

Harm Reduction 101: Applying Harm Reduction to Smoking



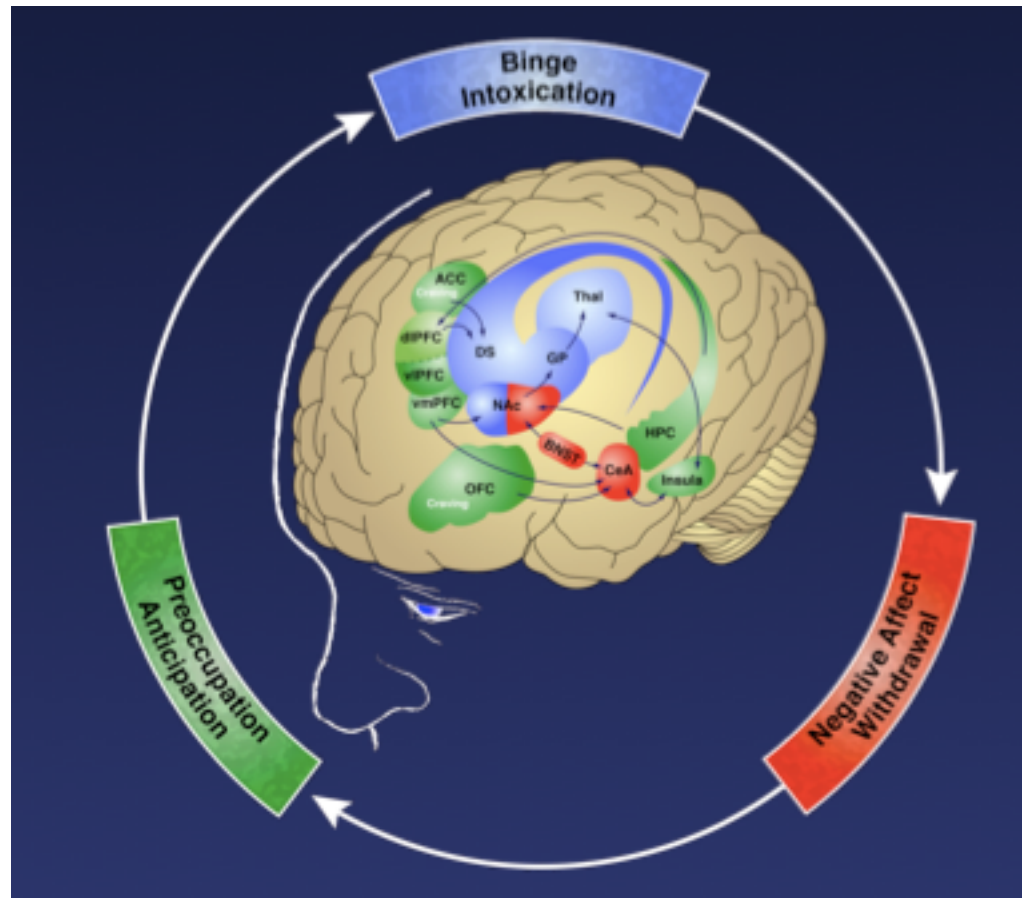
**Carrie L Wade
R Street Institute**

Cost and Scope of Addiction

22.9 million showed dependence on cigarettes

\$155 billion per year

443,000 smoking-related deaths per year



Harm Reduction

Introduction

Harm Reduction Perspectives

Problem is not the drug use *per se* but the consequences associated with drug use

