



**Australian Government**  
**National Health and Medical Research Council**



20 April 2023

Ms Julia Knight  
Secretary to the Committee  
[LA.Committees@nt.gov.au](mailto:LA.Committees@nt.gov.au)

Dear Ms Knight,

### **Inquiry into Electronic Cigarettes and Personal Vaporisers**

The National Health and Medical Research Council (NHMRC) supports research on e-cigarette use. In the last 10 years (2013-2022), NHMRC has committed over \$17.2 million for studies of the health impacts of e-cigarettes, e-cigarettes as a smoking cessation aid, patterns and use of e-cigarettes, and understanding the impacts of e-cigarettes.

NHMRC also released the CEO Statement on Electronic Cigarettes ('the Statement') in June 2022 (available at: <https://www.nhmrc.gov.au/health-advice/all-topics/electronic-cigarettes/ceo-statement>). The Statement summarises the evidence on the benefits and harms of e-cigarette use for the whole population, including children and young people. Although more research is needed, the evidence shows that e-cigarettes can be harmful and, if you are not a smoker, there are no health benefits from using e-cigarettes. The Statement notes that e-cigarettes may help some smokers to quit.

The Statement was based on the best available scientific evidence that has been critically appraised according to best practice methods. The advice was developed under the guidance of an independent expert committee using internationally recognised methods to translate the evidence and reduce risk of bias. A number of independent experts also reviewed the Statement to ensure that the evidence had been appropriately interpreted and synthesised.

The Terms of Reference consider:

#### **5.(ii) the health impacts of the use of e-cigarettes and personal vaporisers**

For a summary of the evidence on the health impacts of the use of e-cigarettes and personal vaporisers, NHMRC refers the Select Committee on Electronic Cigarettes and Personal Vaporisers (Vaping) to the *Health effects* and *E-liquids, chemical exposure and toxicity* sections of the Statement.

#### **5.(iii) the efficacy of e-cigarettes and personal vaporiser in helping people quit smoking**

NHMRC refers the Select Committee on Electronic Cigarettes and Personal Vaporisers (Vaping) to the *Tobacco smoking cessation* and *Relapse to tobacco smoking* sections of the Statement. The Statement considered what constitutes effective cessation: sustained cessation of tobacco



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cigarette use over a number of years, without relapse. For some smokers, using nicotine e-cigarettes may assist them to quit smoking. However, more research is needed to confirm the harms and benefits of using them for this purpose. The findings in the Statement reflect that there is uncertainty around the evidence on the long-term effectiveness of e-cigarettes as a smoking cessation tool.

NHMRC has no comments on the other Terms of Reference.

Yours sincerely,

A handwritten signature in black ink that reads 'Anne Kelso.' with a period at the end.

**Professor Anne Kelso AO**  
Chief Executive Officer