée passive pour personnel pénitentiaire: ~20-30  $\mu g/m^3$*
- Levels similar to data from prisons in England & Wales (2015) and similar to those experienced by non-smoker living with a smoker *fumée passive similaire aux données des prisons d'Angleterre et du Pays de Galles (2015) et similaire à celles des non-fumeurs vivant avec un fumeur*

# Evidence on SHS (PM<sub>2.5</sub>)

## TIPs Phase 1 measures in 2016

- Largest data set of multiple exposure methods from any prison service
- Demonstrated SHS exposures in all prisons
- Informed timetable for introducing SF prisons

Original Article

## Characterising the Exposure of Prison Staff to Second-Hand Tobacco Smoke

Sean Semple<sup>1\*</sup>, Helen Sweeting<sup>2</sup>, Evangelia Demou<sup>2</sup>, Greig Logan<sup>2</sup>, Rachel O'Donnell<sup>1</sup>, Kate Hunt<sup>2</sup> on behalf of the Tobacco in Prisons (TIPs) Research Team

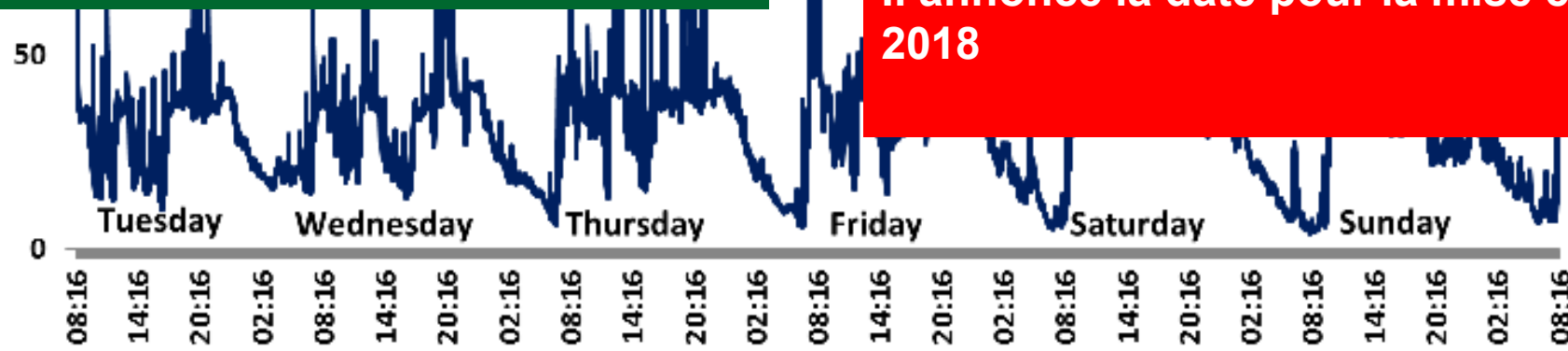
<sup>1</sup>Respiratory Group, Division of Applied Health Sciences, University of Aberdeen, Aberdeen AB25 2ZG, UK;

*“This report is a call to action. It is not acceptable that those in our care and those who work in our prisons should be exposed to second hand smoke.”*

Colin McConnell, Chief Executive, Scottish Prison Service, Press conference 17 July 2017

*“Ce rapport est un appel à l'action. Il n'est pas acceptable que les personnes à notre charge et celles qui travaillent dans nos prisons soient exposées à la fumée secondaire.”* Colin McConnell, Chief Executive, Scottish Prison Service, Press conference 17 July 2017

Il annonce la date pour la mise en place – Nov 2018



# Introduction of e-cigs to prisons announced during Phase 2 (2018) *Mise à disposition de la e-cig dans les prisons annoncée pendant la phase 2*



- **First, single use; then rechargeable vapes (initially free to those eligible)**
- **Additional funding to examine process and impacts of introducing rechargeable vapes in prison context** *Financement supplémentaire pour examiner le processus et les impacts de l'introduction de vapes rechargeables en milieu carcéral*
  - **Interviews with prisoners and staff (6 prisons)** *immediately prior to Nov 2018 ban* *immédiatement avant l'interdiction de fumer de nov 2018*
  - **Interviews with prisoners and staff (6 prisons)** *~6 months post-implementation (May-Jul 2018)* – role that e-cigs play in a smokefree prison service *6 mois après l'interdiction*

**Analysis of 'canteen' (prison shop) purchasing, before and after ban and introduction of e-cigs** *Analyse des achats de «cantine» (magasin de la prison), avant et après l'interdiction*

# Reasons for trying e-cigarettes in prison (1) – data collected in Phase 2 (Oct-Nov 2018) - *Raisons d'essayer des e-cigarettes en prison*



- **As a way of quitting smoking or managing without tobacco** because of **imminent ban**. *Pour arrêter de fumer ou gérer sans tabac en raison de l'interdiction imminente*
- For potential health or financial benefits. *Pour les possibles bénéfices sur la santé ou financiers*

***A lot of guys have switched over [to using e-cigarettes] already, you know, so that they're not getting told to do it. They've done it off their own backs.*** (Dual user 06.04)