Reduction of drug use is one possible means to address public health goals

Pragmatic approach to consequences of risk behaviors

Person-centered

Stigma of drug use is a major barrier to care

Examples

Seat Belts

Syringe Access Programs

Tobacco Harm Reduction

Potential

Cigarette smoking is down, but almost
38 MILLION
American adults still smoke

Cigarette smoking remains high
among certain groups



Men



Adults 25-64
years old



Lower education



Below
poverty level



Midwest
and South



Uninsured
or Medicaid



Disabled



Serious
psychological
distress



American Indians,
Alaska Natives and
Multiracial

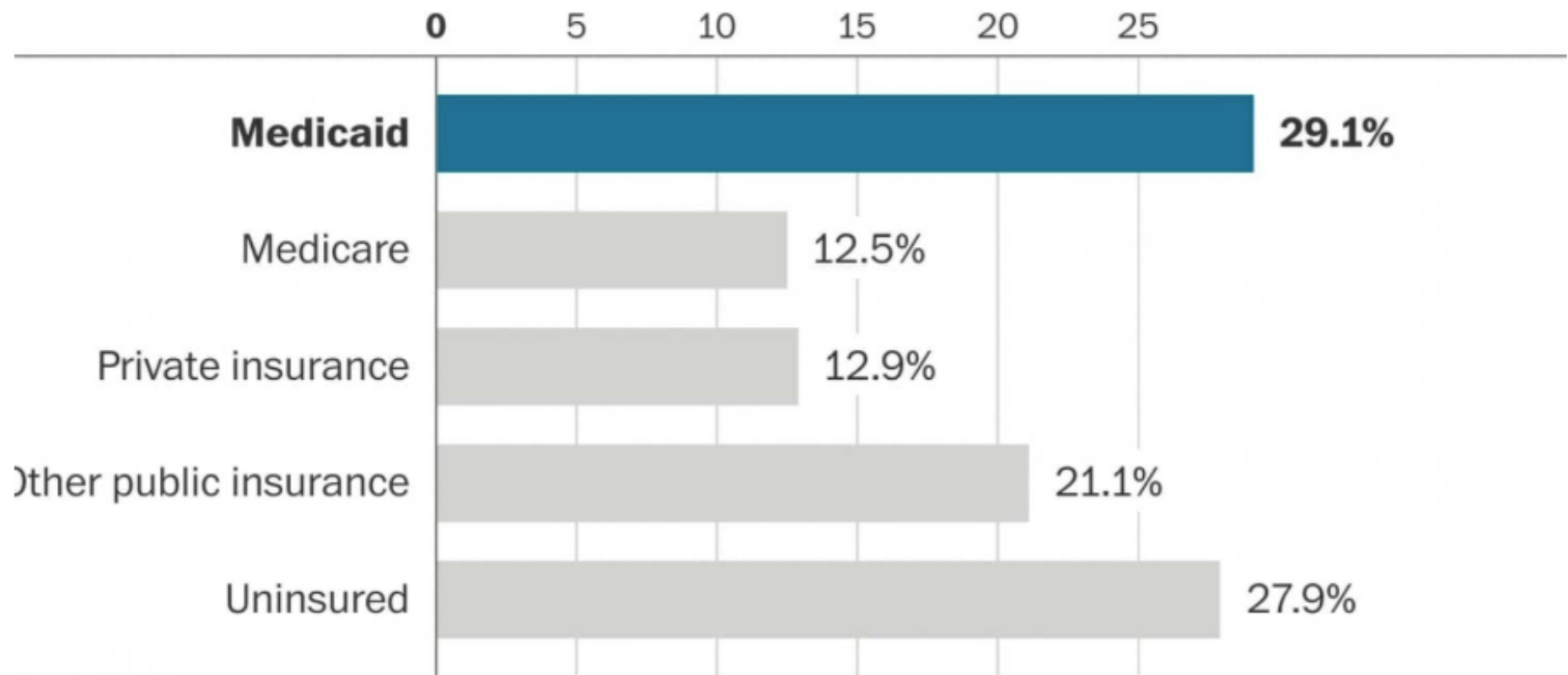


Lesbians, gays,
and bisexuals

Tobacco Harm Reduction

Potential

Smoking rates by insurance type



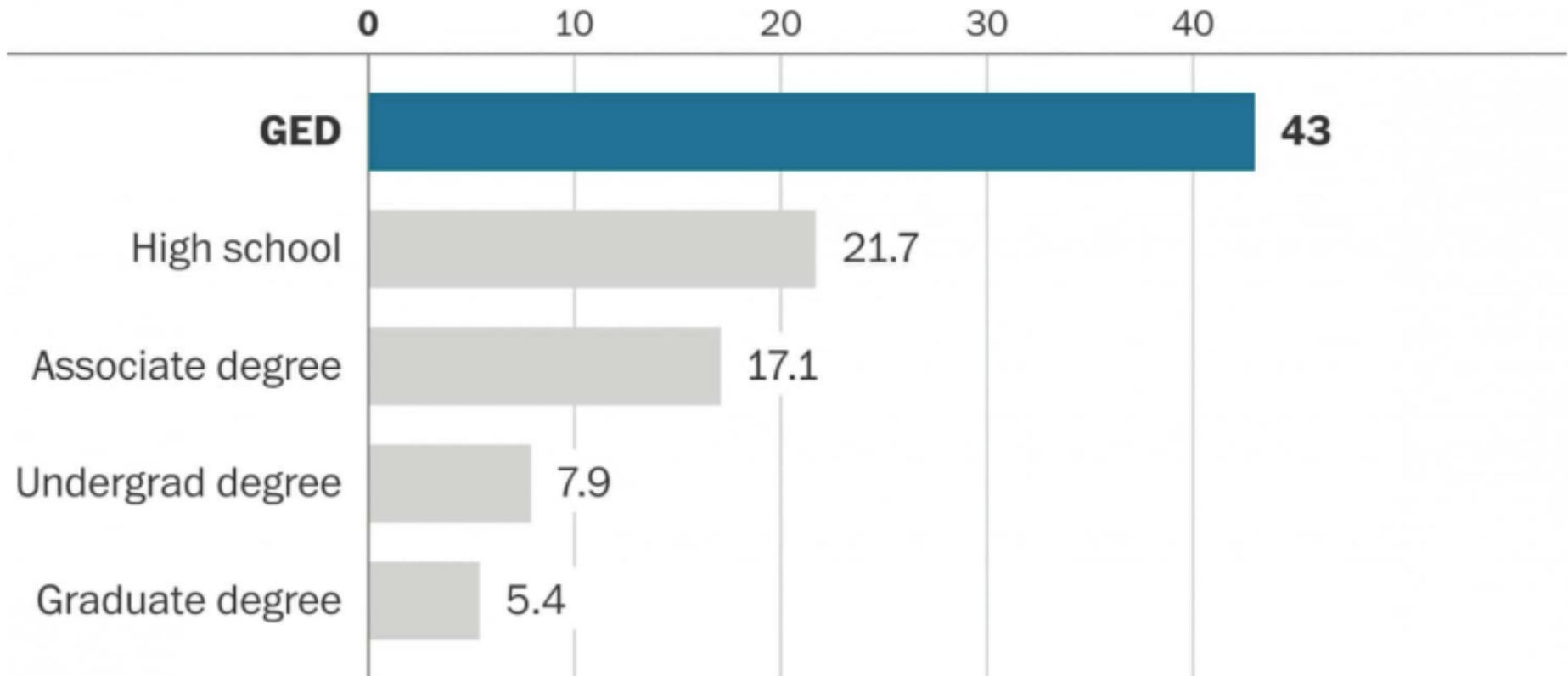
Source: CDC

THE WASHINGTON POST

Tobacco Harm Reduction

Potential

Smoking percentage by education level



Source: CDC

THE WASHINGTON POST

Tobacco Control Policies

Taxation



Cessation

Quitters Win!

When you're ready to commit to quitting smoking - we're here to help.



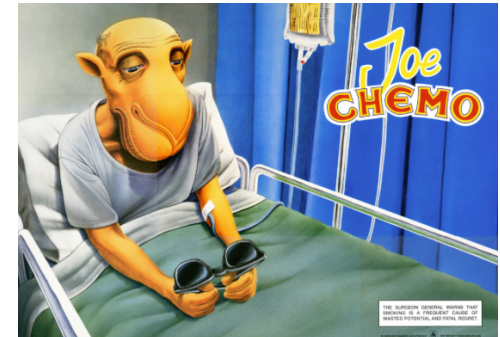
Bans

Tobacco-free Campus

For better health, smoking and use of tobacco products are prohibited everywhere on our property.

