



DO «LE SWITCH»

VAPOTER POUR ARRÊTER DE FUMER

DOCKRELL, MARTIN

L'auteur déclare que ce travail a été réalisé en toute indépendance de l'industrie du tabac et qu'il n'a aucun lien d'intérêt avec l'industrie du tabac, de l'alcool et des jeux, ainsi que l'industrie de la cigarette électronique.

1

Maximiser les possibilités de «switching» pour les fumeurs

- Augmenter les chances de switch chez les fumeurs
- Sensibiliser les professionnels de santé
- Améliorer la connaissance en matière de sécurité des prof. de santé et du public concernant la vape
- Améliorer la perception des fumeurs sur les avantages du switch vers la vape en association avec les traitements du sevrage



2

Empêcher les non-fumeurs et les jeunes de commencer

- Empêcher les enfants et les jeunes de commencer
- Empêcher la vente de produits de vapotage aux <18
- Ne pas encourager les adultes naïfs de nicotine à commencer



ÉVOLUTION AU FIL DU TEMPS

- EN 2020, **6,2 %** DES ADULTES ÂGÉS DE 16 ANS ET PLUS ÉTAIENT DES VAPOTEURS ACTUELS (UTILISATEURS QUOTIDIENS OU OCCASIONNELS). CE POURCENTAGE EST EN HAUSSE PAR RAPPORT A 2014 (3,7%).
- CECI EST COHÉRENT AVEC LA TENDANCE RAPPORTÉE PAR LES DONNÉES DE L'ÉTUDE UCL SMOKING TOOLKIT STUDY

GENRE

- EN 2020, **7,1 %** DES HOMMES ÂGÉS DE 16 ANS ET PLUS ÉTAIENT DES VAPOTEURS ACTUELS, COMPARATIVEMENT À **5,5 %** DES FEMMES.

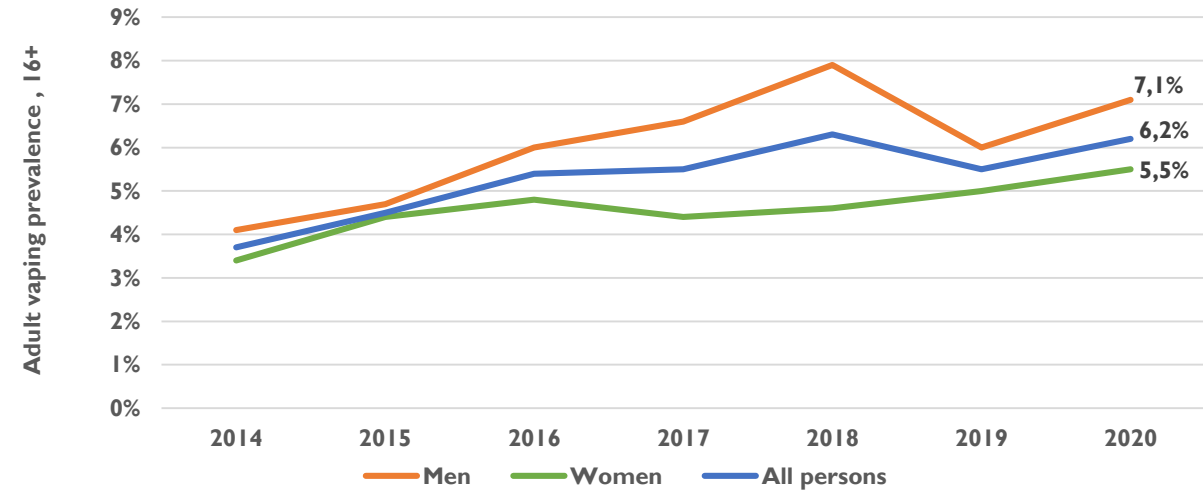
ÂGE

- EN 2020, L'UTILISATION DE LA VAPE ÉTAIT LA PLUS ÉLEVÉE CHEZ LES PERSONNES ÂGÉES DE 50 À 59 ANS (8,3 %). LES PERSONNES ÂGÉES DE 60 ANS ET PLUS L'UTILISAIENT LE MOINS (3,4 %).