***...they're...taking my snout [tobacco] off us. That's what made me try it [e-cigarettes]. They're taking my snout.*** (Dual user 01.04)





## Reasons for trying e-cigarettes in prison (2) – data collected in Phase 2 (Oct-Nov 2018) - *Raisons d'essayer des e-cigarettes en prison*

- **Novelty and curiosity** about the introduction of rechargeable e-cigarettes in prison. *Nouveauté et curiosité concernant l'introduction de cigarettes électroniques rechargeables en prison*

*...it was a new thing coming into the jail, and we got them for free, so its sitting there, so its just a case of I 'll use it and see what its like, we got oils with it too for free.* (Exclusive user 04.01)

*It's [vaping] like a novelty now still so it is. I'll have the berry mint, and somebody will have the strawberry or whatever and we'll all be like give me a taste of yours or whatever.* (Dual user. 01.05)

# Experience of early e-cigarette use among people in custody.



*Premieres expériences de consommation précoce de cigarettes électroniques chez les personnes en détention*

## 1) Enjoyment *Plaisir*

- Flavoured e-liquids made vaping **enjoyable/novel** (not simply functional) for some.

*Les e-liquides aromatisés ont rendu le vapotage agréable / quelque choses nouveau*

*It [vaping] was alright, it tasted nice. But that's something, the flavours and everything, I think that's what everybody will say, they taste nice, a lot nicer than smoking...*  
(Dual user 04.03)

# Experience of early e-cigarette use among people in custody



*Premieres expériences de consommation précoce de cigarettes électroniques chez les personnes en détention*

## 1) Enjoyment

- Flavoured e-liquids made vaping an **enjoyable/novel** (not simply functional) activity for some participants.

## 2) Effectiveness

- e-cig users had generally **made progress in cutting down or stopping use of tobacco**.
- *utilisateurs d'e-cig avaient généralement progressé dans la réduction ou la cessation de la consommation de tabac*
- But some spoke of **difficulties in managing nicotine cravings** by vaping – e.g. not meeting their needs re speed of nicotine delivery (“puffing and puffing”) or desired ‘hit’.

**I: I've gone a whole day just on the vapes.**

*I: And how has that gone?*

**R: I was quite surprised.**

*I: In a good way or a bad way?*

**R: In a good way because now I know I can do it and it's not going to be as sore as what I thought it was. You know, just a complete withdrawal**

(Dual user 06.04)

**As it is now, I can't even get a vape strong enough to satisfy, without me sitting puff, puff, puffing, you know. And that's what I'm doing, you know.**

(Exclusive user 06.05)

*Mais, certains ont parlé de **difficultés à gérer les envies de nicotine** par vapotage*

# Perceived benefits of e-cigarettes in assisting the transition to smoke-free prisons *Avantages perçus des cigarettes électroniques dans la transition vers des prisons sans fumée*



- **Symbolic:** seen as a welcome gesture/ 'quid pro quo' for the removal of tobacco. *considéré comme un geste bienvenu/'compensation' pour l'élimination du tabac*
- **Practical:** another tool for abstaining/quitting smoking and handling stress/passing the time in prison. *un autre outil pour s'abstenir / arrêter de fumer et gérer le stress / passer du temps en prison*
- **Financial:** provision of some e-cigarette products free of charge (in first instance) was helpful financially given relatively low funds in prison. *fourniture gratuite de certains produits de e-cigarette (en premier lieu) a été utile financièrement*

*And at least they gave us something in return, at least they're not just whipping it away...* (Dual user 04.03)

*So, you've now got a vape. So, you have potentially something that can calm people down. And that's what a lot of the guys in here are smoking for, to calm down.* (Dual user 05.03)

