Vaping and Tobacco Control Bulletin October 2026

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

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Highlights

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

● Office for National Statistics. **Adult smoking habits in the UK**. ONS; 2026 Oct 6.

● World Health Organization. **Tobacco and infertility**. WHO; 2026 Oct 28.

● Adebisi YA, Scherer M, Pluym N, Alhur AA, Tomaselli V, Polosa R. **Changes in human biomarkers of exposure after complete switching from cigarettes to e-cigarettes or exclusive e-cigarette use: a systematic review and biomarker-specific meta-analysis**. Archives of Toxicology. 2026.

● Jang Y, Shaw J, Wackowski OA, Noar SM. **Does adding modified risk statements to e-cigarette advertisements and packages change risk beliefs? a systematic review and meta-analysis**. Nicotine & Tobacco Research. 2026.

● Pawłowicz K, Kozdraś A, Nowakowski S, Szczesna K, Stacha A, Klama K, et al. **The effects of electronic nicotine delivery systems on metabolic markers - a systematic review**. Advances in medical sciences. 2026.

● The Scottish Government. **Sale of nicotine products to under-18s banned**. The Scottish Government; 2026 Oct 29.

● Barnes C, Turon H, McCrabb S, Hall A, Lane C, Bartlem K, et al. **Effectiveness of Tobacco cessation interventions in adolescents: a systematic review and meta-analysis**. Addiction. 2026.

Recent peer-reviewed journal articles

A selection of publications from the last month 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

● Baumeister SE, Chaffee BW, Holtfreter B, Listl S. **Tobacco control policies and tooth loss: a difference-in-differences study**. Journal of Dental Research. 2026;220345261489486.

● Cox S, Notley C, West R. **The United Kingdom's Tobacco and Vapes Act 2026— a landmark in tobacco control, but a missed opportunity for product clarity**. Addiction. 2026;121(10)2852–3.

● GBD 2023 **Second-hand smoke collaborators. Global, regional, and national prevalence of second-hand smoke and attributable disease burden in 204 countries and territories, 1990-2023: a systematic analysis for the Global Burden of Disease Study 2023**. The Lancet Public health. 2026;11(10)e767–85.

● Howe S, Wilson T, Gartner CE, Blakely T, Ait Ouakrim D. **Modelling the impacts of illicit tobacco and e-cigarette market enforcement: Australian case study**. Tobacco Control. 2026.

● Jackson SE, Cheeseman H, Brown J. **The UK delivers a Tobacco-Free Generation-but is the real prize global?** JAMA internal medicine. 2026.

● Maani N, Gilmore A. **Examining the nature of bot responses to public health consultations: the example of automated submissions to the 2023 UK Tobacco and Vapes Bill**. Tobacco Control. 2026.

● Morphett K, Cho A, Gravely S, Borland R, East KA, Cummings M, et al. **Anticipated behavioural responses to potential regulatory actions to reduce nicotine in cigarettes to non-addictive levels: cross-sectional findings from the 2020 and 2022 ITC Smoking and Vaping Survey in Australia, Canada, England and the USA**. Tobacco Control. 2026.

● Pravasi S, Damor U. **Prevalence and risk of smoking behaviors following parental separation: a systematic review**. Monaldi Archives for Chest Disease. 2026.

● Zhang Y, Saladin K, Wang X, Tfayli D, Moran M, Tan A. **Communicating the nicotine and tobacco risk continuum: a scoping review and framework for future messaging**. Nicotine & Tobacco Research. 2026.

● Zheng C, Shortt N, Hamid A, MacGregor A, Morgan A-J, Ford A, et al. **Longitudinal analysis of geographical inequalities in retail density of tobacco and nicotine vapour products in Scotland, 2020-2024**. Preventive Medicine Reports. 2026;70103611.

Vaping and Vaping Harms

● Boidin M, Degens H, Junejo RT, Meharg R, Birkett ST, Somani YB, et al. **Vascular function and cardiorespiratory fitness in adults who use nicotine vapes**. JAMA Cardiology. 2026.

● Chlabicz M, Warpechowski M, Sowa P, Dubatówka M, Teumer A, Kamiński KA. **Changing patterns of nicotine product use in the urban population: sociodemographic differences and increasing use of e-cigarettes and heated tobacco products**. Polish archives of internal medicine. 2026.

● Gomes MN, Rivard C, Kasza KA, Hyland AJ, Hammond D. **Trends in vaping in the US population between 2013 and 2023: changes in vaping days among youth versus adults**. Tobacco Control. 2026.

● Guindon GE, Mentzakis E, Buckley NJ, Atri A, Montreuil A. **E-cigarette, heated tobacco, and cigarette preferences among Canadian e-cigarette users and nonusers: a discrete choice experiment**. Canadian Journal of Public Health. 2026.

● Kreslake JM, Azadi M, McKay T, Schillo B. **Duration of e-cigarette use and persistent symptoms in adolescents and young adults in the United States, 2020-2025**. Preventive Medicine. 2026;213108686.

