

27th July 2023

10am	Welcome & Introductions
10.15 – 10.30am	Southampton Smokefree Solutions update
10.30– 10.50am	Overview of smoking cessation options in Southampton
10.50-11am	Heat not Burn products
11 – 11.30am	Open discussion



**Southampton  
Smokefree  
Solutions**

Supporting local health  
and care providers

# Training



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## **Level 2 Stop Smoking Practitioner Training**

**29<sup>th</sup> September**

**1<sup>st</sup> December**

**9am – 4.30pm via MS Teams**

- Interactive training
- Concentrates on skills required to deliver the smoking cessation service
- 1 day

Builds upon the NCSCT practitioner training which can be accessed at:

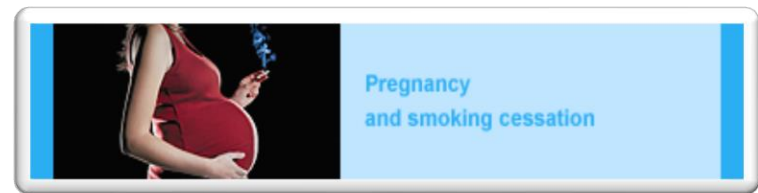
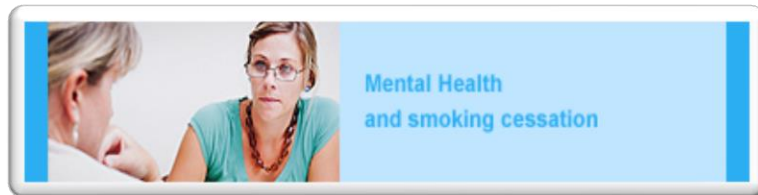
<https://elearning.ncsct.co.uk/england>

1. Practitioner Training: Core competences in helping people stop smoking (Learning element)
2. Assessment of core knowledge and key practice skills (Assessment)

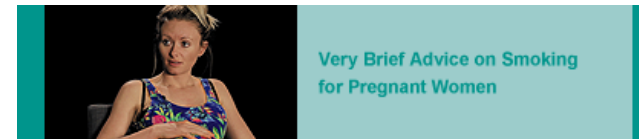
# NCSCT

<https://elearning.ncsct.co.uk/england>

## Specialty Modules: Pregnancy & MH



## Additional Modules



# Training



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## MASTERCLASS SERIES

4<sup>th</sup> October: NRT

11<sup>th</sup> October: E-cigarettes

18<sup>th</sup> October: Data

25<sup>th</sup> October: Behavioural Support


1<sup>st</sup> November: Mental Health

8<sup>th</sup> November: Pregnancy

15<sup>th</sup> November: Managing Expectations.

22<sup>nd</sup> November: Relapse prevention

29<sup>th</sup> November: VBA



1-2pm  
Informal  
Interactive

# Training



## Very Brief Advice (VBA) training

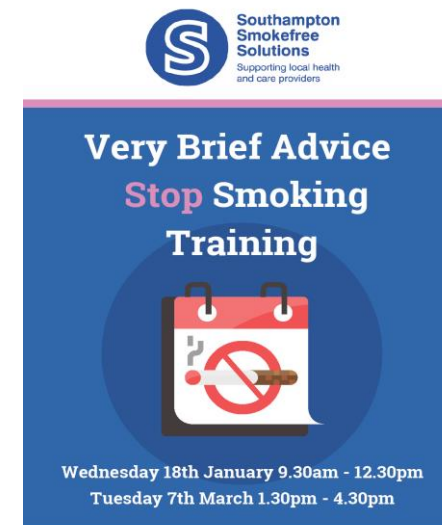
Open to all staff at all organisations:

- Tues 19<sup>th</sup> September 9.30 – 12.30 (accredited training)

Bespoke sessions available – we can attend Team meetings/ Target events

Flexible – min 30 mins

VBA encourages those who come into contact with smokers to confidently ask smoking status, advise on support available locally and act by referral to stop smoking support.