# Potential issues/challenges surrounding e-cigarettes in prisons



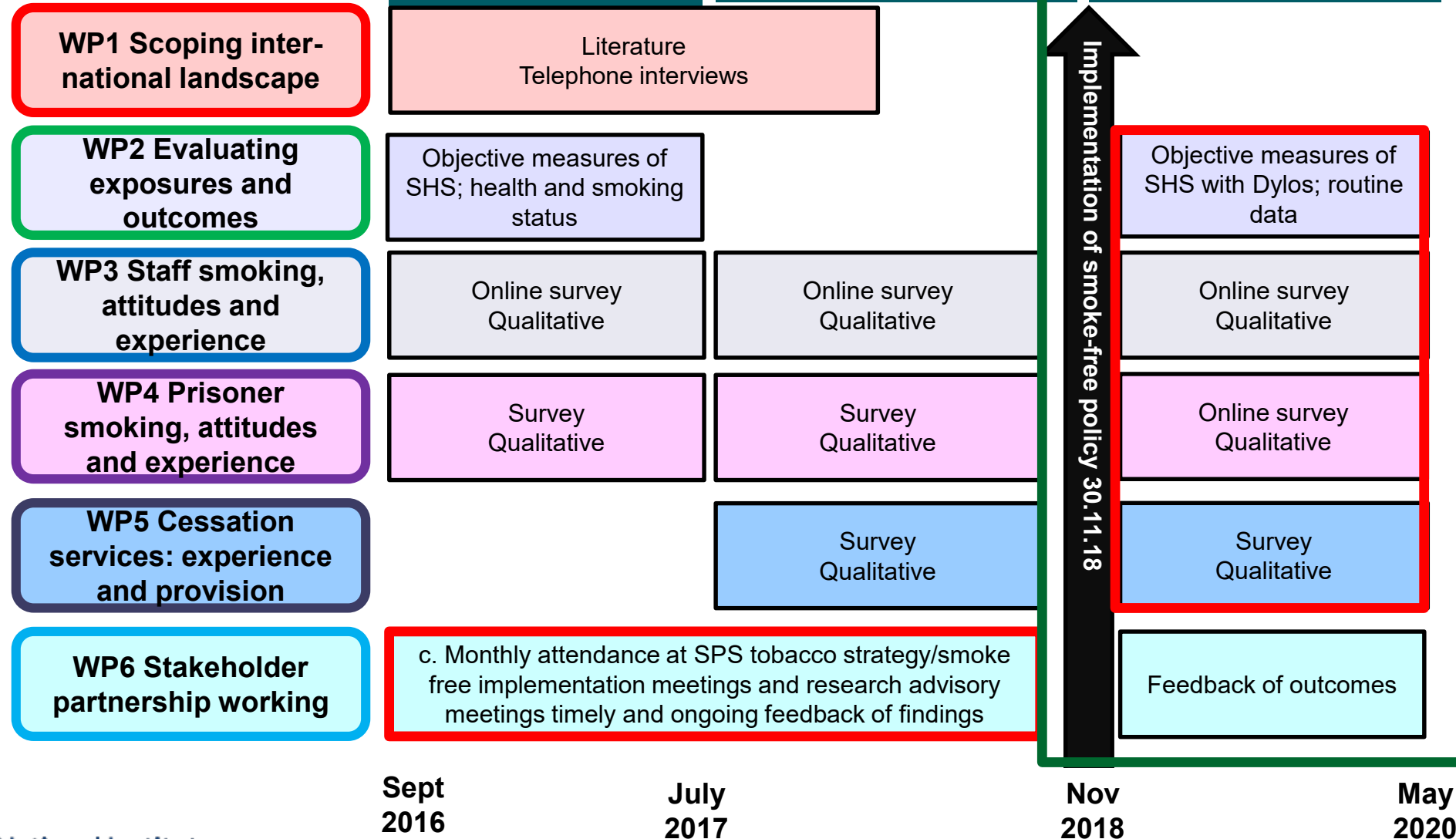
## *Problèmes/défis potentiels aux cigarettes électroniques dans les prisons*

- Some **dissatisfaction** with e-cigs on sale; requests for more choices (e.g. devices, strengths/flavours of e-liquids). ***Certains mécontentement avec les e-cigs en vente***
- Questions about **affordability** of vaping in prison, for those with high use or limited money. ***Questions sur l'accessibilité financière du vapotage en prison***
- **Uncertainty/ambivalence** about longer term use. ***Incertitude / ambivalence sur l'utilisation à long terme***
- Confusion/uncertainty about the **potential health risks of use of e-cigarettes** ***Confusion / incertitude aux risques potentiels pour la santé***

***...a lot of people chain smoke, you know. They are going to be the hardest hit, you know, and wee jars [e-liquids] you get – some of them are 18 millilitres and other ones are 12. They don't last long, you know. If you keep smoking, taking the draws, it's away in no time.*** (Former user 02.01)

***...there's no point in stopping one thing that's bad for you and doing another thing that's bad for you.*** (Dual user 01.01)

# Revised TIPs timeline





# Phase 3: immediate impact on air quality



*Nous avons remesuré les particules fines pendant la semaine de la mise en place (28.11.18 - 4.12.18)*

**Brief report**

**OPEN ACCESS**

The impact of implementation of a national smoke-free prisons policy on indoor air quality: results from the Tobacco in Prisons study

Sean Semple,<sup>1</sup> Ruairaidh Dobson,<sup>1</sup> Helen Sweeting,<sup>2</sup> Ashley Brown,<sup>1</sup> Kate Hunt,<sup>1</sup> on behalf of the Tobacco in Prisons (TIPs) research team

**ABSTRACT**

**Objective** To determine secondhand smoke (SHS) concentrations in prisons during the week of implementation of a new, national prisons smoke-free policy.

**Design** Repeated measurement of SHS concentrations immediately before and after implementation of smoke-free policies across all 15 prisons in Scotland, and comparison with previously gathered baseline data from 2016.

**Methods** Fine particulate matter (PM<sub>2.5</sub>) measurements at a fixed location over a continuous 6-day period were undertaken at the same site in each prison as previously carried out in 2016. Outdoor air quality data from the nearest local authority measurement station were acquired to determine the contribution of outdoor air pollution to indoor prison measurement of PM<sub>2.5</sub>.

**Results** Air quality improved in all prisons comparing 2016 data with the first full working day postimplementation (overall median reduction -81%, IQR -76% to -91%). Postimplementation indoor PM<sub>2.5</sub> concentrations were broadly comparable with outdoor concentrations suggesting minimal smoking activity during the period of measurement.

