

Smoking Cessation

Articles

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News

[Nicotine pouch rise driven by young men - study.](#)

BBC; 2025.

<https://www.bbc.co.uk/news/articles/c075j3ezvrgo>

[Young men are behind the growing popularity of nicotine pouches in Great Britain, a study suggests. Around 7.5% of 16 to 24-year-old-men are using the small sachets that fit under the top lip, compared with 1.9% use among young women and 1% among adults overall.]

Freely available online

[Young people using unregulated nicotine pouches despite health risks, research finds.](#)

University of Stirling; 2025.

<https://www.stir.ac.uk/news/2025/november-2025-news/young-people-using-unregulated-nicotine-pouches-despite-health-risks-research-finds/>

[Researchers from the Scottish Centre for Social Research (ScotCen), conducted the first qualitative study in the UK to explore how 14–16-year-olds understand and use nicotine pouches. The study involved 16 focus groups with 77 pupils and interviews with 13 school staff across four Scottish schools.]

Freely available online

Reports

[Breaking new ground: Local authority stop smoking services and wider tobacco control in England, 2025.](#)

Action on Smoking Health (ASH); 2025.

<https://ash.org.uk/resources/view/breaking-new-ground-local-authority-stop-smoking-services-and-wider-tobacco-control-in-england-2025>

[New government investment has delivered expanded stop smoking services that are working hard to reach smokers in all communities and reduce health inequalities. Findings are from 127 local authorities, 84% of the local authorities in England with responsibility for public health.]

Freely available online

[Making The Tobacco Industry Pay for the Health Harms it Causes: The Polluter Pays Levy .](#)

Faculty of Public Health (FPH); 2025.

<https://www.fph.org.uk/media/dz5b5jrt/faculty-of-public-health-statement-on-the-polluter-pays-levy-scheme.pdf>

[The Faculty of Public Health has published a new position statement supporting a polluter



pays levy scheme on tobacco products in the UK.]
Freely available online

Statistics

Stop smoking service data explorer.

Office for Health Improvement and Disparities (OHID); 2025.

<https://www.gov.uk/government/statistics/stop-smoking-service-data-explorer>

[This data explorer presents latest published analysis on stop smoking service data, alongside indicators relating to the prevalence of smoking. Updated with the latest available data (November 2025 data).]

Freely available online

Toolkit

Guidance on youth vaping : Toolkit for education settings.

Essex County Council; 2025.

https://www.escb.co.uk/media/3666/ds25_8974-vaping-toolkit.pdf

[This toolkit is part of a broader initiative involving various agencies across Essex to address vaping and nicotine addiction among CYP.]

Freely available online

Blog

Is vaping really a gateway to smoking? New review of youth vaping confirms uncertainty

The Mental Elf; 2025.

[https://www.nationalelfservice.net/mental-health/addiction/is-vaping-really-a-gateway-to-smoking-new-review-confirms-](https://www.nationalelfservice.net/mental-health/addiction/is-vaping-really-a-gateway-to-smoking-new-review-confirms-uncertainty/?utm_source=rss&utm_medium=rss&utm_campaign=is-vaping-really-a-gateway-to-smoking-new-review-confirms-uncertainty)

[uncertainty/?utm_source=rss&utm_medium=rss&utm_campaign=is-vaping-really-a-gateway-to-smoking-new-review-confirms-uncertainty](https://www.nationalelfservice.net/mental-health/addiction/is-vaping-really-a-gateway-to-smoking-new-review-confirms-uncertainty/?utm_source=rss&utm_medium=rss&utm_campaign=is-vaping-really-a-gateway-to-smoking-new-review-confirms-uncertainty)

[Vaping is helping millions quit smoking, but concerns about teen uptake remain. A new blog explores whether the 'gateway hypothesis' stands up to scrutiny in the latest umbrella review of vaping harms in young people. The post Is vaping really a gateway to smoking? New review of youth vaping confirms uncertainty appeared first on National Elf Service.]

Freely available online

Vaping might seem safer than smoking but your heart could tell a different story.

The Conversation; 2025.

<https://theconversation.com/vaping-might-seem-safer-than-smoking-but-your-heart-could-tell-a-different-story-268612>

[Research shows that vaping can help some people quit smoking more effectively than other methods, but newer findings challenge the belief that e-cigarettes are a harmless

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substitute. Several studies have now linked vaping to arterial damage in both the brain and heart, even among people who have never smoked traditional cigarettes.]

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Evidence-Based Summaries

Interventions to reduce vaping in children and young people.

Carried out by Stephen Reid from NELFT on 31/10/2025

https://www.knowledgeshare.nhs.uk/index.php?PageID=literature_search_request_downloader&RequestID=61417

[This evidence search report includes research on vaping prevention, vaping cessation and consideration of the various factors influencing uptake, use and quitting of e-cigarettes. Within the sections on prevention and cessation, results are separated by study type, with sections for review studies and sections for original research studies. While the stated population of interest is children and young people, some of the evidence included does relate to a demographic of youth and young adults.]

Available with an NHS OpenAthens password

Efficacy of incentive schemes in smoking cessation.

Carried out by Stephen Reid from NELFT on 15/9/2025

https://www.knowledgeshare.nhs.uk/index.php?PageID=literature_search_request_downloader&RequestID=60654

[This evidence search report includes a significant number of systematic reviews and primary studies of various designs which provide quite consistent evidence of the effectiveness of financial incentives in smoking cessation. For good overviews, see the 2025 Cochrane Review by Notley et al and the 2024 realist review by Siersbaek et al. A small number of the papers included offer some considerations for intervention design, including options around which incentives to offer.]

Available with an NHS OpenAthens password

Systematic Review / Meta-Analysis

Oral nicotine pouches for cessation or reduction of use of other tobacco or nicotine products. [Abstract]

Hartmann-Boyce J. *Cochrane Database of Systematic Reviews* 2025;10:CD016220.

[Check for full-text availability](#)

[Limited evidence from three small studies found no short-term serious health harms of oral nicotine pouches in people who smoke. It is uncertain if oral nicotine pouches help people quit smoking compared to instructions to continue smoking as usual or no support to quit. Future research is needed, in particular comparing oral nicotine pouches to other active treatments (e.g. nicotine replacement therapy and e-cigarettes).]

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