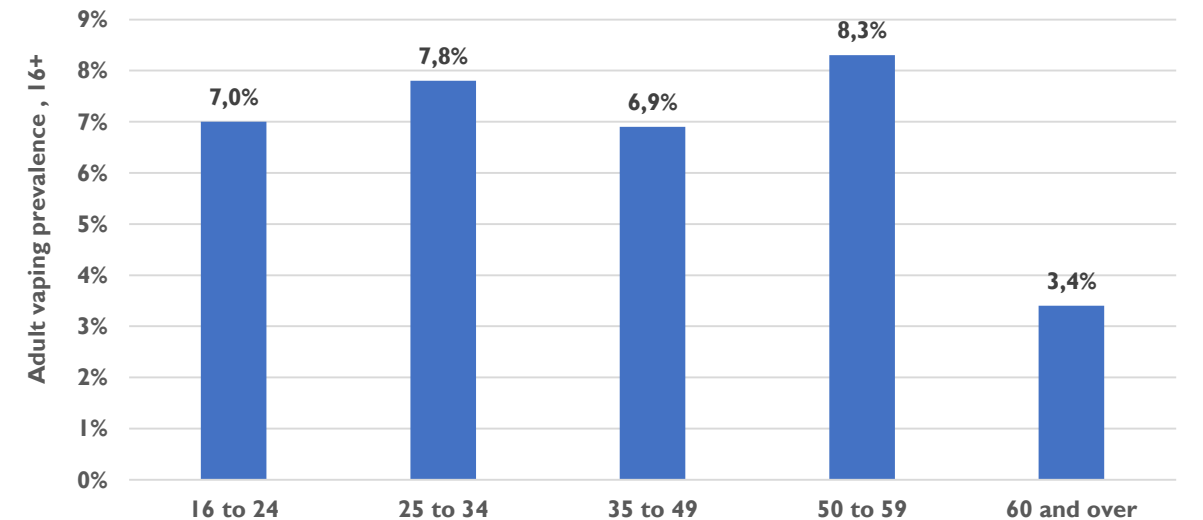
TABAGISME

- EN 2020, **17,4 %** DES FUMEURS DE CIGARETTES ÉTAIENT AUSSI DES UTILISATEURS DE VAPE (VAPO-FUMEURS), COMPARATIVEMENT À **12,0 %** DES EX-FUMEURS (VAPOTEURS) ET À **1,1 %** DES PERSONNES QUI N'AVAIENT JAMAIS FUMÉ (MARCHÉ NON PRÉVU).
- DEPUIS 2014, LA PROPORTION D'ADULTES DE 16 ANS ET PLUS QUI N'ONT JAMAIS FUMÉ ET QUI SONT ACTUELLEMENT DES VAPOTEURS EST PASSÉE DE 0,2 % À 1,1 %.
- PARMIS LES FUMEURS DE CIGARETTES, LA PROPORTION DE CEUX QUI UTILISENT LES VAPES COMME AIDE POUR CESSER DE FUMER EST RESTÉE RELATIVEMENT STABLE À ENVIRON 50%.