**Conclusions** This is the first evaluation of changes in SHS concentrations across all prisons within a country that has introduced nationwide prohibition of smoking in prisons. All prisons demonstrated immediate substantial reductions in PM<sub>2.5</sub> following policy implementation. A smoke-free prisons policy reduces the exposure of prison staff and prisoners to SHS.

**Additional material is published online only. To view, please visit the journal online (<http://dx.doi.org/10.1136/tobaccocontrol-2018-054895>).**

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<sup>2</sup>MRC/CSO Social and Public Health Sciences Unit, University of Glasgow, Glasgow, UK

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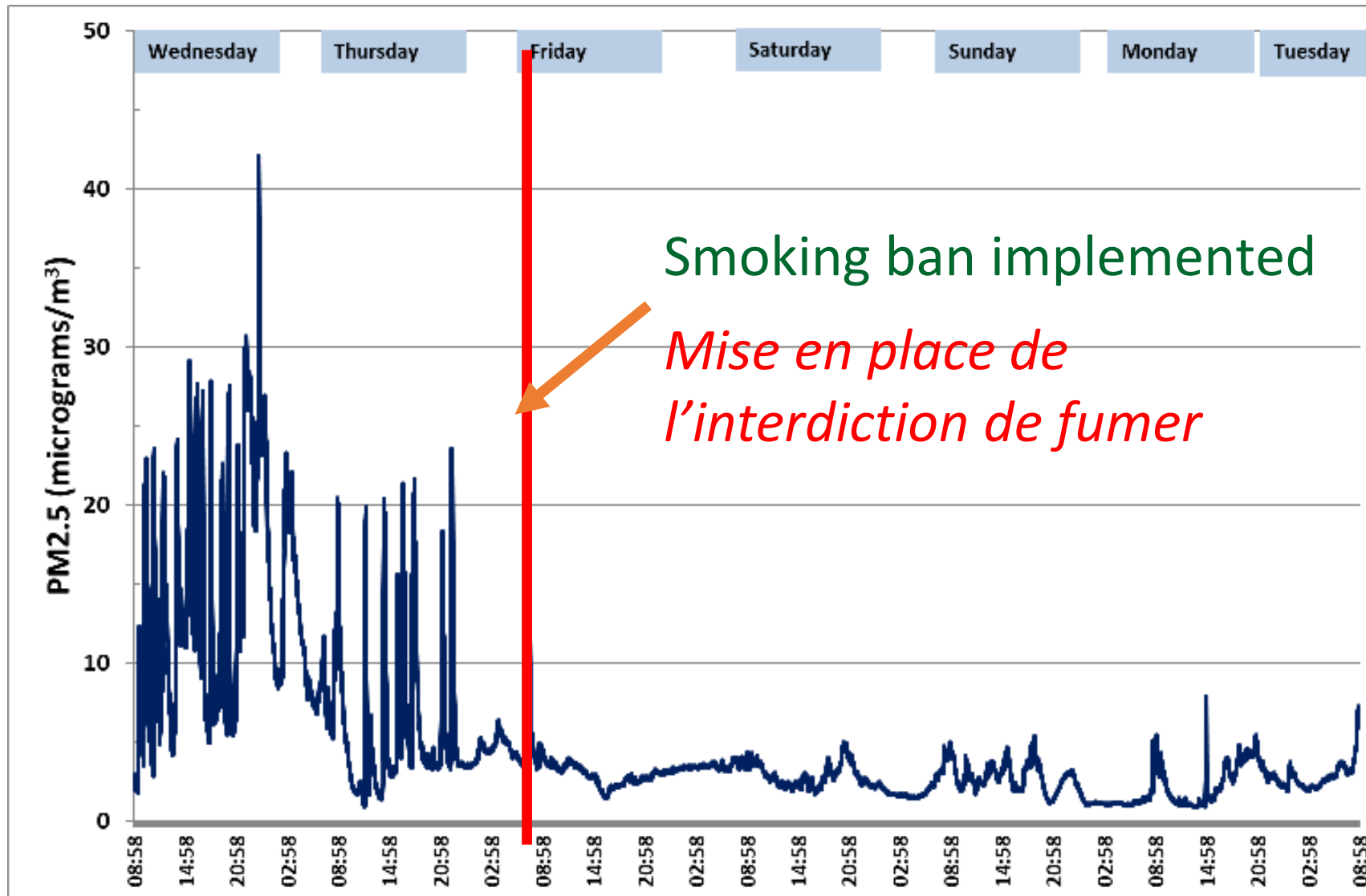
SS and RD contributed equally.

