

Vaping and Tobacco Control Bulletin

Outputs from key organisations and new evidence
relating to e-cigarettes/vaping and tobacco control

April 2026



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Highlights

A selection of publications of particular interest from the last month.

- Action on Smoking and Health. **The Smokefree Generation: everything you need to know**. ASH, 2026.
- Department of Health and Social Care. **Tobacco and Vapes Bill becomes law**. Department of Health and Social Care, 2026.
- Jackson S, Shahab L, Brown J. **Changes in expenditure on vaping in the context of the rise of disposable vapes and impending regulatory changes: a population study in Great Britain, 2021-2025**. Tob Control 2026.
- Srisurapanont M, Likhitsathian S, Oon-Arom A, Suttajit S. **Varenicline for e-cigarette (vaping) cessation: systematic review and meta-analysis of randomized controlled trials**. Journal of Substance Use and Addiction Treatment 2026;187:209966.
- Wamamili B, McDermott L, Walls T, Pattermore P, Phibbs R, Isba R. **A systematic review of the effectiveness, safety and acceptance of nicotine replacement therapy use for vaping cessation in youth aged 17 years or younger**. Syst Rev 2026.
- Singh B, Petersen J, Miatke A, Dumuid D, Szeto K, Dankiw KA, et al. **Exercise-based interventions for smoking cessation: a systematic review and meta-analysis**. J Sport Health Sci 2026:101138.

Recent journal articles (from Medline)

A selection of publications from the last month relating to areas of interest relating to vaping and tobacco control. Search criteria are available upon request from Knowledge Services and will be reviewed regularly to consider appropriateness and/or new areas of interest.

The searches are undertaken by PHS Knowledge Services. If you need any help with obtaining the full text of any of the articles, please contact

phs.knowledge@phs.scot

Tobacco Use and Control

- Appolon G, Leas E, Pines HA, Strong D, Trinidad DR, Choi SW, et al. **Local flavored tobacco bans and youth electronic nicotine delivery systems use**. JAMA Health Forum 2026;7:e260631.
- Borland R, Martin J, Jegasothy E, Youdan B, Hall W. Has **Australia lost control of its tobacco and nicotine markets?** Addiction 2026.
- Cook S, Woude CAV, Xie Y, Buszkiewicz JH, Patrick ME, Elliott MR, et al. **The impact of layering Tobacco 21 Laws and smoke-free laws on US adolescent smoking behaviors**. Am J Prev Med 2026:108387.
- Corsi DR, Agbaje AO. **Impact of smoking from childhood associated with greater risk of cardiac damage**. Trends Cardiovasc Med 2026;36:157–66.
- Dunwoodie Stirton F, Hiscock R, Mehegan J, Gallagher AWA, Bloomfield MJ. **Independent companies in the tobacco supply chain: transparency and environmental social governance**. Tob Control 2026;35:223–30.
- Ennis AC, Meadows A, Jankowski E, Miller C, Curran H, Elson E, et al. **“Authentic” or “corny”: LGBTQ+ young adults respond to visual, thematic and semantic elements of culturally targeted tobacco public education advertisements**. Tob Control 2026;35:187–93.

- Fagbule OF, Idiga E, Osuh ME, Lawal FB, Crosbie E, Ibiyemi O, et al. **Effectiveness of a school-based health education intervention on tobacco use intention among adolescents: a cluster-randomised controlled trial.** *Tob Control* 2026.
- Freitas-Lemos R, Bruckner LE, Xu S, Mason MG, Tegge AN, Stein JS, et al. **Impact of four tobacco tax policies on tobacco product purchasing patterns across socioeconomic groups.** *Tob Control* 2026.
- Hadi M, Petrie D, Khalil U. **Energy poverty consequences of aggressive tobacco tax policies.** *Soc Sci Med* 2026;395:119002.
- Holt LJ, Petrey AM. **Oral Nicotine product use in emerging adults: intersection with sociodemographics, other nicotine use, withdrawal, and dependence.** *Subst Use Misuse* 2026:1–9.
- Lundholm C, Caffrey Osvald E, Rhedin S, Almqvist C. **Maternal BMI and smoking partly explain the association between maternal socio-economic position and offspring asthma.** *Thorax* 2026;81:457–63.
- Nagawa CS, Vogel EA, Richards VL, Cohn AM. **Association between perceived relative harm of electronic cigarettes vs. cigarettes on nicotine or tobacco use patterns in young adults: findings from the PATH Study.** *Nicotine Tob Res* 2026.
- Nemati S, Vand Rajabpour M, Feng X, Taheri N, Rumgay H, Heidari F, et al. **Tobacco control policies on cancer prevention in the Eastern Mediterranean Region, 2025-2050: a modeling study.** *PLoS Med* 2026;23:e1005032.
- Rey-Brandariz J, Guerra-Tort C, Teijeiro A, Rodríguez-Loureiro L, Pérez-Ríos M. **Perceptions of the Spanish population regarding various public health measures to control tobacco use.** *Rev Esp Cardiol (Engl Ed)* 2026;79:384–7.
- Zhu Q, Sun K, Yao Y, Li H, Li X, Chen R, et al. **The global landscape of cancer burden attributable to tobacco smoking in 2022: a population-based systematic analysis.** *EClinicalMedicine* 2026;94:103873.

