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Position Statement from the Center of Excellence for the Acceleration of Harm Reduction (CoEHAR) to the Brazilian Federal Senate

As a leading research institution dedicated to accelerating harm reduction strategies in tobacco control, the Center of Excellence for the Acceleration of Harm Reduction (CoEHAR) respectfully submits this position statement to the Brazilian Federal Senate to highlight the public health potential of e-cigarettes and advocate for science-driven policies, in particular those Brazilian-based.

1. E-Cigarettes as Lower-Risk Alternatives

Health ministries worldwide increasingly recognize and promote e-cigarettes as lower-risk alternatives to conventional cigarettes. Numerous studies, supported by public health agencies and health ministries, have shown that e-cigarettes deliver nicotine with far fewer harmful compounds than combustible tobacco products. By avoiding the combustion process, which produces tar and toxic chemicals responsible for the majority of smoking-related diseases, e-cigarettes present a significantly reduced risk profile. Ministries of health in several countries now endorse e-cigarettes as part of harm reduction strategies, supporting their use among adults unable or unwilling to quit nicotine altogether.

2. Reduction of Cancer, Lung Disease, and Cardiovascular Risks

The short- and medium-term health impacts of e-cigarettes, measured through biomarkers of exposure and potential harm, indicate substantial reductions in risks associated with major diseases. Biomarkers for carcinogens, respiratory toxins, and cardiovascular risks are consistently lower among e-cigarette users compared to traditional smokers. Evidence highlights that e-cigarette users exhibit markedly lower exposure levels to key toxicants linked to lung disease, cardiovascular issues, and various cancers. These findings suggest that e-cigarettes can play a critical role in reducing the overall disease burden attributed to tobacco smoking.

3. Global Trends in E-Cigarette Regulation and Commercialization

Globally, a significant number of countries have enacted formal frameworks to commercialize and regulate e-cigarettes. This regulatory approach reflects a commitment to both public health and consumer safety, ensuring that e-cigarette products meet safety and quality standards. As of the present, over 84% of OECD countries have established regulatory pathways for e-cigarettes, reflecting a growing global consensus on their role in harm reduction. This trend underscores the shift toward policies that recognize e-cigarettes as a viable tool to combat smoking-related diseases.

4. Scientific Convergence on Public Health Potential

The scientific community is increasingly acknowledging the potential of e-cigarettes to reduce smoking rates and contribute to public health improvements. An expanding body of research supports the efficacy of e-cigarettes as a smoking cessation aid and a harm reduction tool. This consensus emphasizes the necessity of implementing policies that align with scientific evidence to



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maximize the health benefits of e-cigarettes and support a pragmatic, risk-based approach to tobacco harm reduction.

CoEHAR encourages the Brazilian Federal Senate to consider e-cigarettes and tobacco harm reduction as critical components of tobacco control policy. Based on the scientific evidence, regulatory practices in other nations, and the substantial reduction in health risks associated with e-cigarette use, we advocate for policies that provide adult smokers with access to safer alternatives. Through a regulated framework, Brazil has the opportunity to reduce the burden of smoking-related diseases and improve public health outcomes.

Sincerely,

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