

10 VAPING TRUTHS



vApril
2025
Vaping Awareness Month

Misperceptions about vaping have never been higher and public trust in the proven stop smoking tool never lower. This fact sheet has been created to cut through the misinformation, blow away the smoke and mirrors and make the truth about vaping clear for those looking to make the switch this VApril.

- 1** Vaping poses a 'small fraction' of the risks of smoking - it is at least **95% less harmful**.
The Office for Health Improvement and Disparities, 2022
- 2** Some **5.2 million** adults have used vaping to cut down on or stop smoking in Great Britain alone.
Action on Smoking and Health UK, 2024
- 3** Half of all successful quit attempts over the past five years involved a vape.
Action on Smoking and Health UK, 2024
- 4** Nicotine e-cigarettes are amongst the most effective stop smoking tools available.
Cochrane Review, 2023
- 5** There is 'no good evidence' that vaping causes cancer - nicotine does not cause cancer.
Cancer Research UK, 2023
- 6** Almost one third of surveyed vapers say they do so because it is cheaper than smoking.
HMRC, 'Understanding the Vape Market', 2023
- 7** Flavours are critical for adult smokers and almost half (47%) prefer fruit options.
Action on Smoking and Health UK, 2024
- 8** Legal vaping products **DO NOT** cause EVALI or popcorn lung - both are caused by chemicals which are banned for e-cigarettes in the UK.
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- 9** Over 95% of surveyed stop smoking services offer vaping as stop smoking tool.
Freedom of Information Data, gathered by the UKVIA, 2024
- 10** The NHS could save **£500 million** per year if just half of England's smokers made the switch.
Brunel University London, 2023

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Visit vaprill.org to learn how vaping could help you or a loved one quit for good.