

# Vaping and Tobacco Control Bulletin

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

March 2026



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## Highlights

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

- Kopa-Stojak PN, Sobczak M, Pawliczak R. **Comparison of the health-related outcomes for traditional cigarettes, e-cigarettes, heat-not-burn cigarettes and snus: a systematic review and meta-analysis**. BMC Public Health 2026.
- Public Health Scotland. **Impact of the smoke-free public spaces legislation 20 years on: evidence briefing**. Public Health Scotland, 2026.
- Mylavarapu M, Chavali SM, Buddharaju AD, Veldurthy S, Cheruvu P, Parikh AG. **Vaping during pregnancy and its impact on neonatal outcomes: a systematic review and meta-analysis**. World J Clin Pediatr 2026;15:108069.
- Ramamoorthy S, Kumar ISC, Mangla M, Jyothi VLN, Sellamuthu P, Kondapuram N, et al. **Unseen threats: mapping the global prevalence of smokeless tobacco use in pregnancy-a systematic review and meta-analysis**. Substance Use & Addiction Journal 2026:29767342261421816.
- The Scottish Government. **Schools - responding to substance use: guidance**. The Scottish Government, 2026.
- Wu AD, Conde M, Butler AR, Knight E, Lindson N, Livingstone-Banks J, et al. **Electronic cigarettes for smoking cessation: an overview of systematic reviews and evidence and gap map**. Addiction 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](mailto:phs.knowledge@phs.scot)

### Tobacco Use and Control

- Brookfield S, Puljević C, Cho A, Gartner CE. **Advancing Australia's tobacco control policy and taxation strategies to reduce illicit trade, improve health equity, and resist industry narratives.** Tob Control 2026;tc-2025-059928.
- Cho A, Scollo M, Lim C, Puljević C, Gartner C. **Trends and correlates of current use of illicitly traded tobacco in Australia: evidence from a decade of national surveys.** Addiction 2026;121:564–74.
- Choi K, Jewett B, Hamilton-Moseley KR, Zarei K, Hacker K, Phan L. **Patterns of tobacco product use among US adults who use nicotine pouches and the association between nicotine pouch use and tobacco product use cessation.** Tob Control 2026.
- Dabour HJ, Abu-Baker NN, Alnatour AS, AlBashtawy M. **Tobacco use among university students: perceived health risks and behavioral change after COVID-19.** J Eval Clin Pract 2026;32:e70399.
- Elena C, Stefano C, Marina D, Pinar E, Nikolaos D. **Tobacco smoking and smoke-free products as risk factors for dental implants: a systematic review.** Clin Oral Implants Res 2026;37:262–86.
- Hanrahan M, Kavanagh P. **Registered tobacco and vaping lobbying activity in Ireland, 2016-2024: the case for strengthening implementation of the**

**Framework Convention of Tobacco Control Article 5.3 to clear the path for tobacco endgame.** Tob Control 2026.

- Laloux P, Rimpelä A, Lorant V. **Why school tobacco bans fail: staff engagement in enforcement in Belgian schools.** Health Promot Int 2026;41.
- Mansour MEM, Kassar O, Alsaadany KR, Ahmed MAE, Amin M, Khalil MH, et al. **Exposure to tobacco smoke during pregnancy and the risk of multiple sclerosis in offspring: a systematic review and meta-analysis.** Mult Scler Relat Disord 2026;107:106980.
- Pang RD, Herrman SA, Ruck H, Huynh K, McGough A, Nguyen BT, et al. **The effect of cigarette exposure on placental epigenetics: a systematic review.** Reprod Toxicol 2026;140:109159.
- Reskiaddin LO, Lubis IK, Agustiningih D, Prabandari YS. **Mobile health interventions for adolescent smoking prevention: a scoping review.** Asian Pac J Cancer Prev 2026;27:823–9.
- Setodji CM, Dunbar M, Martino SC, Wong JCS, Hieber M, Jenson D, et al. **Restricting tobacco poster advertising space at retail point of sale reduces some young adults' susceptibility to future cigarette smoking.** J Stud Alcohol Drugs 2026;87:222–30.
- Usidame Peters B, Xie Y, Colston D, Titus AR, Henriksen L, Kelly BC, et al. **Association between local tobacco retail licensing and adult cigarette and e-cigarette use by race and ethnicity, income, and education (2016-2022): the case in California.** Health Promot Pract 2026;27:324–37.
- Zou H, Lyu Q, Hu S. **Pathology of oral nicotine pouches and their addiction mechanisms.** J Dent 2026;166:106272.