Vaping prevalence by gender

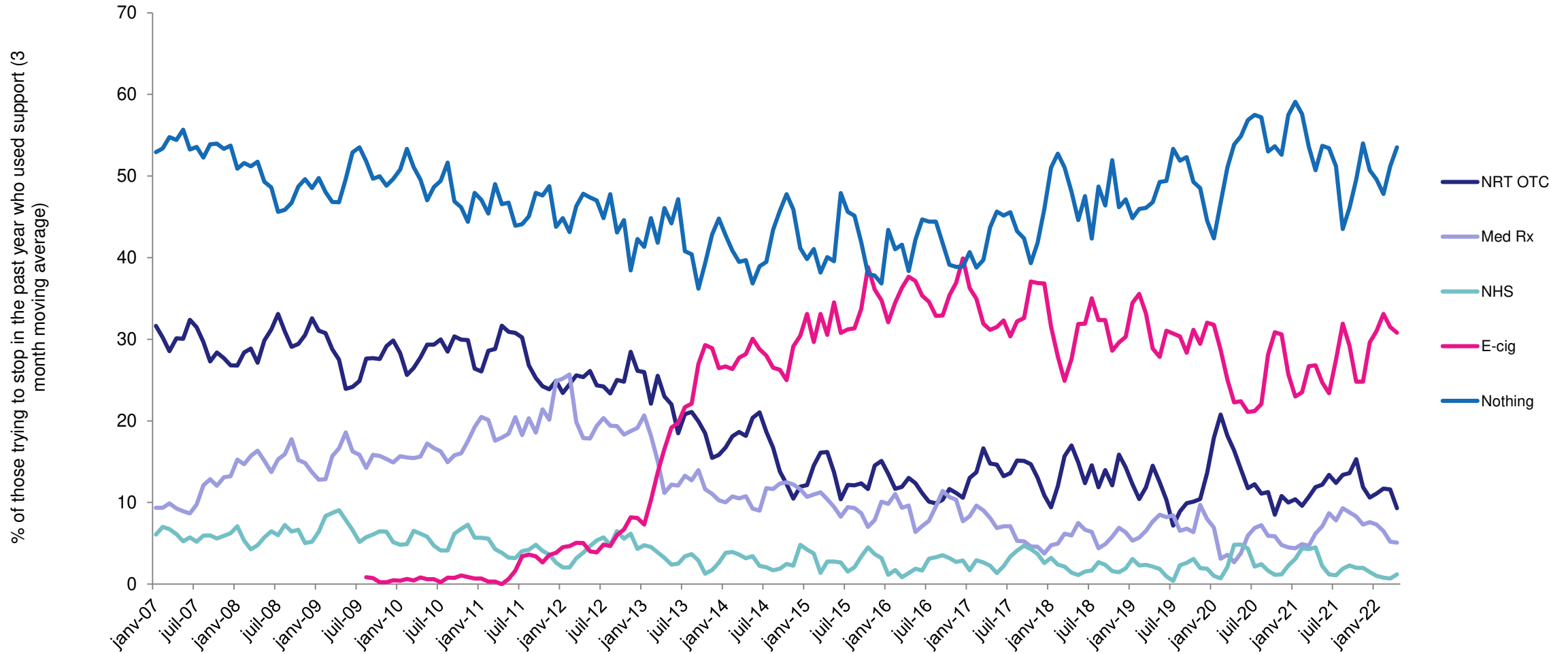


Vaping prevalence by age group in 2020





LES MOYENS UTILISÉS LORS DES TENTATIVES D'ARRÊT EN ANGLETERRE

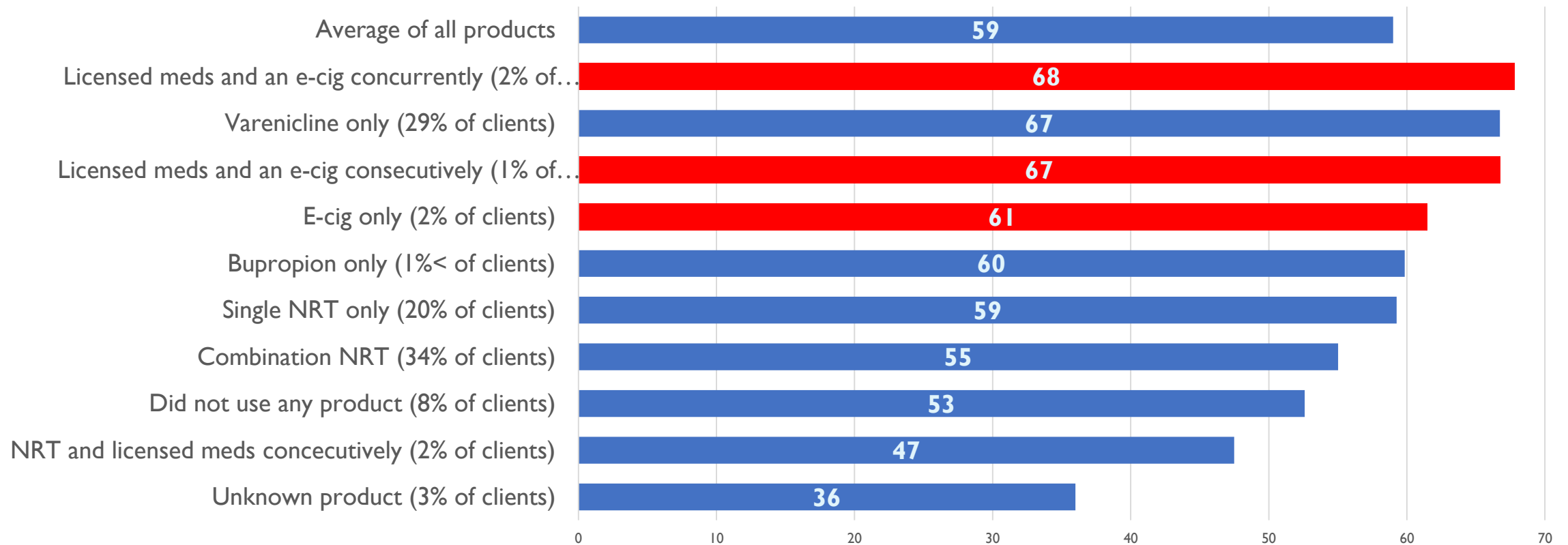




SUPÉRIORITÉ DE LA VAPE DANS LES SERVICES , MAIS POUR MOINS DE 10% DES PERSONNES