Vaping and Vaping Harms

- Festinese S, Richter D. **Cardiovascular effects of electronic cigarettes and heated tobacco products: clinical evidence from a narrative review**. Adv Clin Exp Med 2026.
- Hardie L, Radich C, Bandlamudi M, McCool J. **Restricting e-cigarette flavour names to reduce youth appeal: an analysis of New Zealand's 2024 regulations**. Health Promot J Austr 2026;37:e70171.
- Hellmich IM, Havermans A, Pauwels CGGM, Boesveldt S, Talhout R. **Reduced vaping and smoking prevalence among people using e-cigarettes after implementation of an e-cigarette flavour ban in the Netherlands**. Tob Control 2026.
- Kim MM, Steffensen I, Miguel RD, Babic T, Carlone J. **A systematic review and meta-analysis of the association between e-cigarette use and cigarette abstinence or changes in continued cigarette smoking among individuals who smoke cigarettes**. Harm Reduct J 2026.
- Klein E, Cohen Y, Sasser G, Bar-Zeev Y. **Health warnings for electronic cigarette packaging: a rapid scoping review**. BMC Public Health 2026.
- Kumar PS, Beverly ML-S, Galindo-Fernandez P, Thompson W, Varma M, Shick E. **To vape or not to vape: oral health in the age of Electronic Nicotine Delivery Systems and Electronic Non-Nicotine Delivery Systems**. Int Dent J 2026;76:109523.
- Lee H, Kim DS, Yang E. **Precaution vs. permissiveness: contrasts in vaping regulations in the United States and Europe**. Eur J Prev Cardiol 2026.
- Middlekauff HR. **Electronic smoke, electrical storms? cardiac arrhythmia risk in the vaping era**. Am J Physiol Heart Circ Physiol 2026;330:H979–80.
- Obeng R, Dada O, Odame E, Arora T, Dada G. **Long-term cardiovascular and respiratory health effects of e-cigarette use: a narrative review of emerging evidence**. Inhal Toxicol 2026;38:173–84.

- Raghu R, Sengupta M, Lin K, Effah F, Strongin RM, Rahman I. **Toxicity, chemistry, and public health relevance of emerging nicotine analog vapes, pods, and pouches**. Chem Res Toxicol 2026;39:461–75.
- Wang Y, Mitani AA, Liu K. **Trends in e-cigarette use in Canada from 2015 to 2021: findings from the nationally representative surveys**. Can J Public Health 2026.
- Xu S, Zhu J, Zhang Y, Hill J, Feng Y, Abrams D, et al. **Effectiveness of nicotine vape products (E-cigarettes) as a smoking cessation aid for US adults: a narrative review of findings from the population assessment of tobacco and health study**. Nicotine Tob Res 2026.

Young People and Vaping

- Calzo JP, Quiballo K, Kelsey SW, Floresca YBA, Shigemori A, Phillips G. **Associations between weight concern, bullying, cigarette use, and vaping among heterosexual and sexual minority female adolescents**. Public Health 2026;255:106266.
- Chaleechad S, Nentakong T, Punrasi P, La-Up A, Tadee A, Baubhom T. **The impact of e-cigarette use on cognitive function, emotional intelligence, and dementia risk in adolescents and young adults**. Sci Rep 2026.
- Glasser AM, Tomaino M, Uriarte C, Carman C, Roemhildt M, Williams R, et al. **Trajectories of lifetime vaping in teens and young adults: latent transition analyses over one year**. BMC Public Health 2026.
- Haddad S, Bélanger RE, Poliakova N, Gansaonré RJ, Leatherdale ST. **Short-term outcomes of Quebec’s ban on flavoured vaping products on adolescent electronic cigarette use: a 2022-2024 COMPASS longitudinal analysis**. Can J Public Health 2026.