Received 17 December 2018  
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Accepted 3 April 2019

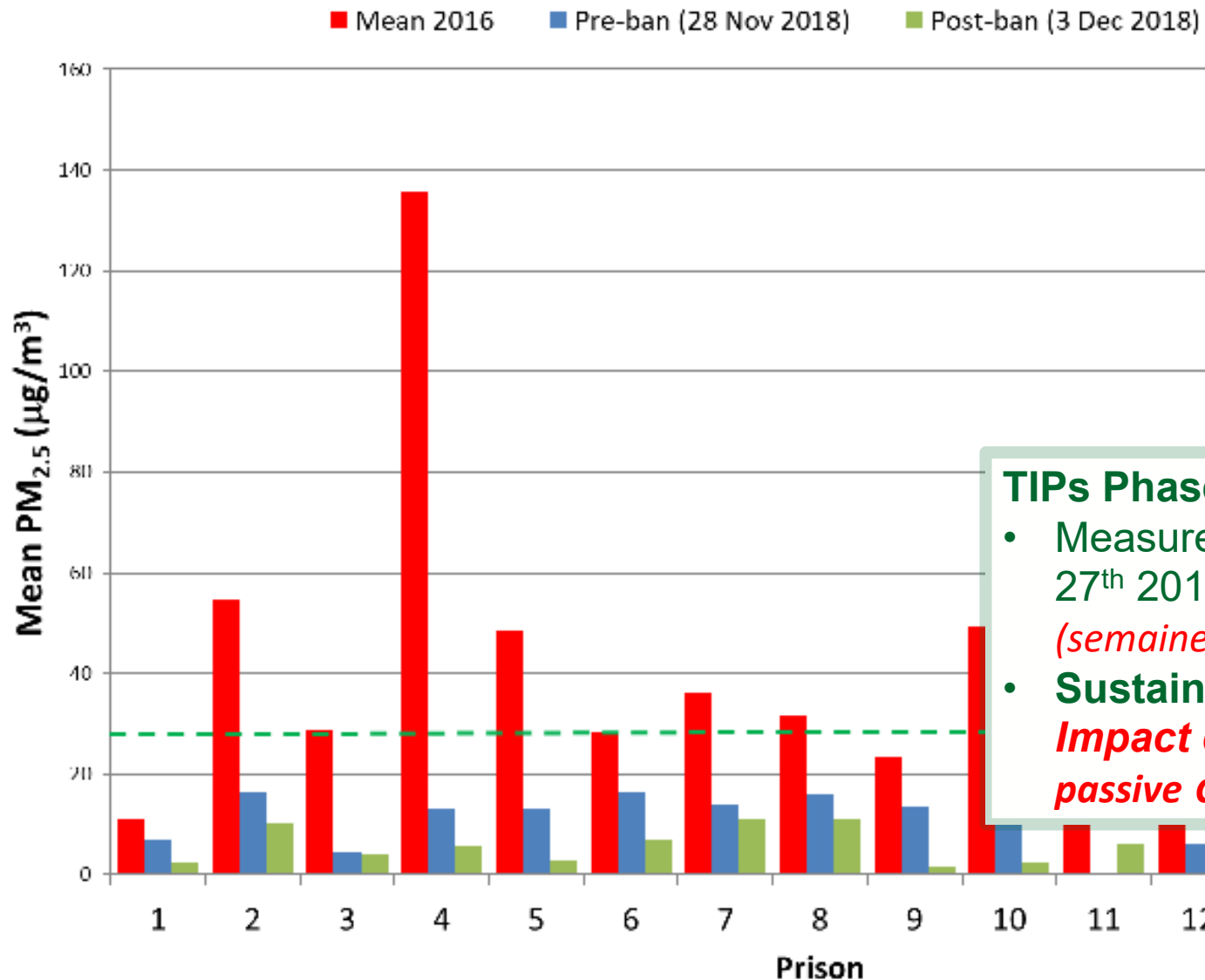
Tob Control: first published as 10.1136/tobaccocontrol-2018-054895 on 7 May 2019. Downloaded from <http://tobaccocontrol.b>

- SHS measured using same methods and locations as in 2016, across all prisons - *mêmes méthodes et mêmes lieux qu'en 2016*
- 114,000 mins of data in week of implementation
- **81% average reduction in PM<sub>2.5</sub> 2016 to immediately post-ban (from median of 31.7 to 5.8 micrograms/m<sup>3</sup>). ~ at levels in outside air**
- *Réduction moyenne de 81% des PM<sub>2.5</sub> de 2016 à immédiatement après l'interdiction (de la médiane de 31,7 à 5,8 microgrammes / m3). ~ à des niveaux dans l'air extérieur*
- **Without any known major incident** *Sans incident majeur*

# PM<sub>2.5</sub> concentrations in example prison in week of implementation (*Reduction de particules fines lors de la semaine de la mise en place, 28.11.18 - 4.12.18*)



# Evidence on SHS, 2016, 2018 (and 2019)



The impact of implementation of a national smoke-free prisons policy on indoor air quality: results from the Tobacco in Prisons study

Sean Semple,<sup>1</sup> Ruairadh Dobson,<sup>1</sup> Helen Sweeting,<sup>2</sup> Ashley Brown,<sup>1</sup> Kate Hunt,<sup>1</sup> on behalf of the Tobacco in Prisons (TIPs) research team

## ABSTRACT

**Objective** To determine secondhand smoke (SHS) concentrations in prisons during the week of implementation of a new, national prisons smoke-free policy.

