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## Why is vaping a suggested option for those trying to stop smoking?



- Smoking is the biggest cause of premature death in high-income countries, and stopping smoking reduces a person's risk of death<sup>9</sup>.
- Vaping is positively linked to quitting smoking successfully. In 2017, over 50,000 smokers stopped smoking with the help of a vaping product<sup>10</sup>.
- In stop smoking services in 2020 to 2021, quit attempts by adults involving a vaping product were associated with the highest success rates<sup>11</sup>.
- Although vaping is not risk-free, based on the evidence, it poses a small fraction of the risks of smoking<sup>11</sup>.