- McNeill A, Robson D, Hammond D, Reid JL, Goniewicz ML, Block AC, et al. **The impact of vaping and smoking on nicotine intake and toxicant exposure among youth in England compared with youth in North America.** Public Health Res (Southampt) 2026;14:1–26.
- Poliakova N, Bouchard R, Haddad S, Turcotte-Tremblay A-M, Leatherdale ST, Bélanger RE. **Barriers to vape (e-cigarette) cessation encountered by adolescents who attempted to quit.** Addict Behav 2026;180:108707.
- Shores A, Appleseth H, Zhao R, Roberts ME, Lu B, Singer JM, et al. **E-cigarette use trajectories and respiratory symptoms in adolescents and young adults: sustained use linked to greater symptom frequency.** J Stud Alcohol Drugs 2026.
- Tran J, Bendotti H, Vandeleur M. **Associations between oral health related outcomes and electronic cigarette use in young people: a scoping review.** Int J Paediatr Dent 2026.

Smoking Cessation

- Barrett S, Barrett G, Milroy T. **Assessment and use of electronic patient records for smoking cessation support in hospital setting: a cross-sectional study.** Health Promot J Austr 2026;37:e70167.
- Brose L, Buss V, Brown J, McNeill A, Simonavičius E. **Awareness of a national initiative to provide free vapes for smoking cessation (Swap to Stop): a survey of adults in England.** Nicotine Tob Res 2026.
- Byun YS, Taylor E, Shahab L, East K, Brown J, Tattan-Birch H, et al. **Non-cigarette tobacco cessation support in England: current provision, confidence, and barriers identified in a cross-sectional survey of healthcare professionals involved in smoking cessation support.** Nicotine Tob Res 2026.
- De Zylva R, Wilson C, Ward PR. **Mindfulness-based interventions for smoking cessation in low socioeconomic status groups: a systematic review and meta-analysis.** J Health Psychol 2026;31:1755–70.

- Diamant É, Chadi N, Perez T, Namuhoranye C, Sylvestre M-P, O'Loughlin J, et al. **Digital screening tool to help parents and adolescents quit smoking and vaping: effectiveness of the cancease pilot trial.** Acad Pediatr 2026;103328.
- Glanz K, Thirumurthy H, D'cruze NA. **Effectiveness of financial incentives for health behavior change: a narrative review and analysis.** Annu Rev Public Health 2026;47:215–33.
- Haug S, Wenger A, Kiselev N, Boumparis N, Wiess L, Studhalter O, et al. **Efficacy of a WhatsApp-based program for nicotine and tobacco cessation among young people: study protocol for a randomized controlled trial.** BMC Public Health 2026.
- Pleym K, Sverre E, Weedon-Fekjær H, Kahlon MS, Stugaard M, Husebye E, et al. **Motivational smoking cessation counselling and community-based follow-up after hospitalisation for vascular disease: a randomised controlled trial.** Addiction 2026;121:957–69.
- Prigozin A, Cohen MJ, Isaacson A, Ronen M, Sheinin D, Lahad A. **The effectiveness of financial incentives on clinical outcomes of cardiovascular disease risk factors: a systematic review and meta-analysis.** Public Health 2026;253:106179.
- Ramos-Carro M, Martínez-Vispo C, López-Durán A, Becoña E. **Depressive symptoms and smoking cessation success at 12-month follow-up after a smoking cessation treatment: the moderating role of past quit attempts.** Substance Use & Addiction Journal 2026;47:337–44.
- Thimkorn P, Booncharoen C, Chaipitak P, Wiengkeaw P, Thananithisak C, Boonpattharatthiti K, et al. **Clinical effects of pharmacological and electronic cigarette interventions for smoking cessation in pregnancy: a systematic review and network meta-analysis.** Addict Behav 2026;180:108723.

- Wang M, Liu Z, Zhou X, Shi Y, Ji T, He J, et al. **Efficacy of combined nicotine replacement therapy (NRT) and bupropion compared to bupropion alone for smoking cessation: a systematic review and meta-analysis.**

Addict Behav 2026;175:108614.

Recent reports and news (grey literature)

A rundown of publications from key public health organisations within the last month.

- Action on Smoking and Health Scotland. **ASH Scotland urges the next Scottish Government to back a levy holding Big Tobacco accountable for Scotland's annual £1.5 billion smoking bill.** ASH Scotland, 2026.
- Action on Smoking and Health Scotland. **ASH Scotland welcomes Tobacco and Vapes Bill clearing last hurdle at Westminster.** ASH Scotland, 2026.
- Action on Smoking and Health. **Historic smokefree generation law will protect 4 million young people from tobacco addiction in just 5 years.** ASH, 2026.
- Action on Smoking and Health. **ICB budgets for tobacco dependence treatment services 2023/24 – 2025/26.** ASH, 2026.

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This is not meant as an exhaustive list of publications on these topics for the given time period, but rather a selection as seen most relevant.

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