4-week self-reported quit success rates (%) in English Stop Smoking Services by pharmacotherapy type used (2020-21)



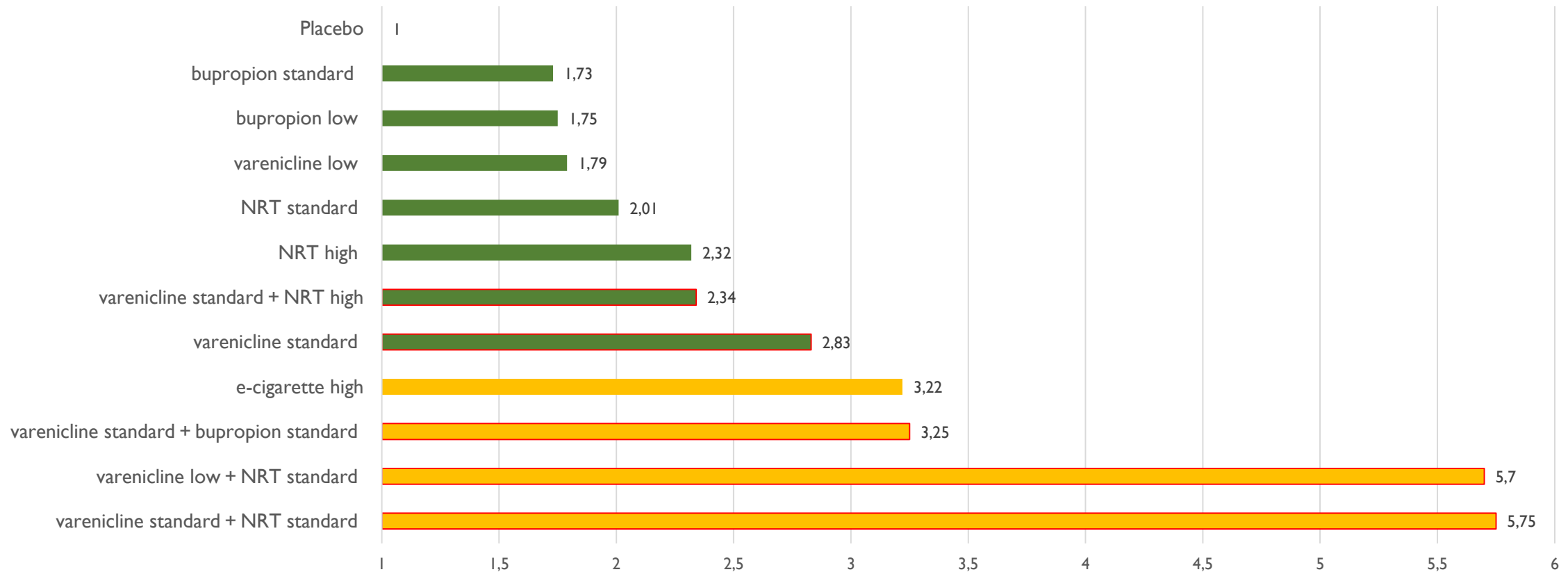
Local Stop Smoking Service Quarterly Returns



LA SEULE AIDE À L'ARRÊT PLUS EFFICACE QUE LES CE EST LA VARÉNICLINE, ACTUELLEMENT RETIRÉE DU MARCHÉ.