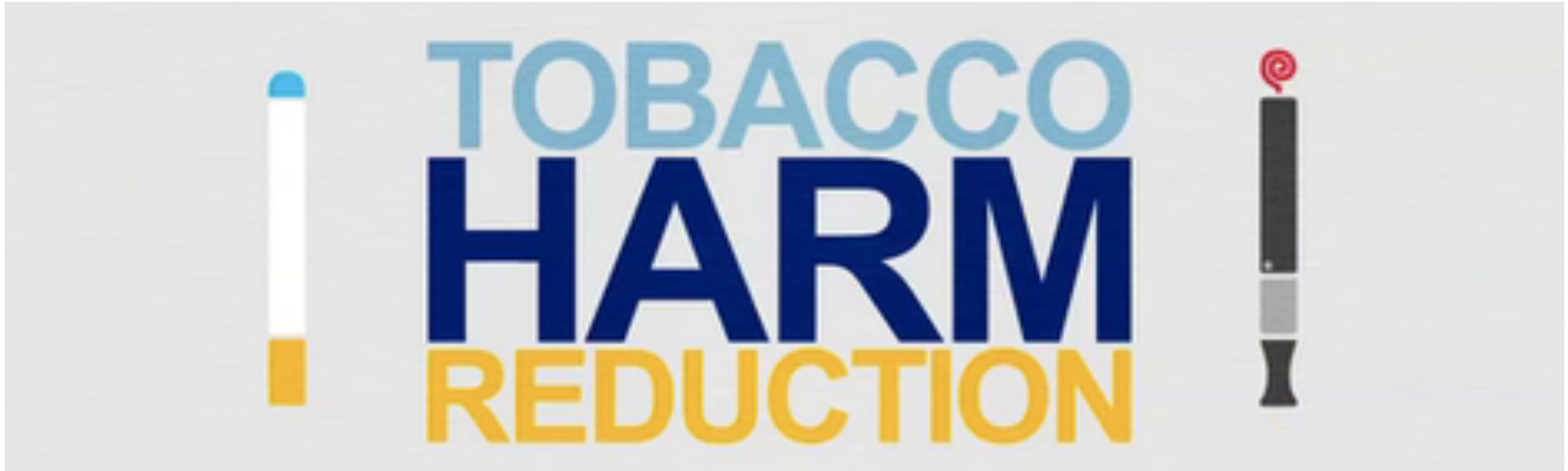


Warn



Tobacco Harm Reduction

Potential

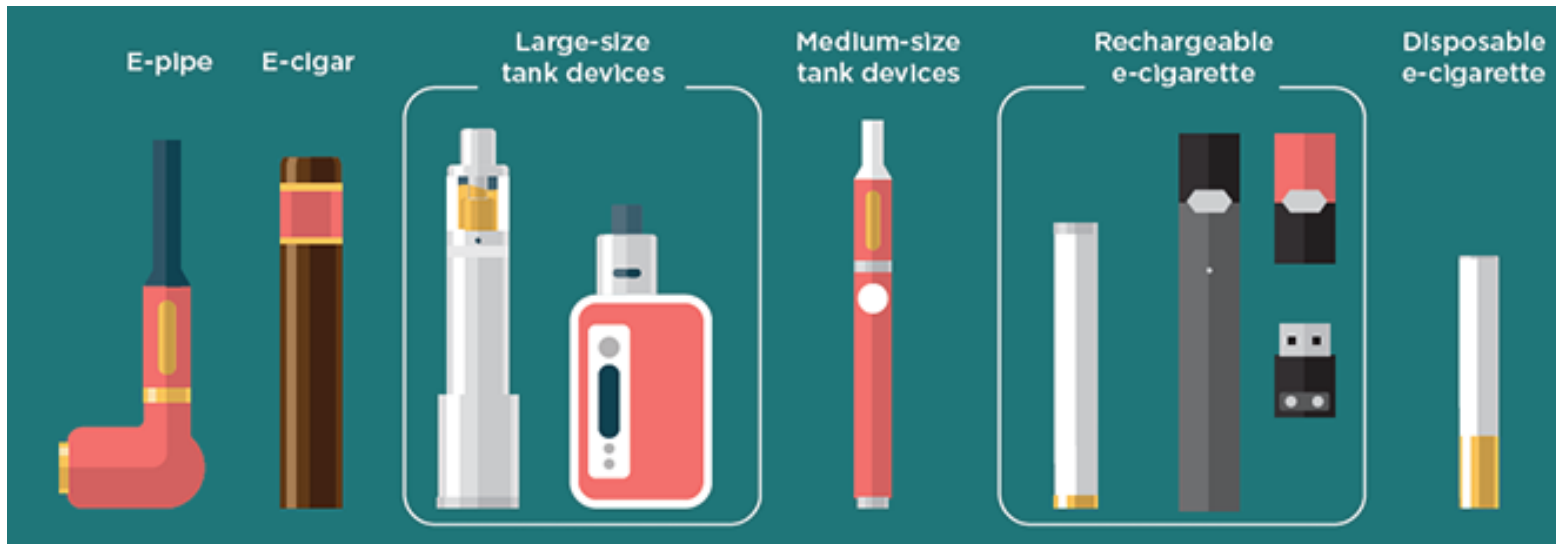


***“People Smoke for the nicotine
but die from the tar”***

(1976)

Russell MJ. Low-tar medium nicotine cigarettes:
a new approach to safer smoking. BMJ. 1976; 1:1430-3.

Tobacco Harm Reduction



E-cigarettes



Heat-not-Burn



Smokeless

Harm Reduction

Concerns

Tobacco Harm Reduction

Why it might not be a good idea

- Nicotine is addictive
- Gateway Concerns
- Toxicity concerns
- Tacit approval of use
- Industry support
- Diverted attention from prevention programs
- Decreased quitting

Tobacco Harm Reduction

Outcomes

What has more Toxins:
E-cig Vapor or Cigarette Smoke?

Acetaldehyde	1:450
NNN	1:380
Toulene	1:120
NNK	1:40
Acrolein	1:15
Formaldehyde	1:9

Ratio (vape:cig)



Average ratios of toxic compounds in 1
vape session v. 1 cigarette
(micrograms)

Data from "Levels of selected carcino-
gens and toxicants in vapour from
electronic cigarettes"
(Goniewicz et al., 2014)
[http://tobaccocontrol.bmj.com/con-
tent/23/2/133](http://tobaccocontrol.bmj.com/content/23/2/133)

Tobacco Harm Reduction

Outcomes

Combustible Use

Japan - Heat-not-Burn

- 14% rate of decline in combustible sales in 1 year
- 27% decrease in smoking rates in 2 years

Sweden - Smokeless

- Smoking rates below 5% in 2017
 - Lowest rate of CV disease and smoking-related cancer in EU
- EU smoking rate average 24%

