

# Short submission on tobacco harm reduction

I am Richard Pruen a consumer advocate from the UK, though these regulations concern me because I have relatives in Prahran, Melbourne. These relatives are ex-smokers, and I would like to comment on the proposed regulation of electronic cigarettes. I believe they are beneficial in preventing my relatives, Aunt and Uncle, from relapsing to cigarettes.

I also am unable to visit my relatives, so long as vaping remains illegal, I rely on it to prevent my relapse to smoking.

I have no ties to the tobacco industry, and no ties to the vaping industry. Although I did own a testing company, BTC Battery Testing, testing electronic cigarettes to the relevant British standards. The company is now no longer trading.

The evidence for electronic cigarettes is strong, and the UK is ranked least influenced by tobacco companies in the world. Please see: <https://www.bmj.com/content/367/bmj.l5982.full>

THR (Tobacco Harm Reduction) is a key element adopted in the UK approach to smoking cessation. The NHS promotes them for stopping smoking, see: <https://www.nhs.uk/smokefree/help-and-advice/e-cigarettes>

Public Health England contributed to research into vaping and it is recommended by them, see : <https://www.gov.uk/government/publications/vaping-in-england-evidence-update-march-2020>

The Royal College of Physicians report on 'Nicotine without smoke: tobacco harm reduction', see : <https://www.rcplondon.ac.uk/news/promote-e-cigarettes-widely-substitute-smoking-says-new-rcp-report>