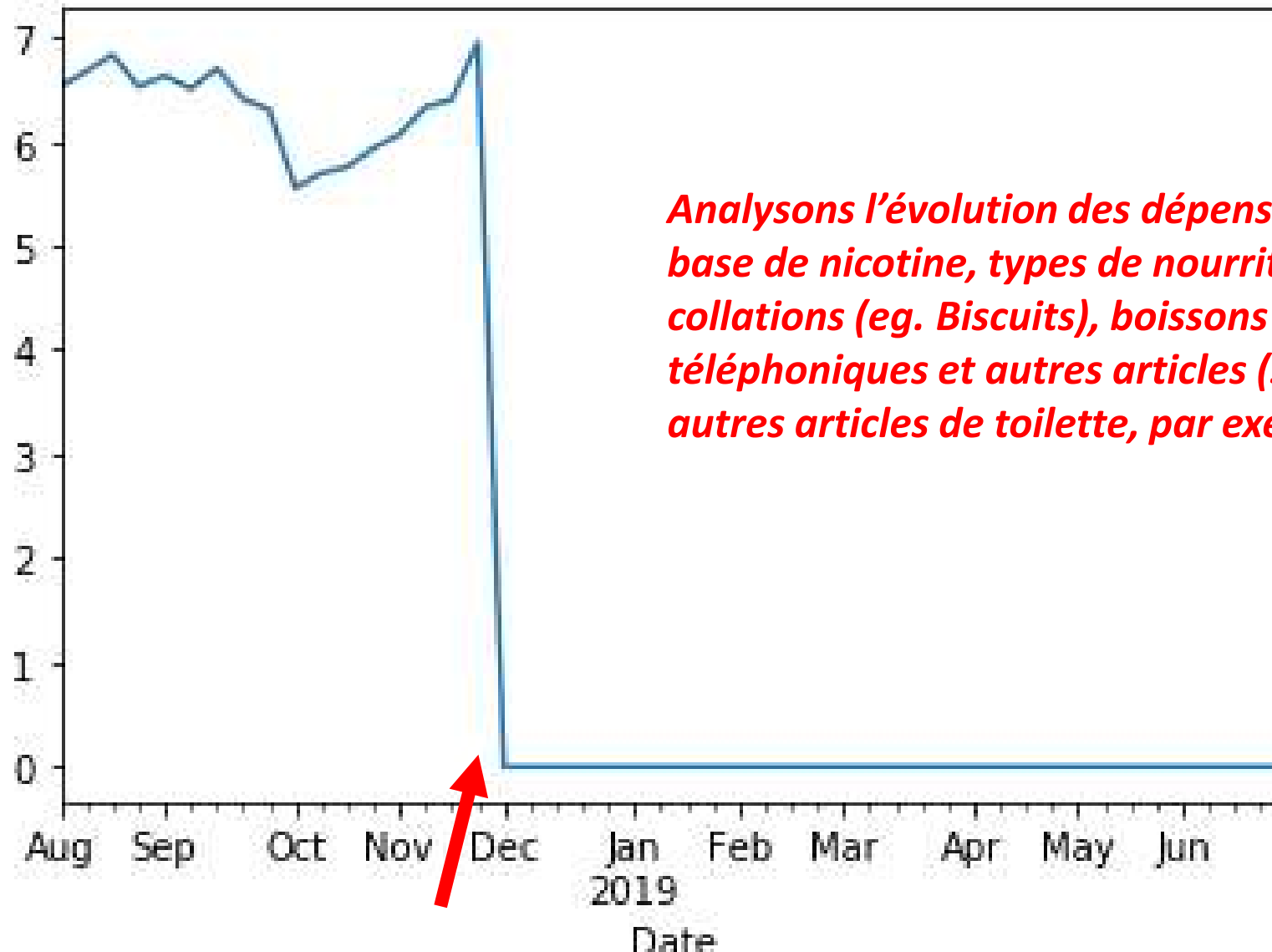
**Design** Repeated measurement of SHS concentrations

in Prisons (TIPs) study team in 2016 on indoor air quality demonstrated high concentrations of SHS in prison hallways and other areas where staff could be exposed during their work.<sup>9</sup> These results informed policy development with the Scottish Prison Service's Chief Executive calling

## TIPs Phase 3 measures in 2018/9

- Measures repeated 6 months post-ban (week of May 27<sup>th</sup> 2018) *Mesures répétées 6 mois après l'interdiction (semaine du 27 mai 2018)*
- Sustained impact on air quality & SHS in all prisons *Impact durable sur la qualité de l'air et la fumée passive dans toutes les prisons*