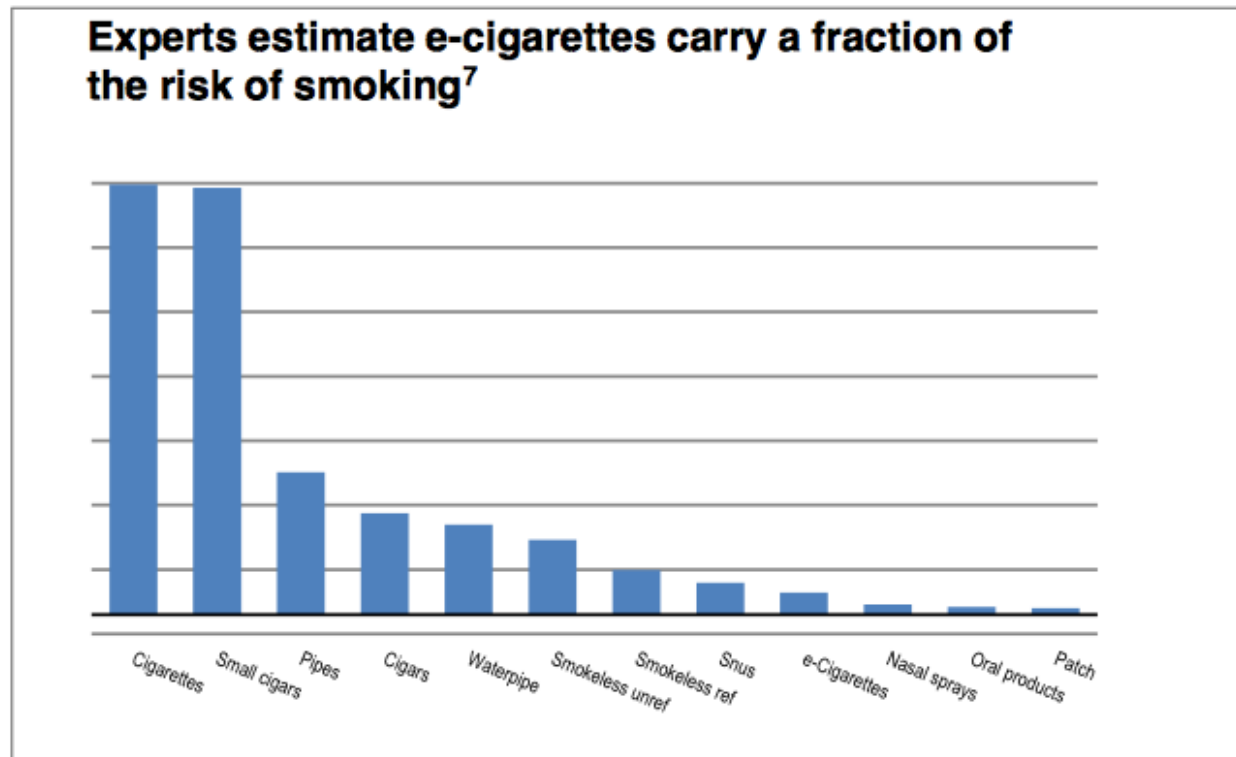
Tobacco Harm Reduction

Outcomes

Combustible Use

UK

- E-cigarettes are acknowledged as a harm reduction tool by Public Health England and Royal College of Physicians
- Smoking rates 16% - 4% decrease since 2010



