

Vaping and Tobacco Control Bulletin

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

July 2026



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Highlights

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

- Lin Y, O'Connor DB, Zheng Y, Conner M. **Effects of stress and emotional distress on smoking and vaping: a systematic review and meta-analysis.** Health Psychol Rev 2026;1–18.
- Public Health Wales. **Smoking harm reduction approaches: a rapid review of the literature.** Public Health Wales, 2026.
- Zhang S, Li S, Yang X, Cheng Z, Zhou T, Xu B, et al. **Secondhand smoke exposure and human health: an umbrella review.** Nat Hum Behav 2026.
- Budani MC, Tiboni GM. **Electronic cigarettes and female reproduction: a systematic review of experimental and clinical evidence.** Int J Mol Sci 2026;27.
- Sharaf-Alddin R, Salama M, McKinney D, Saade G, Zhang Q. **Prenatal exposure to nicotine and postpartum depression: a systematic review and meta-analysis.** Arch Womens Ment Health 2026;29.
- Moodie C, Alexandrou G. **Giving them away while they can: free nicotine pouches in Scotland.** Tob Control 2026.

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

- Abdulhamid T, Peters LL, Viluma L, Angelini V. **Municipal tobacco control in the Northern Netherlands: a quantitative content analysis of local health policies.** Tob Control 2026.
- Agrawal S. **Smoking, health and social justice.** Clin Med 2026;100622.
- Bonacquisti M, Russo L, Gualano MR, Ricciardi W, Villani L. **Smoking prevalence in Italy from 1993 to 2024: a trend analysis framed by public health policies and emerging consumption behaviors.** J Public Health (Oxf) 2026.
- Denlinger-Apte RL, Ji Z, Harwood EA, Lockhart D, Benowitz NL, Carroll DM, et al. **Compensatory smoking with very low nicotine content cigarettes: a systematic review and meta-analysis.** JAMA Netw Open 2026;9:e2622543.
- Feliu A, Joossens L, Martinez C. **Celebrating 20 years of the Tobacco Control Scale: evolving to benchmark and advance policy implementation in a changing context.** Tob Control 2026;35:423–4.
- Guindon GE, Yu SD, Anderson LN. **Trends in the accuracy of self-reported cigarette smoking in Canada.** Nicotine Tob Res 2026.
- Jackson SE, Taylor E, Buss V, East K, Brown J. **Evolving cigarette and hand-rolling tobacco purchasing patterns ahead of smokefree generation legislation in Great Britain: a population study, 2020-2025.** Nicotine Tob Res 2026.
- Jha P, Lewington S, Banks E. **The need for a balanced perspective on tobacco cessation and taxation.** Addiction 2026.
- Kong AY, Chen M, Herbert L, Ribisl KM, Giovenco DP, Lowery BC, et al. **Simulating the impact of zoning policies on equitably reducing neighborhood tobacco retailer availability.** J Urban Health 2026.

- Lopez-Quintero C. **Integrating human and nonhuman intelligence to reduce tobacco's public-health burden**. Curr Opin Psychiatry 2026;39:314–20.
- Payán DD, Herrera AL, Chan-Golston AM, Yacoub HL, Song AV, Timberlake DS. **A systematic review investigating policy design and implementation of US state and local policy to restrict the sale of flavored tobacco products**. Nicotine Tob Res 2026;28:1275–83.
- Schwarzschild MA, Macklin EA, Morain SR, Bjornevik K, Olsen AL, Chen X, et al. **A paradoxical plus for Parkinson's in UK's new "generational smoking ban"**. J Parkinsons Dis 2026:1877718X261469373.

