Quitting smoking is your own journey and story. Stopping smoking is one of the best things you can do for your current and future health.

There are a range of free stop smoking support services and subsidised medications that can make quitting a bit easier.

Vaping can provide the nicotine that smokers desire, but with fewer of the toxins that come from burning tobacco. You get to stay social, spend less, and once you've quit smoking you'll feel better for it.

GIVE YOURSELF A CHANCE

One of the biggest barriers to starting to vape can be having confidence to just start and see how you go. Having support from places like Quitline or your local stop smoking service, can make the difference in successfully switching.

To learn about vaping to quit smoking and find a stop smoking service visit **vapingfacts.health.nz**

Vaping Facts is brought to you by the Ministry of Health – Manatū Hauora and the Health Promotion Agency/Te Hiringa Hauora.

Ministry of Health – Manatū Hauora | auahi kore Aotearoa New Zealand 2025 | hpa health promotion agency – Te Hiringa Hauora

VAPING FACTS

This resource is available from healthed.govt.nz or the Authorised Provider at your DHB. HE2578

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VAPING FACTS

VAPING TO QUIT SMOKING

Vaping is much less harmful than smoking. If you don't smoke, don't vape.

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Vaping is only for smokers wanting to quit.

vapingfacts.health.nz

THE DIFFERENCE

Vaping is different to smoking

The difference between smoking and vaping is that smoking delivers nicotine by burning tobacco, which can cause smoking-related illnesses. Vaping delivers nicotine in a much less harmful way by heating a liquid. While nicotine is addictive, it doesn't cause cancer.

THE BENEFITS

Vaping is less harmful than smoking

Switching from smoking to vaping allows you to manage your cravings of nicotine, without as many harmful toxins that come from burning tobacco. Vaping also provides many of the behavioural and social aspects of smoking, which many people find is one of the hardest things to change.

THE RISKS

Vaping isn't harmless

The biggest risks of vaping are the unknown risks. Vaping hasn't been around long enough to know the risks of long-term use, so although any risk is likely to be much less harmful than smoking, it's not harmless. You should plan to eventually quit vaping too, but only when you know you won't go back to smoking.

WHĀNAU AND FRIENDS

You could help someone quit smoking

Many people who stop smoking do so because they are encouraged by friends and family. Your support could make a huge difference. Just remind them they're not alone.

- Ask them how they are.
- Remind them you're there.
- Be positive.
- Go to smokefree places.
- Do active things together.
- Remind them why they're quitting.
- See a local stop smoking service.
- Recommend they call or text Quitline.
- Get them to talk to their doctor or pharmacist.
- Take them to a vape store.

To support someone quitting, it can help to understand the bigger picture. The reasons people smoke can be a mix of physical (nicotine addiction), social (habits) and emotional. Helping whānau or friends with other stresses in life can improve their chances of successfully quitting smoking.