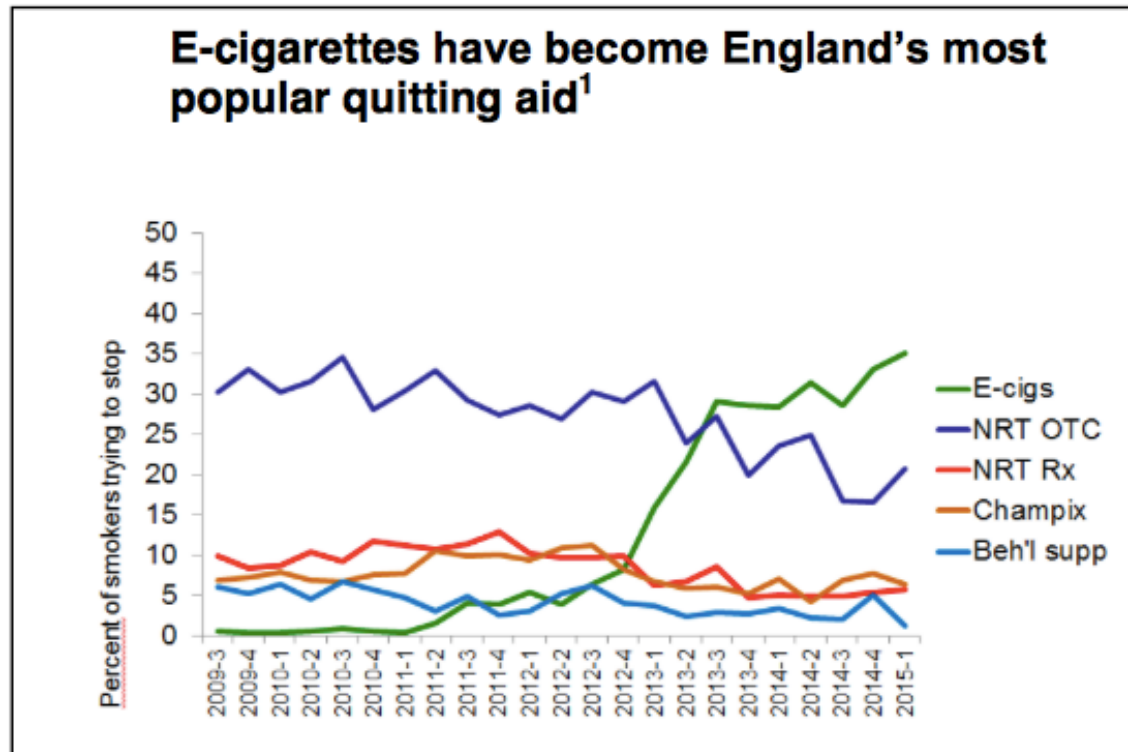
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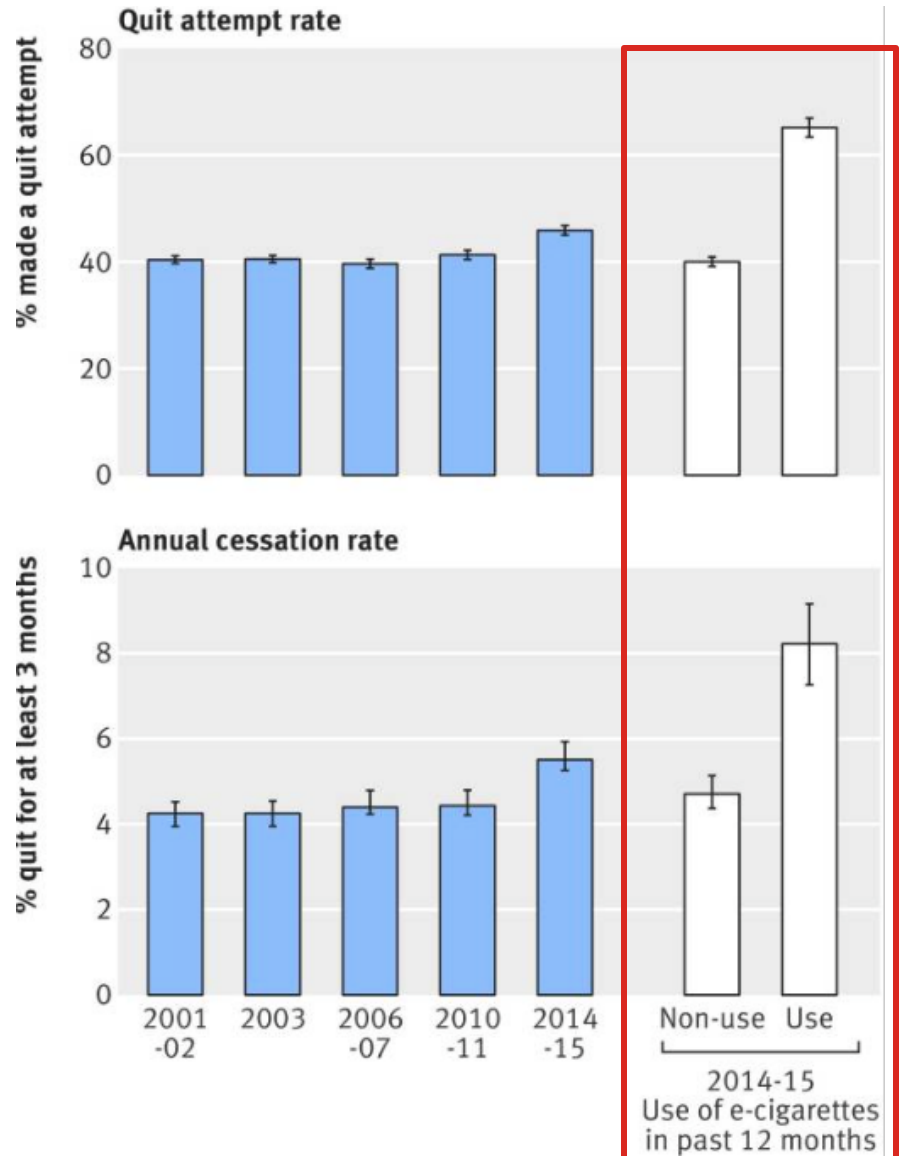
Tobacco Harm Reduction

