

Citizen Participation and Public Petitions Committee
Wednesday 28 January 2026
3rd Meeting, 2026 (Session 6)

PE2155: Improve support for people trying to give up e-cigarettes and vaping

Introduction

Petitioner Daniel Taggart

Petition summary Calling on the Scottish Parliament to urge the Scottish Government to improve the support available to people trying to give up e-cigarettes and vapes by expanding access to nicotine replacement therapy and stop smoking medications to include e-cigarette users and vapers.

Webpage <https://petitions.parliament.scot/petitions/PE2155>

1. The Committee last considered this petition at its meeting on 18 June 2025. At that meeting, the Committee agreed to write to the Minister for Public Health and Women's Health.
2. The petition summary is included in **Annexe A** and the Official Report of the Committee's last consideration of this petition is at **Annexe B**.
3. The Committee has received a new written submission from the Minister for Public Health and Women's Health, which is set out in **Annexe C**.
4. Written submissions received prior to the Committee's last consideration can be found on the petition's webpage.
5. Further background information about this petition can be found in the SPICe briefing for this petition.
6. The Scottish Government gave its initial response to the petition on 6 May 2025.
7. Every petition collects signatures while it remains under consideration. At the time of writing, 12 signatures have been received on this petition.

Action

8. The Committee is invited to consider what action it wishes to take.

Clerks to the Committee
January 2026

Annexe A: Summary of petition

PE2155: Improve support for people trying to give up e-cigarettes and vaping

Petitioner

Daniel Taggart

Date Lodged

7 April 2025

Petition summary

Calling on the Scottish Parliament to urge the Scottish Government to improve the support available to people trying to give up e-cigarettes and vapes by expanding access to nicotine replacement therapy and stop smoking medications to include e-cigarette users and vapers.

Background information

The Scottish Government is keen to introduce an initiative aimed at young people who use e-cigarettes or vapes, this should be extended to EVERYONE who wishes to give these products up.

[There are 7 types of nicotine replacement therapy available, free on the NHS, to people in Scotland who want to give up smoking.](#) However, there is little support or resources available to assist people trying to quit e-cigarettes or vaping. Those giving up have to purchase nicotine patches or other aids such as the "stress stick", which can become quite costly to the individual.

I have personally been a vaper for 13 years and am struggling to achieve my goal of being vape free.

Annexe B: Extract from Official Report of last consideration of PE2155 on 18 June 2025

The Convener: PE2155, lodged by Daniel Taggart, calls on the Scottish Parliament to urge the Scottish Government to improve the support available to people trying to give up e-cigarettes and vapes by expanding access to nicotine replacement therapy and stop-smoking medications to include e-cigarette users and vapers.

The SPICe briefing for this petition explains that while e-cigarettes and vapes are currently considered lower risk than traditional tobacco products, they still pose health concerns and that further research is required to study their long-term impact on health.

The most recent data for Scotland shows that 12 per cent of adults reported using vapes or e-cigarettes in 2023, compared with just 10 per cent the year earlier. The national health service guidance for pharmacists on public health services states that e-cigarette users should be able to access licensed smoking cessation products, including nicotine replacement therapy. However, the guidance cautions that many e-cigarette products contain nicotine, which means that switching to NRT could create issues with determining the correct dosage.

Additionally, for patients who try to quit non-nicotine e-cigarette products, reintroducing nicotine through NRT would be inappropriate. For those patients, the guidance recommends referral to non-pharmacy specialist smoking cessation services, which may include telephone support, one-to-one support or group support.

In its initial response to the petitioner, the Scottish Government mentions the “Tobacco and vaping framework: roadmap 2034”, under which it has committed to improve information about vapes and to increase awareness of avenues of support for stopping vaping or smoking. The Government has also committed to continue to fund and support cessation services. Despite that, the quit your way Scotland service, which is also referenced in the Scottish Government’s response, appears to be geared primarily towards those who are trying to quit smoking. In fact, with caveats around evolving research on their safety, vapes are being suggested as one of the few possible options to help people who wish to give up smoking.

Do members have any suggestions for action?

Maurice Golden: I think there is something in this petition. The reality is that, in the United Kingdom, the battle to stop people smoking has largely been won, with the long-term trend such that smoking will eventually be only a peripheral activity for most of the population. However, there has been a massive expansion in the use of e-cigarettes and vapes, initially designed as replacement products, particularly among young people and under-18s, despite that being illegal.

It would be worth writing to the Minister for Public Health and Women’s Health, asking for clarity on what steps the Scottish Government is taking to increase support, as well as awareness of support, for those who are trying to quit e-cigarettes and vapes, with a particular focus on young people.

The Convener: Are colleagues content to proceed on that basis?

Members indicated agreement.

Annexe C: Written submission

Minister for Public Health and Women's Health written submission, 20 July 2025

PE2155/B: Improve support for people trying to give up e-cigarettes and vaping

Thank you for your correspondence on 24 June 2025 regarding the above petition on improving support for people trying to give up e-cigarettes and vaping. I welcome the opportunity to provide additional clarity on the steps we are taking to tackle this important issue.

The Population Health Framework (PHF), published on 17 June 2025, sets out the Scottish Government's cross-government and cross-sector approach to improving population health over the next decade. A preventative approach, as adopted in the PHF, is essential to addressing the persistent disparities in health outcomes and life expectancy across Scotland's communities.

The PHF is intended to complement current frameworks, strategies and action plans and focus upon the primary drivers of population health, including the Tobacco and Vaping Framework.

Our Tobacco and Vaping Framework, which we published in November 2023, committed to improving information around vapes and to increase awareness of avenues for support in stopping vaping or smoking. In addition, it also committed to continuing to fund and support our cessation services.

Some of the preventative actions we have already taken, as part of Tobacco and Vaping Framework – Roadmap to 2034 include:

- improved information on vaping products through our Take Hold Campaign, which educates parents, carers and young people on vaping addiction and signposts them to support through NHS Inform and Quit Your Way Scotland;
- created free accurate information on vaping and nicotine products on Young Scot;
- banned single use vapes from being sold, in partnership with the Cabinet Secretary for Climate Action and Energy;
- worked across the 4-nations on the UK Wide Tobacco and vapes Bill which will restrict flavours, regulate point of sale displays, regulating packaging and banning advertising and sponsorship; and
- implemented recommendations from the Review of Smoking Cessation in Scotland.

And some of the actions that we will take as part of the next 2 year implementation plan for the Tobacco and Vaping Framework will include:

- continuing to implement the recommendations from the Review of Smoking Cessation in Scotland and to consider how these important services can continue to develop in the future; and
- considering the Scottish Borders Council approach to Nicotine Prevention, following the recent launch of their new strategy.

In Scotland around 9,000 people each year die from tobacco related illness, these are early, preventable deaths, so while tackling new addictive nicotine products is important we must also continue to help those who are dependent on tobacco to stop and live longer healthier lives.

Through the delivery of our Population Health Framework and continued focus on implementing the Tobacco and Vaping Framework, we will tackle the root causes of ill health to prevent poor health developing and ensure people live healthier lives.

Jenni Minto MSP