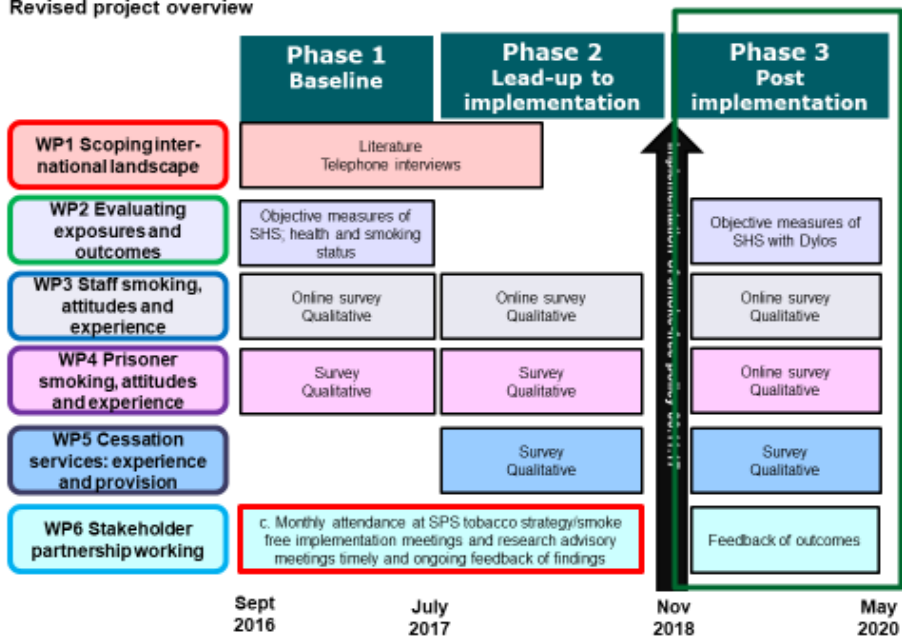
# Mean tobacco spend (£) per person per wk: **all** *Dépenses moyennes en tabac (£) par personne et par semaine*



*Analysons l'évolution des dépenses en produits: à base de nicotine, types de nourriture et des collations (eg. Biscuits), boissons sucrées, cartes téléphoniques et autres articles (shampooing, autres articles de toilette, par exemple)*

# Phase 3: Outcomes & impacts

Revised project overview



## Ongoing analysis *Analyses en cours*

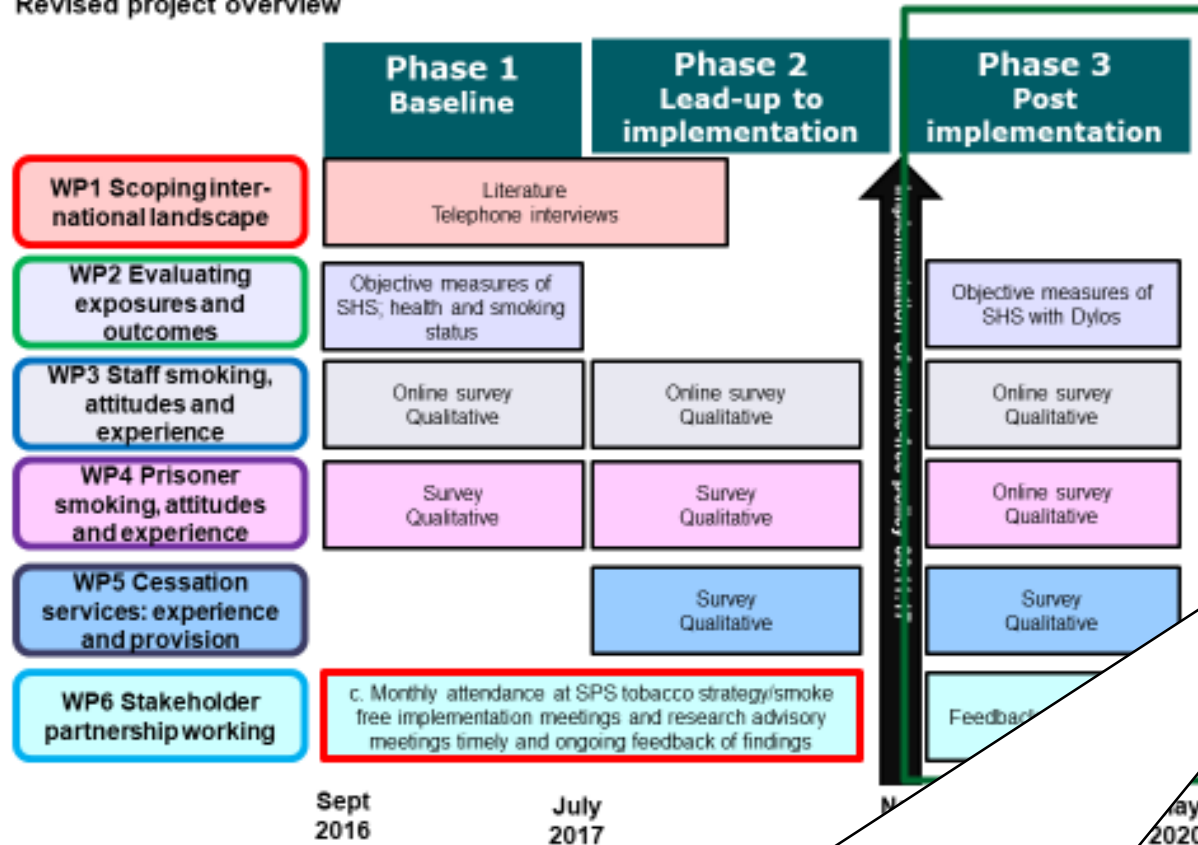
- In all prisons: staff FGs, prisoner & staff survey (*May-Aug 2019*)
- In 6 prisons: qualitative interviews with staff & prisoners; cessation service providers/users (*May-Aug 2019*); e-cig post ban interviews – those entering custody/high risk
- Modelling outcomes – staff sickness absence, staff and prisoner health (survey data), medications, canteen purchasing data, organisational data