Effectiveness for smoking cessation relative to placebo
(Wide confidence intervals in **yellow**. Varenicline in **red** frame)



Comparative clinical effectiveness and safety of tobacco cessation pharmacotherapies and electronic cigarettes: a systematic review and network meta-analysis of RCTs, Thomas et al 2021



COCHRANE LIVING SYSTEMATIC REVIEW NOVEMBRE 2022: «LES CIGARETTES ÉLECTRONIQUES À LA NICOTINE AIDENT PROBABLEMENT LES GENS À ARRÊTER DE FUMER»



«IL EXISTE DES DONNÉES PROBANTES AVEC UN NIVEAU DE **CERTITUDE ELEVE** QUE LES CE AVEC NICOTINE AUGMENTENT LES TAUX D'ARRÊT PAR RAPPORT AUX TSN ET DES PREUVES DE CERTITUDE MODÉRÉE QU'ELLES AUGMENTENT LES TAUX D'ARRÊT PAR RAPPORT AUX CE SANS NICOTINE....»

TAUX D'ABANDON :

- 60 % plus élevé que avec les TSN (RR 1,63, intervalle de confiance (IC) à 95 % 1,30 à 2,04)
- 2 fois plus élevé que les CE sans nicotine (RR 1,94, IC à 95 % 1,21 à 3,13)
- 2,5 fois plus élevé que l'absence de pharmacothérapie (RR 2,66, IC à 95 % 1,52 à 4,65)

« IL N'A PAS DÉTECTÉ DE PREUVE DE DOMMAGES CAUSÉS PAR LA CE AVEC NICOTINE, MAIS LE SUIVI LE PLUS LONG A ÉTÉ DE DEUX ANS. »

LA PRINCIPALE LIMITE DE LA BASE DE DONNÉES PROBANTES RESTE L'IMPRÉCISION EN RAISON DU PETIT NOMBRE D'ÉTUDES, SOUVENT AVEC DE FAIBLES TAUX D'ÉVÉNEMENTS, MAIS D'AUTRES ÉTUDES SONT EN COURS

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD010216.pub7/full>

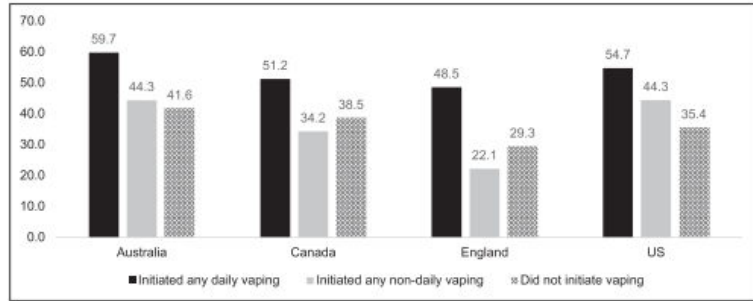


Fig. 2a. Proportion of daily cigarette smokers who attempted to quit smoking, by country and vaping status.

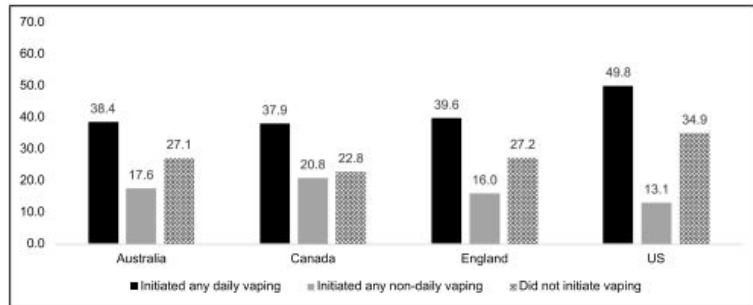


Fig. 2b. Proportion of daily cigarette smokers who quit smoking among those who made a quit attempt, by country and vaping status.

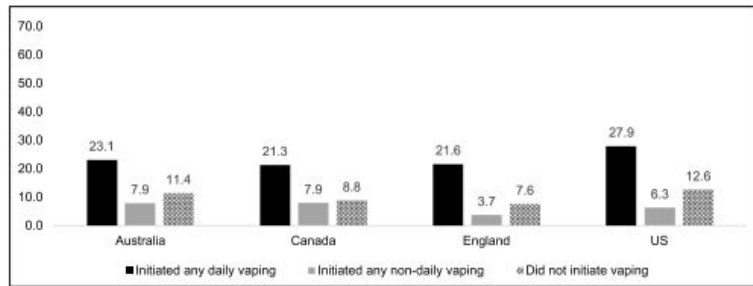


Fig. 2c. Proportion of daily cigarette smokers who quit smoking among all respondents, by country and vaping status.