Vaping and Vaping Harms

- Cummings KM, Meng G, Gravely S, Quah ACK, Randol CW, Roberson A, et al. **Trends in where adults buy their e-cigarette supplies: findings from 2016 to 2024 International Tobacco Control (ITC) four country smoking and vaping surveys**. Tob Control 2026.
- Nikam R, Kalani K, Beverly M, Kumar PS. **The vape, the mouth, and the mycobiome: a comparative metagenomic analysis**. J Dent Res 2026:220345261450182.
- O'Connor RJ, June KM, Schneller-Najm L, Chalupa D, Van Dongen G, Forster M, et al. **Effects of nicotine concentration, PG/VG ratio, and nicotine form on sensory perceptions and subjective effects among adults who vape**. Subst Use Misuse 2026:1–15.
- Pearson GDH, Azadi M, Goyette RM, Kreslake JM. **"Vape Master" and other apps: an analysis of e-cigarette entertainment mobile apps**. Tob Control 2026.
- Pereira K, Rosser F, Han Y-Y, Jaspers I, Crotty Alexander LE, Celedón JC. **Use of electronic cigarettes and asthma across the lifespan**. J Allergy Clin Immunol 2026.

- Ruby D. **Knowledge and attitudes toward electronic cigarettes among healthcare providers and health professional students: implications for patient counseling - a systematic review**. Multidiscip Respir Med 2026;21:1104.
- Sailis AB. **Could e-cigarette devices generate inhalable micro- and nanoplastics? exposure plausibility and reproductive relevance**. Toxicol Mech Methods 2026:1–20.
- Shields PG. **Electronic cigarettes, smoking and lung cancer risk: some evidence about the continuum of harm**. Nat Rev Clin Oncol 2026.
- Sreeramareddy CT, Daher AM, Reshmi D. **Awareness and use of e-cigarettes and heated tobacco products, reasons for their use, and associated factors in five countries: a report from Global Adult Tobacco Surveys (2021-2023)**. Nicotine Tob Res 2026.
- Sussman RA. **On the detection and scope of "Third-Hand Vaping": a critical review of the literature**. Int J Environ Res Public Health 2026;23.
- Zhang X, Ma X, Yu D, Ruan Z, Sun J, Zhang T. **Global burden of non-communicable diseases from e-cigarette exposure: trend analysis and 2050 projections**. Environ Health (Wash) 2026;4:1469–79.

Young People and Vaping

- Barnes C, Turon H, Hall AE, Bialek C, McCrabb S, Hodder RK, et al. **Interventions to prevent or cease electronic cigarette use in children and adolescents**. Cochrane Database Syst Rev 2026;7:CD015511.
- Belanger-Gravel A, Dufour S, Brunet A, Claveau D. **Examining social norms, attitudes and beliefs regarding adolescents' intention to avoid vaping to design prevention messages**. Health Commun 2026:1–9.

- Cockroft JD, Ritger C, Bloedow B, Dorsey B, Glasgow RE. **Exploring multi-level determinants of implementation of nicotine replacement therapy guidelines for youth vaping: a mixed-methods case study**. Implement Sci Commun 2026.
- Gonzalez Anaya MJ, Yin L, Rings V, Yamaguchi N, Peraza N, Miller L, et al. **“It’s a bunch goop that you’re putting in your lungs”: a qualitative study of e-cigarette perceptions among young adults who do not vape**. Nicotine Tob Res 2026.
- Kundu A, Selby P, Felsky D, Moraes TJ, Chaiton M. **Predictors of vaping relapse among young e-cigarette users: Machine learning-based survival analysis of a smartphone app-derived longitudinal data**. Nicotine Tob Res 2026.
- Pei J, Watts J, Geana M. **Vapor tales: the effects of narrative fear appeal on vaping cessation among American young adults**. Health Commun 2026:1–13.
- Rezk-Hanna M, Gupta R, Sakti P, Cheng C-W, Brecht M-L, Benowitz NL, et al. **Acute effects of electronic hookah vaping with and without nicotine on cardiovascular disease-related biomarkers in young adults: a randomized trial**. J Am Heart Assoc 2026:e041217.
- Staff J, Vuolo M, Kelly BC. **Predictors of adolescent intentions to quit vaping nicotine**. J Adolesc Health 2026.
- Struik L, Taylor M, Rodberg D, Nawara R, Fonteyne K, Afshar T, et al. **Youth perspectives on how social influences impacted nicotine vaping cessation: a qualitative thematic analysis**. BMC Public Health 2026.