*Modélisation - congé maladie du personnel, santé du personnel et des prisonniers (données d'enquêtes), médicaments, les achats au magasin, données organisationnelles*

- Comprehensive overview of impact and process to improve the evidence base and evidence-based policy making *Vue d'ensemble complète de l'impact et du processus pour améliorer l'evidence*

# Phase 3: Early findings –qualitative data

Revised project overview



- No major incidents – less troublesome than anticipated by staff and people in custody  
*Aucun incident majeur - moins gênant que prévu par le personnel et les personnes en détention*

*I honestly thought there were going to be riots in the hall .. going to be uproar in here. But .. it didn't happen, it never came ..it was as if people never smoked. It's weird, it really is weird (PiCM3)*

*Staff K4: I think **the air quality is night and day**, especially in the cells, doing cell searches, and stuff like that...in the residential house blocks, it's absolutely night and day, the air quality.*

*Staff M6: **It's fantastic**, from somebody who is a non-smoker that **it is brilliant**. I mean, I was a great advocator for it coming in and Im glad it did come in. **What a difference it makes to your life, I think you go home, you feel better, smell better. ... Im also asthmatic and I found it didnt help my asthma to any extent at all.***



# Phase 3: Early findings – qualitative data

When the ban came in, **I was over the moon ... I've tried so many time to stop and I've never been able to. I knew the fact that I was in prison and I wasn't going to be able to get tobacco so I had no option, I had to stop** (PiCM4)

**It's a step too far**, even though it's been successful and even though I've stopped smoking ... **if somebody wants to smoke, let them smoke** (PiCL4)

if there was tobacco there and you knew you weren't getting it, it's different, you know what I mean, then you're going to keep, I want it, I want it, I want it. But, **when it's not there you get used to it quite quick. Used to the fact I'm not getting it, you know what I mean** (PiCL4)

- No major incidents – less troublesome than anticipated by staff and people in custody
- Widespread acceptance that no-smoking is the new norm – but policy more popular with some than others  
*Acceptation générale que l'interdiction de fumer est la nouvelle norme – mais la politique est plus populaire chez certains que chez d'autres*

**D3: they [people in custody] all seemed to just accept it, and get on with it. Which we all were grateful for.**

**I mean, it .. is what it is now. I mean, we're not going to get smoking back. I mean, I wouldn't have voted for it in the first place but it, kind of, is what it is now and that's just the way it is. And it's actually not as bad, like, as what you think it's going to be.** (PiCC5)

# Phase 3: Early findings – qualitative data

*Things smell a lot better .. probably my sense of smell too. Like, the **room's so much cleaner .. like you'd spray cleaning stuff on the walls and it would just run, like, yellow, see with the nicotine .. You wouldn't actually notice it.. until you clean it and you're like, Oh God, like, that's horrible*** (PiCC5)

*... **although I think it's wrong what they've done, in the way that they've done it, obviously for anyone to stop smoking is a good thing*** (PiCC4)

*.. **you're getting told you can't smoke anywhere. You feel angry. You see it [smoking] as a right almost, a right that has been .. taken away from you .. your own right of freedom to be able to smoke or no smoke. But in terms of the long run .. the health benefits outweigh the negatives*** (PiCHB1)

- No major incidents – less troublesome than anticipated by staff and people in custody
- Widespread acceptance that no-smoking is the new norm – policy more popular with some than others
- **Recognised benefits of living/working in smokefree prisons**
- ***Avantages reconnus de vivre / travailler dans des prisons sans fumée, même pour les gens qui n'aiment pas l'interdiction***

# Phase 3: Early findings



- No major incidents – less troublesome than anticipated by staff and people in custody
- Widespread acceptance that no-smoking is the new norm – policy more popular with some than others
- Recognised benefits of living/working in smokefree prisons
- **Bonne conformité à la politique antitabac**  
Qualitative and AQM confirm high levels of compliance with smokefree policy
- *Questions sur le vapotage et l'importance des e-cigs dans le processus*
- Questions about vaping and how important introduction of e-cigs was to the process

• ***Question cruciale: que se passe-t-il lorsque des personnes sont libérées de prisons***

# Acknowledgments and thanks



- **People in custody/staff** who have taken part in research
- **Staff at the Scottish Prison Service HQ & HMPs** and in HMP Kilmarnock and HMP Addiewell, SPS TIPs Research Advisory Group, SPS Smokefree implementation Stakeholder Advisory Group
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- **Other colleagues:** Dr Cath Best, Dr Ruaraidh Dobson, Dr Allison Ford, Dr Rachel O'Donnell, Nicola McMeekin
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- **Funder E-cigarettes in prison: Cancer Research UK**