- Chez les adultes qui fument quotidiennement et qui sont probablement très dépendants de la nicotine, l'initiation de l'utilisation quotidienne de CE était associée à une augmentation des tentatives d'arrêt du tabac et de l'abstinence
- Ceux qui ont continué à vapoter quotidiennement au fil du temps ont été les plus efficaces pour arrêter de fumer.
- La substitution complète de la cigarette est plus susceptible d'être obtenue lorsque les CE sont utilisés quotidiennement.



Addictive Behaviors
Volume 132, September 2022, 107339



Differences in cigarette smoking quit attempts and cessation between adults who did and did not take up nicotine vaping: Findings from the ITC four country smoking and vaping surveys

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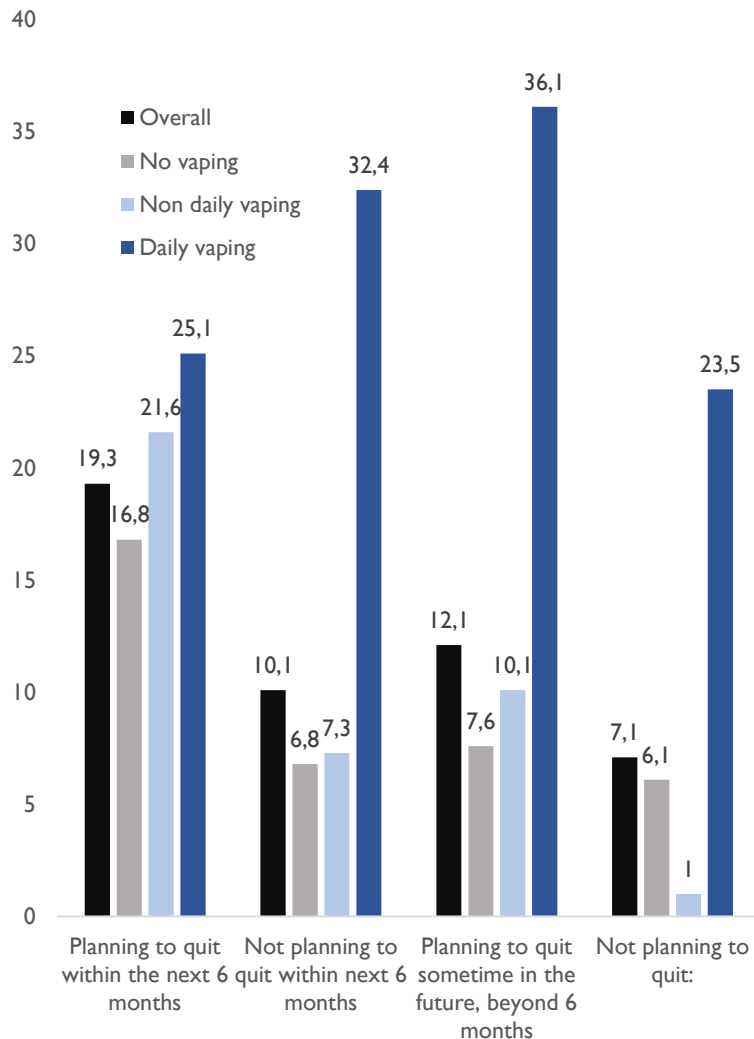
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Highlights

- There is mixed evidence whether nicotine vaping products (NVPs) can help adults quit smoking.
- Some evidence suggests that more frequent vaping is associated with increased abstinence from smoking.
- We found that compared to daily smokers who did not initiate vaping, daily vaping was associated with a greater likelihood of quitting smoking.
- Non-daily vaping was not associated with quit attempts or quit success compared to those who did not initiate vaping.
- These findings demonstrate that complete cigarette substitution may be more likely achieved when daily smokers use NVPs daily.