Outcomes

Combustible Use

United States

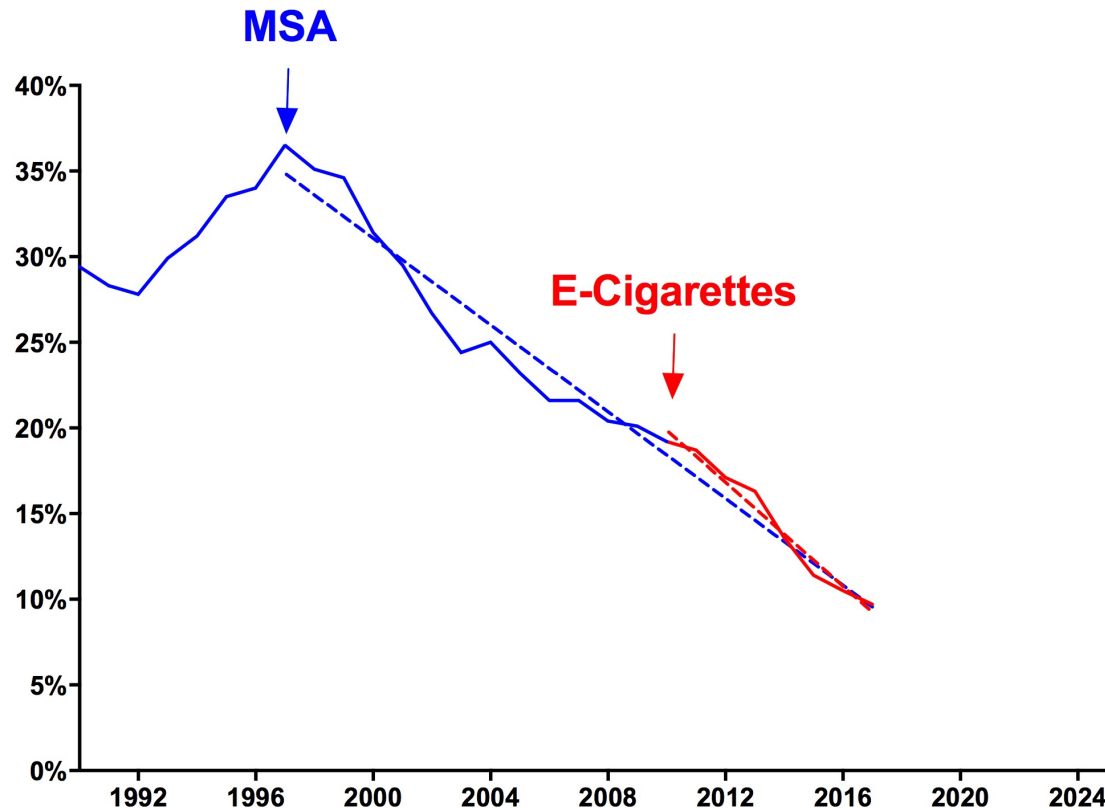
- Census data
 - 65% vs 40% quit attempts in e-cigarette users
 - 8.2% vs 4.8% success rate



Tobacco Harm Reduction

Outcomes

Gateway to Combustible Use



Smoking overwhelmingly precedes vaping.
Regular vaping is concentrated among adolescents that smoke
Continues to be a rapid decline in smoking

Tobacco Harm Reduction

Regulation

What does good state regulation look like?

Compliance enforcement

Treat combustible products differently than non-combustible products

Send a public health message through differential tax rates

Evaluation of regulations to determine effectiveness

Eg., Flavors

Examine unintended consequences of proposed flavor bans

65% of adults use flavored products

Increased combustible use

Decreased quit rates

DIY flavors

Harm Reduction

Conclusion

Harm Reduction is a public health tool

Decreased risk and disease
Creates more points of intervention
Cost-effective

Examples

Seat Belts
Syringe Access Programs
Reduced Risk Products

Thank you!



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