### **Vaping and Vaping Harms**

- Alzu'bi A, Abu-El-Rub E, Khaswaneh RR, Al-Zubaidi M, Almomani W, Alenaizat A, et al. **Impact of e-cigarette use on circadian proteins and cardiovascular risk markers.** J Cardiovasc Transl Res 2026;19.

- Blagev DP, Eve J, Collingridge DS, Harris D, Callahan SJ, Lanspa MJ. **Long term health outcomes for patients with E-cigarette or Vaping Associated Lung Injury (EVALI) compared to matched control subjects who vape.** BMC Pulm Med 2026.
- Dessaix A, Jones A, Pettigrew S. **Influencing e-cigarette policy: a narrative review of public health advocacy.** Aust N Z J Public Health 2026;50:100319.
- Do EK, Sarvis K, McKay TL, Watkins JA, Rath JM, Hair EC. **Campaign-targeted attitudes towards vaping-related anxiety, depression, and stress and associations with stages of quitting e-cigarettes.** J Adolesc Health 2026;78:448–55.
- Kim HM, Lee DN, Stevens HR, Stevens EM. **Breaking the vape-stress cycle: communicating mental health risks of vaping to mitigate reactance.** J Public Health (Oxf) 2026;48:137–43.
- La Rosa GRM, Samaranayake LP, Zaura E, Sun A, Fuochi V, Furneri PM, et al. **Impact of electronic cigarette use on the oral microbiota: a systematic review.** J Clin Periodontol 2026.
- Miguel RTD, Steffensen I. **Evidence on vaping e-cigarettes as a risk factor for cancer: a cautionary tale in flawed synthesis.** J Cancer Policy 2026;47:100673.
- Prieger JE, Hampsher-Monk SC, Shahidinia N, Hunt ERW. **E-cigarette use and smoking-related disparities in England: an observational study using small area estimation and nonparametric regression.** Harm Reduct J 2026.
- Santos R, Browne W, Tatler A, James V, Fairclough LC. **The effect of cigarettes and e-cigarettes on epithelial-derived extracellular vesicles: a systematic review.** Int J Mol Sci 2026;27.

## Young People and Vaping

- DiGuseppi GT, Dunbar MS, Seelam R, Rodriguez A, Setodji CM, D'Amico EJ. **Proximal exposure to THC vape ads is associated with event-level vaping among young adults.** J Stud Alcohol Drugs 2026;87:274–81.
- Sadasivam RS, Stevens EM, Wijesundara J, Wang B, Balakrishnan K, Najjar R, et al. **Feasibility and engagement of a peer-driven mobile intervention for adolescent e-cigarette cessation: cluster randomized pilot study.** JMIR Formativ Res 2026;10:e79667.
- Vassej J, Chen-Sankey J, Unger JB. **E-cigarette and cannabis in social media influencer marketing and its effect on adolescents: a survey-based experiment.** Nicotine Tob Res 2026;28:658–67.
- Williams KN, Dimaya BS, McKay TL, Aseltine MF, Do EK, Hair EC, et al. **Mental health symptoms as a predictor of e-cigarette initiation among youth and young adults.** Health Educ Behav 2026:10901981261425264.
- Yu LQ, Do EK, Koris K, Minter T, Hair EC. **Tracking e-cigarette attitudes and cessation trajectories in a longitudinal study of youth and young adults.** Am J Health Promot 2026:8901171261431171.