● Rouabhia M. **The adverse effects of electronic cigarettes on oral health: where do we stand?** Dentistry Journal. 2026;14(10).

● Tian J, Kundu A, Schwartz R, Chaiton M. **Baseline quitting self-efficacy as a predictor of duration of vaping abstinence in a vaping cessation intervention**. Addictive Behaviors. 2026;181108754.

● Wise J. **One million adults in Britain who have never smoked now vape, data suggest**. BMJ (Clinical Research Ed). 2026;395e101062.

Young People and Vaping

● Lahoty N, Yadav S, Chhabra D. **Vaping versus smoking: effects on attention and executive functioning in young adults**. Annals of neurosciences. 2026;09727531261491532.

● Streck JM, Hyatt AS, Schuster RM, Gilman J, Levy S, Winickoff JP, et al. **Flavored e-cigarette use and its association with subsequent short-term e-cigarette abstinence among youth, young adults and adults: findings from the United States longitudinal population assessment of tobacco use and health, 2016 to 2023**. Addiction. 2026.

● Tan MS, Filippidis FT, Li CX, Laverty AA, Fernández E, Martínez C, et al. **Trends in waterpipe and e-cigarette use among young people in the European Union, 2012-2023: a repeated cross-sectional study**. The Lancet regional health Europe. 2026;69101815.

Nicotine Products

● Arp S, Pisinger C, Lund L, Bast LS. **Nicotine pouch use characteristics, self-perceived addiction and regret among Danish youth**. Addiction. 2026;

● Besaratinia A. **Oral nicotine pouch use in youth: a stealth epidemic?** American Journal of Public Health. 2026;e1–3.

● Chang Y-C, Cho J, Bae D, Harlow AF, Sanchez LM, Han D-H, et al. **Reasons for nicotine pouch use among US youth: 2025**. Pediatrics. 2026;158(5)

● Jongenelis MI, Li R. **Nicotine pouch advertising and sales in Australia: a qualitative study of younger people's experiences**. Health promotion journal of Australia : official journal of Australian Association of Health Promotion Professionals. 2026;37(4)e70239.

● Merianos AL, Lambert J, Petrovitch D, Hamilton-Moseley KR, Jewett B, Choi K. **Nicotine pouches: Correlates and changes in use in the United States between 2021 and 2024**. Addiction. 2026.

Smoking Cessation

● Boobalan S, Soundararajan H, Arumugham I M. **Effectiveness of community-based tobacco cessation programs in promoting tobacco abstinence: a systematic review and meta-analysis**. Journal of addictive diseases. 2026;1–17.

● Chen H, Luk TT, Ni Yip AO, Guo Z, Zhao S, Chee Chan SS, et al. **Depressive symptoms and smoking cessation among adolescents and young adults who smoke: a prospective cohort study**. The Journal of Adolescent Health. 2026;79(4)556–63.

● Hendershot CS, Simmons WK, Jha MK, McKee SA, Yammine L. **Therapeutic Potential of Glucagon-Like Peptide-1 Receptor Agonists for smoking cessation**. Biological Psychiatry. 2026;100(8)886–95.

● Wang S, Rojas I, Dean E, Hoek AC, Pettigrew S. **Evidence for embedding smoking and vaping cessation support in primary care: a scoping review**. Journal of General Internal Medicine. 2026.

Recent grey literature - reports and publications from key organisations

Publications and reports from key organisations within the last month.

● Action on Smoking and Health. **Beyond the headlines: the reality of illicit tobacco in the UK**. ASH; 2026 Oct.

● Action on Smoking and Health. **Smoking facts at a glance**. ASH; 2026 Oct.

● Office for Health Improvement and Disparities. **Health trends in England: November 2026**. OHID; 2026 Oct 22.

● Office for Health Improvement and Disparities. **Smoking profile: October 2026 update**. OHID; 2026 Oct 6.

● World Health Organization Europe. **Avoidable mortality, risk factors and policies for tackling noncommunicable diseases in the WHO European Region: comprehensive report 2025**. WHO Europe; 2026 Oct 14.

● World Health Organization. **WHO country leaders strengthen skills to advance tobacco control**. WHO; 2026 Oct 29.

● Action on Smoking and Vaping. **Is it true that a million people who have never smoked now vape?** Action on Smoking and Vaping; 2026 Oct 16.

● Action on Smoking and Health. **New legal requirements on vaping and nicotine products**. ASH; 2026 Oct.

● Public Health Wales. **Free NHS app support to quit vaping launched as new sales restrictions enforced**. Public Health Wales; 2026 Oct 6.

● Action on Health and Smoking Scotland. **ASH Scotland welcomes new law preventing sales of nicotine pouches to children and free promotional samples of vapes**. ASH Scotland; 2026 Oct 29.

● HSC Public Health Agency. **Make Stoptober your time to quit smoking for good**. HSC Public Health Agency; 2026 Oct 6.

Disclaimer

All reasonable care is taken to ensure that the information we provide is accurate and we accept no responsibility for the content provided. The information provided is selective; however, the inclusion of a link does not imply approval of the contents of the website. 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.

Contact

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