Best training I've been on in a long time – I was interested the whole way through, so thank you!

# Training booking



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## **How much does it cost?**

All training is free to all for those working in Southampton

## **Where is the training?**

Online via MS Teams

## **How do I book?**

Booking can be made via the form at <https://form.jotform.com/222122139902345>

## **And:**

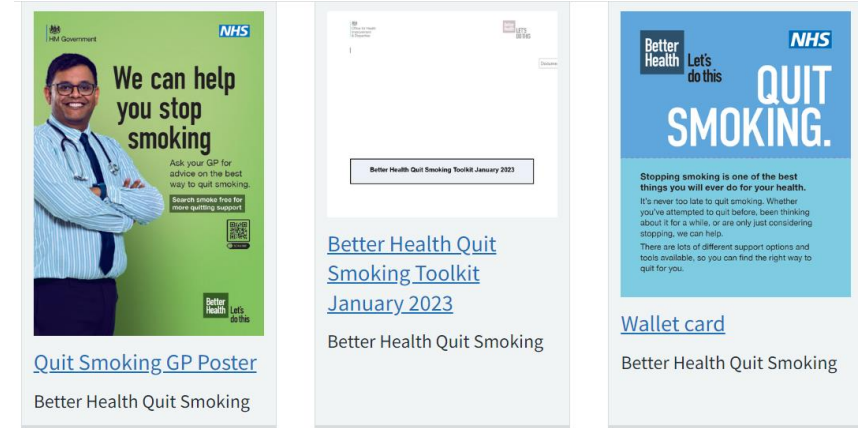
Bespoke sessions are available: we can attend team meetings, TARGET events etc

# Campaigns

## DEPARTMENT OF HEALTH RESOURCE CENTRE

[Search](#) | [Campaign Resource Centre \(dhsc.gov.uk\)](#)

- Posters
- Wallet Cards
- Digital Screen Animations
- NHS App Information
- Some available in Braille



# SSAB Self-Neglect Guides are now published and available

The resource comprises of a suite of six '1 minute briefings' aimed at supporting those working with adults to identify and respond to self-neglect with six key areas explored:

- Overview of Self-neglect
- Engagement
- Hoarding
- Homelessness
- Alcohol and substance use
- Trauma



Please follow this link to view and download all of the guides available:

[NEW – Self-neglect Guides – Southampton Local Safeguarding Adults Board \(southamptonlsab.org.uk\)](https://southamptonlsab.org.uk)



'Heat not burn'



# What are they?

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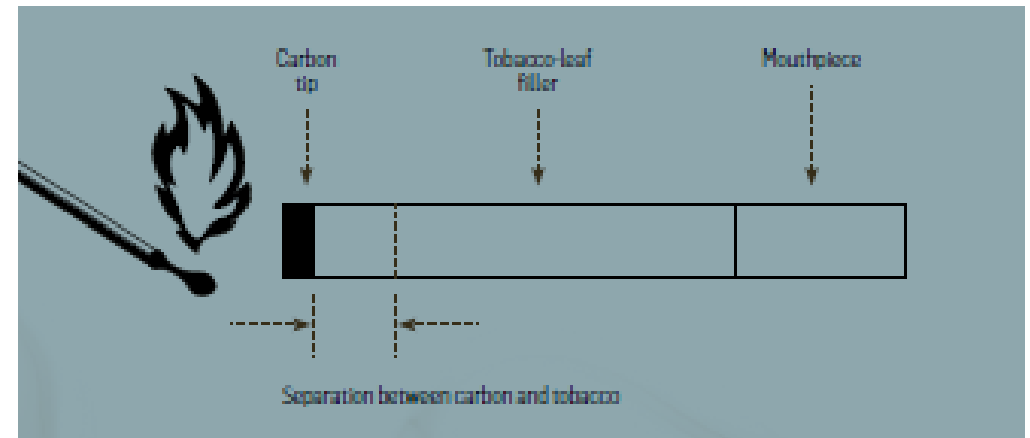
'Heat not burn' or 'heated tobacco' products (HTPs) are electronic devices that, unlike [e-cigarettes](#), contain tobacco leaf and heat it to a high temperature, without setting it alight which is then inhaled by users.