## Smoking Cessation

- Brunette MF, Bourassa JG, Ferron JC, Aschbrenner KA, Santos MM, Gowarty MA, et al. **Program evaluation for a novel multicomponent smoking cessation intervention for smokers with serious mental illness.** Health Promot Pract 2026;27:315–23.
- Buss VH, Beard E, Shahab L, Simonavičius E, Bauld L, Brown J, et al. **Associations between the national “Swap to Stop” programme offering free vapes for smoking cessation and quit attempts in England: results from a population-based survey.** Addiction 2026.

- Dacso CC, ACP Journal Club Editorial Team at McMaster University. **Nicotine e-cigarettes increase smoking cessation more than nicotine replacement therapy or non-nicotine e-cigarettes at ≥6 mo.** Ann Intern Med 2026;179:JC35.
- Jafarinia A, Shoenbill KA, Newcomer EH, Hartzell JA, Sealby BP, Finazzo GJ, et al. **Patient satisfaction survey for inpatient tobacco cessation treatment.** Am J Health Promot 2026;40:348–52.
- Kyrychenko P, Wong BKC, Veldhuizen S, Minian N, Zawertailo L, Selby P, et al. **Physical multimorbidity and quit outcomes in a publicly funded smoking cessation programme.** Intern Med J 2026;56:410–6.
- Luk TT, Su X, Wong V, Chan HC-H, Wong GN-T, Lee JKH, et al. **Mobile chat messaging for smoking relapse prevention: a randomized clinical trial.** JAMA Intern Med 2026;186:294–302.
- Nieva G, Sisternas N, Mondon S, Ballbè M, Carcolé B, Fernández T, et al. **Smoking cessation treatment outcomes before and during the COVID-19 pandemic in people with and without mental health disorders.** J Stud Alcohol Drugs 2026;87:334–44.
- Woodruff D, Sawyer S, Taggart T. **The role of community health workers in tobacco cessation: a scoping review.** Am J Health Promot 2026:8901171261433812.
- Wormall S, Webster M, Duggan D, Crutchley K, Barker R. **Asking pre-operative patients to opt out of referral to Stop Smoking Services via Short Message Service: a controlled interrupted time series analysis.** Addiction 2026;121:688–94.
- Zhou X, Huang Z, Song Q, Xia X, Cheng A, Liu Z, et al. **Efficacy of combined varenicline and nicotine replacement therapy compared with varenicline or nicotine replacement therapy alone for smoking cessation: a systematic review and meta-analysis.** Addiction 2026;121:499–509.

## Recent reports and news (grey literature)

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

- Action on Smoking and Health. **Why are UK tobacco sales falling?** ASH, 2026.
- Action on Smoking and Health. **The Windsor Framework: what does Brexit mean for the Tobacco and Vapes Bill in Northern Ireland?** ASH, 2026.
- Action on Smoking and Health. **Briefing : On the path to ending smoking, using the new funding.** ASH, 2026.
- Action on Smoking and Health Scotland. **20th anniversary of Scotland’s leading smoke-free law celebrated.** ASH Scotland, 2026.
- Public Health Scotland. **The smoking ban has shown that meaningful change is possible.** Public Health Scotland, 2026.
- The Scottish Government. **NHSScotland Smoking and Vaping Workforce Policy: Equality Impact Assessment.** The Scottish Government, 2026.
- Action on Smoking and Health. **ASH Scotland calls for greater resources for Trading Standards enforcement and improvements to vape retailers register.** ASH Scotland, 2026.
- Office for Health Improvement and Disparities. **Stop smoking service data explorer.** Office for Health Improvement and Disparities, 2025.
- Public Health Scotland. **NHS stop smoking services - Local Delivery Plan standard, 2025/26 (quarter 2).** Public Health Scotland, 2026.
- Public Health Wales. **Bilingual app launched to help people quit smoking in Wales.** Public Health Wales, 2026.

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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.

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