

# Is Vaping Better Than Smoking?

It is a fact that 20% of the UK's population are smokers; however, due to a variety of reasons, many have switched to vaping. But the question is, which is healthier? The past few weeks we have put this question to the test.



Cigarettes contain substances other than nicotine such as tar, battery acid, carbon monoxide and tobacco,

Tobacco increases the risks of lung, liver, bladder and bowel cancer, there is an estimate of 10,000 deaths from cancer in 2010. 18% of those deaths that year were from a tobacco related illness; on the other hand; studies show, smokers are less likely to have joint replacement surgery, Parkinson's disease and obesity due to the loss of appetite when smoking.

Today we interviewed members of the public about This question, this is one of our responses:

“I smoked when I was younger because it helped me stay

focused while working, but soon I used it for fun.

This made me feel special at work because we had our own smoke break group where lots

of people would stay outside to smoke, it isn't anti-social as adverts make it out to be. The nicotine in cigarettes is also an appetite suppressant which helped me manage my weight and keep it down, it is so addictive that even after 16 years of being without, in stressful situations I still want one. Now I can see that it smells disgusting, costs so much money and brings so many significant health problems that in hindsight, I wish I had never taken a puff”

Thankfully, since 1974, smoking cigarettes has been reduced by 10% for both men and women, but is this because of vape?

Statistics show that the popularity of vaping has risen:

Currently 5% of adults smoke. The number of 18-24 year olds vaping has risen by 4% from 2015-2016.

Vaping contains less carcinogens than cigarettes and the UK Department of Health says that e-cigarettes are at least 95% safer than regular tobacco cigars.



This is another response from our survey, this time about vaping:

“The health risks (of vaping) aren’t recognised! In 50 years, people (who vape) will be having significant health problems. I think people look ridiculous vaping. My husband stopped smoking for vaping and he vapes a lot more than he ever smoked. I can’t be near him when he does it, I have asthma and the smoke brings on attacks, so I know it cannot be healthy”

Although vaping is thought to be safer than smoking, people who vape suffer from dry skin, dry mouths and painful rashes on their face.

Both vaping and smoking bring many benefits and downfalls to our lives, but which is better? When asked this question, one of the replies was:

“I smoked since I was 18 and I tried vaping but I just didn’t enjoy it as much, I use smoking to help me to deal with stress, I don’t plan on smoking forever, I wouldn’t say I’m addicted, I just enjoy it and when I want to quit I will.”

In conclusion, smoking and vaping is shown to be unhealthy and should require serious thought because of the risks and dangers.

Although vaping is shown to be significantly safer, it still cannot be categorised as healthy.

**By Dylan, Zuzanna, Nora, Molly, James and Luke**