This difference is important. Because the devices contain tobacco, they come with all the long-term health concerns of tobacco. And with the tobacco industry investing heavily in research, development and marketing of these new products, understanding what's in them is vital

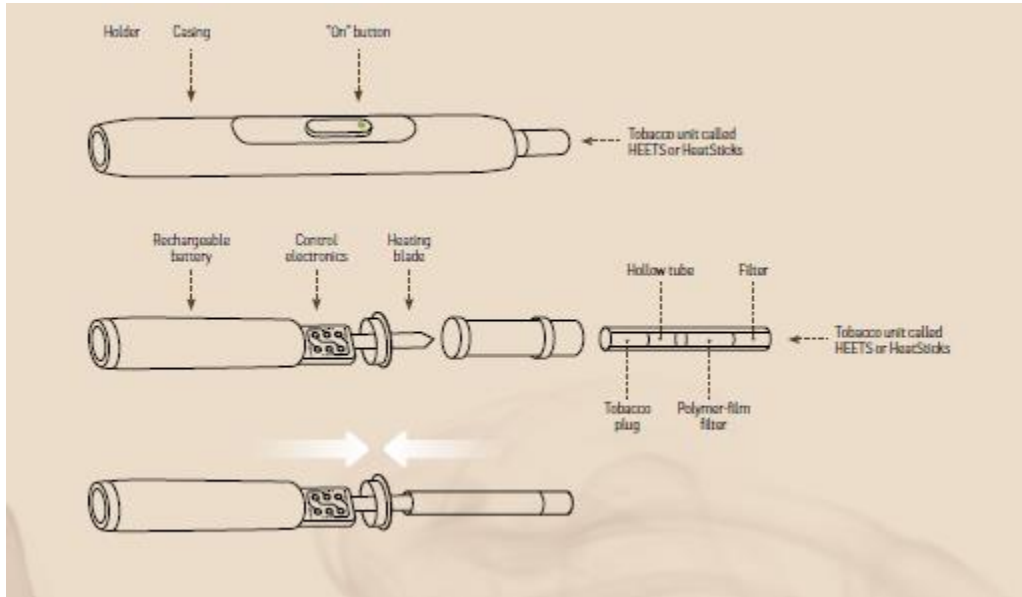


# Types (1)

- a cigarette-like device with an embedded heat source that can be used to aerosolize nicotine.
- The heat is provided by a pressed carbon-tip heat source located at the end of the product, which must be lighted like a conventional cigarette with a standard match or lighter.
- Once lit, heat is transferred from the carbon tip to the tobacco, which is not in contact.
- The resulting temperature of about 350 °C generates an emission infused with nicotine that is inhaled through the mouthpiece.
- No electrical system is used. After use, the product needs to be extinguished and discarded



# Types (2)



- The second type uses an external heat source to aerosolize nicotine from specially designed cigarettes.
- This is the basic design of **IQOS** and **Glo**
- Tobacco used in PMI's HTP is apparently not typical tobacco cutfiller but rather a reinforced web of cast-leaf tobacco (a type of reconstituted tobacco) that includes 5–30% by weight of compounds that form emissions,
- In IQOS, the tobacco is heated by a blade in the heater device inserted into the end of the heat stick (or tobacco-containing element) so that the heat dissipates through the tobacco plug on a puff.
- The emission then passes through a hollow acetate tube and a polymer film filter on the way to the mouth.