Smoking cessation at follow up



- Dans l'ensemble, 12,7% des fumeurs ont cessé de fumer au moment du «follow up». («suivi»)
- Parmi les fumeurs qui **prévoient** de cesser de fumer, les taux d'arrêt du tabac étaient semblables entre ceux qui ont commencé à vapoter quotidiennement et ceux qui ne l'ont pas fait.
- Pour les fumeurs qui **ne prévoient pas** initialement de cesser de fumer dans les 6 mois, ceux qui ont commencé à vapoter quotidiennement avaient une probabilité plus élevée d'arrêter de fumer par rapport à ceux qui n'avaient pas vapoté
- **Le vapotage quotidien semble être fortement associé à l'abandon du tabac chez les fumeurs qui n'ont pas l'intention initiale d'arrêter de fumer.**

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RESEARCH REPORT

ADDICTION SSA

Associations between nicotine vaping uptake and cigarette smoking cessation vary by smokers' plans to quit: longitudinal findings from the International Tobacco Control Four Country Smoking and Vaping Surveys

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Abstract

Background and Aims: Most population studies that evaluate the relationship between nicotine vaping and cigarette cessation focus on limited segments of the smoker population. We evaluated vaping uptake and smoking cessation considering differences in smokers' plans to quit.

Design: Longitudinal International Tobacco Control (ITC) Four Country Smoking and Vaping Surveys were conducted in 2016, 2018 and 2020.

Setting: This study was conducted in the United States, Canada, England and Australia. **Participants:** Participants of this study were adult daily cigarette smokers who had not vaped in the past 6 months at baseline and had participated in two or more consecutive waves of the ITC Four Country Smoking and Vaping Surveys (n = 2815).

Measurements: Plans to quit cigarette smoking was assessed at baseline (within 6 months, beyond 6 months, not planning to quit) and at follow-up (within 6 months vs not within 6 months), cigarette smoking cessation was assessed at follow-up (smoking less than monthly [including complete cessation] vs daily/weekly/monthly smoking) and inter-wave vaping uptake was assessed between baseline and follow-up (none, only non-daily vaping and any daily vaping). Generalized estimating equations were used to evaluate whether inter-wave vaping uptake was associated with smoking cessation at follow-up and with planning to quit at follow-up, each stratified by plans to quit smoking at baseline.

Findings: Overall, 12.7% of smokers quit smoking. Smokers not initially planning to quit within 6 months experienced higher odds of smoking cessation when they took up daily vaping (32.4%) versus no vaping (6.8%; adjusted odds ratio [AOR], 8.58; 95% CI, 5.06–14.54). Among smokers planning to quit, smoking cessation rates were similar between those who did and did not take up daily vaping (25.1% vs 16.8%; AOR, 1.91; 95% CI, 0.91–4.00), although we could not account for potential use of cessation aids. Daily vaping uptake was associated with planning to quit smoking at follow-up among those initially not planning to quit (AOR, 6.32; 95% CI, 4.17–9.59).


Conclusions: Uptake of nicotine vaping appears to be strongly associated with cigarette smoking cessation among smokers with no initial plans to quit smoking. Excluding



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Vaping to quit smoking

There's some confusion and misleading information about vaping, which can make it difficult to work out what's true or not.

Nicotine vaping is substantially less harmful than smoking. It's also one of the most effective tools for quitting smoking.

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Using e-cigarettes to stop smoking

In recent years, e-cigarettes have become a very popular stop smoking aid in the UK.

Also known as vapes or e-cigs, they're far less harmful than cigarettes, and can help you quit smoking for good.

They are not recommended for non-smokers and cannot be sold to people under 18 years old.

E-cigarette safety: the facts explained



**E-cigarette safety:
The facts explained**

SWITCH

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Electronic cigarettes: A briefing for stop smoking services

This 2016 edition of the NCSCT electronic cigarette briefing was written to assist stop smoking services to support people who want to quit smoking with the aid of an e-cigarette.






In such a rapidly moving field some of the information is now **out of date and some of the guidance lags behind current guidance**. The principles remain largely relevant and our online training module on e-cigarettes contains up to date evidence and guidance.

The briefing brings together evidence on the use, effectiveness and safety of electronic cigarettes and gives guidance to stop smoking services on becoming an e-cigarette friendly service. It includes practical recommendations and frequently asked questions with suggested answers.

 **E-cigarette briefing 2016**

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