Nicotine Products

- Anderer S. **FDA authorizes 20 nicotine pouches to be marketed with modified risk claim**. JAMA 2026.
- Besaratinia A. Oral nicotine pouches: **Rising popularity of a new class of tobacco products among youth**. Public Health 2026;258:106412.

- Daneshian M, Fredriksson L, Skott P, Garming Legert K. **Oral lesions and dental status in individuals using oral tobacco-free nicotine pouches**. Oral Dis 2026.
- Fearon IM, Stevenson M, Nahde T. **A narrative review of the potential impact of next-generation tobacco and nicotine products on cardiovascular health**. Cureus 2026;18:e111861.
- He Y, Roberts ME, Li D, Zhang S, Keller-Hamilton BL, Mays D, et al. **Correlates of oral nicotine pouch use, use frequency and flavour use among US adults**. Tob Control 2026.
- Kralj MB, Pugh S, Artaev VB, Mazur DM, Lebedev AT, Trebse P. **Unveiling the semi volatile composition and nicotine/myosmine release dynamics of novel oral nicotine pouches**. Food Chem Toxicol 2026;216:116248.
- Piasecki TM, Piper ME, Kathuria H. **Nicotine Pouches**. JAMA 2026.
- Tonti L, Pesko MF. **Novel product, familiar challenges: navigating uncertainty in oral nicotine pouch regulation**. Addiction 2026.

Smoking Cessation

- Adebisi YA, Alhur AA. **Time since cigarette smoking cessation and self-rated health among exclusive e-cigarette users**. Ir J Med Sci 2026.
- Chu S, Feng L, Jing H, Zhang D, Li J, Meng X, et al. **Efficacy of smartphone apps used alone or with traditional interventions for smoking cessation: a systematic review and meta-analysis**. BMJ Evid Based Med 2026;31:242–53.
- Evison M, Naylor R, Malcolm R, Holmes H, Taylor M, Murray RL, et al. **Health economic model to evaluate the cost-effectiveness of smoking cessation services integrated within lung cancer screening in the United Kingdom**. Thorax 2026;81:758–65.

- Jackson SE, Cox S, Shahab L, Brown J. **Quit attempts and cessation support among people who smoke cigarettes non-daily compared with daily: a population study in Great Britain**. Nicotine Tob Res 2026.
- Pokhrel P, Kawamoto CT, Phillips KT, Herzog TA. **Associations of motivation to quit smoking or vaping, quitting self-efficacy, and quit attempts with oral nicotine pouch use**. Addict Behav 2026;183:108797.
- van der Spek L, Breunis LJ, Scheffers-van Schayck T, Bauld L, Ista E, Been JV. **Financial incentives for smoking cessation among (expectant) parents: a systematic review of facilitators and barriers to implementation**. Tob Control 2026;35:430–9.

Recent reports and news (grey literature)

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

- Action on Smoking and Health. **Ending smoking inequality: an action plan to reduce poverty and improve health**. ASH, 2026.
- Office for Health Improvement and Disparities. **Smoking profile: July 2026 update**. Office for Health Improvement and Disparities, 2026.
- Public Health Wales. **The cost of smoking in Wales**. Public Health Wales, 2026.
- Action on Smoking and Health. **Use of vapes and other novel tobacco and nicotine products among young people in Great Britain**. ASH, 2026.
- Action on Smoking and Health. **Use of vapes and other novel tobacco and nicotine products among adults in Great Britain**. ASH, 2026.
- Action on Smoking and Health Scotland. **ASH Scotland calls for Government to introduce restrictions on all vapes and nicotine pouches as UK-wide consultation launches**. ASH Scotland, 2026.

- The Scottish Government. [Action on vapes](#). The Scottish Government, 2026.
- Action on Smoking and Health. Action on Smoking and Health response: [Ministers launch crackdown on vapes targeting kids](#). ASH, 2026.
- The Scottish Government. [Herbal smoking products, heated tobacco devices, vaping and nicotine products - display restrictions: partial business and regulatory impact assessment](#). The Scottish Government, 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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