IQOS (PMI)



Glo (BAT)



# Types (3)

- A third type uses a heated sealed chamber like a micro-oven.
- A battery supplies the power to heat the chamber that transfers the heat through physical contact to any material the user places inside. The user must fill the micro-oven with the grounded tobacco leaf to aerosolize nicotine.
- The emission is then inhaled by the user through the mouthpiece.
- Unlike the other HTPs, the manufacturer does not provide or does not provide or recommend any of the materials to fill the chamber of the liquid insert.



# What's in them?

Heated tobacco products work by using electricity to heat sticks of tobacco, producing a vapour that's inhaled. The vapour contains nicotine, chemicals and other tobacco particles that are also found in traditional tobacco smoke.

The devices heat tobacco to 350C (662F), far lower than traditional cigarettes that burn at temperatures up to 900C (1,652F), but still high enough for harmful chemicals to be released into the vapour.



# Potentially toxic substances in mainstream emission

- HTPs' emission contains almost the same number of harmful and potentially harmful compounds (HPHCs) than conventional cigarette smoke, although in some cases at a lower level.
- A systematic review of published peer-reviewed papers shows that the levels of analysed toxicants were at least 62% lower than in cigarette smoke and particulate matter was 75% lower than in conventional cigarette smoke.
- The independent studies nevertheless reported less tar but more tobacco-specific nitrosamines and, apparently, acetaldehyde, acrolein and formaldehyde than industry-affiliated studies.

# Potentially toxic substances in side-stream and second-hand emission

- Like conventional cigarettes analysed HTPs generate a side-stream emission.
- Three studies (one independently funded and two affiliated to the tobacco industry) reported the levels of some HPHCs in IQOS and Glo. All of them found that formaldehyde and acetaldehyde were present in the second-hand emission, although at a level about 10–20 times lower than in cigarette smoke, respectively.
- Only the independent study found particulate matter and acrolein in the second-hand emission; in this study, particulate matter was about four times lower than in cigarette smoke and acrolein about 50 times lower.
- Consequently, the evidence suggests that second-hand emission from HTPs expose bystanders to quantifiable levels of PM and key toxicants but at a lower level than from second-hand smoke of combustible tobacco products.

# Are they the same as vapes?

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No. The big difference is that heat not burn products contain tobacco leaf, whereas e-cigarettes don't.

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On top of that, e-cigs don't always contain nicotine. But heat not burn products always will.

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There's a lot of evidence to suggest that e-cigarettes are far less harmful than smoking, as well as having the potential to help people quit smoking tobacco. But this evidence isn't there for heated tobacco products.

# How popular are they?

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In 2017, it was [estimated that 1.7% of adults in Great Britain](#) had tried a heated tobacco product. This compares to [19% of adults who had tried an e-cigarette](#).

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Japan: use of heat not burn products is relatively high - But in Japan, nicotine-containing e-cigarettes are illegal, whereas in the UK they have been actively promoted by public health bodies. This may be one reason that heat not burn is less popular in the UK. They're also more expensive than e-cigarettes, and much newer to the market."

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The tobacco industry will try to push these products more aggressively all over the world. "The tobacco industry's long-term future depends on the success of heat not burn and e-cigarettes, so they're going to throw loads of money at this in any way they can."

# Summary

- HTPs contain tobacco and emit nicotine and other toxicants.
- HTPs generate a mainstream emission and a side-stream emission. Inhaling the mainstream emission exposes HTP users to the toxicants contained in the emission. Bystanders may inhale the side-stream or second-hand emissions.
- Currently there is insufficient evidence to conclude that HTPs are less harmful than conventional cigarettes. In fact, there are concerns that while they may expose users to lower levels of some toxicants than conventional cigarettes, they also expose users to higher levels of other toxicants. It is not clear how this toxicological profile translates into short- and long-term health effects.



**Burns  
tobacco.  
Produces  
smoke.**



**Heats  
liquid.  
Produces  
vapour.**



**Heats  
tobacco.  
Produces  
vapour.**

IQOS