

ELECTRONIC CIGARETTES

Electronic cigarettes are also called “**e-cigarettes**”

- ⇒ Battery-operated devices that contain cartridges filled with nicotine, flavoring and other chemicals; can be either reusable or disposable.
- ⇒ When the user inhales from the end of the e-cigarette, a battery-operated vaporizer heats liquid solution into a vapor.
- ⇒ The vapor contains chemicals including propylene glycol and glycerin, tobacco-specific nitrosamines, and other tobacco-related contaminants.¹
- ⇒ Those who smoke e-cigarettes refer to their use as ‘vaping’ and do not consider themselves to be smokers, they use the term ‘vapers’.



The components of a typical e-cigarette:



Diagram courtesy of the Legacy for Health Foundation

Different types of electronic devices fall under the umbrella term of e-cigarettes

- ⇒ Some look like conventional cigarettes or cigars.
- ⇒ Some resemble everyday items such as pens and USB memory sticks.
- ⇒ There are also e-hookahs and e-pipes.

Electronic cigarettes are not regulated by the federal government, and the U.S. Food and Drug Administration (FDA) has not officially evaluated e-cigarettes for safety or effectiveness.

- ⇒ The FDA has announced their intention to regulate electronic cigarettes as they do other tobacco products

The health consequences of e-cigarette usage and the vapor that they give off are unknown, although they are often marketed as a safer alternative to smoking:

- ⇒ There is currently no scientific evidence establishing the safety of e-cigarettes.
- ⇒ No brand of e-cigarette has been submitted to the FDA for evaluation of their safety.²
- ⇒ There is no scientific evidence that use of e-cigarettes is an effective way to help people quit smoking conventional cigarettes.³

E-cigarettes are available in a number of flavors, such as cherry, fruit punch, and gummy bear:

- ⇒ The FDA banned flavors in conventional cigarettes in 2009 due to their appeal to youth.
- ⇒ Unlike advertising restrictions on other tobacco products to reduce youth exposure, there are currently no restrictions on advertising vapor products.

The percentage of U.S. middle and high school students who use electronic cigarettes more than doubled from 2011 to 2012, according to data published by the Centers for Disease Control and Prevention.

The findings from the National Youth Tobacco Survey show that the percentage of high school students who reported ever using an e-cigarette rose from 4.7 percent in 2011 to 10.0 percent in 2012.

Usage also doubled among middle school students.

"The increased use of e-cigarettes by teens is deeply troubling," said CDC Director Tom Frieden, M.D., M.P.H. "Nicotine is a highly addictive drug. Many teens who start with e-cigarettes may be condemned to struggling with a lifelong addiction to nicotine and conventional cigarettes."

Centers for Disease Control and Prevention

ELECTRONIC CIGARETTES, CONTINUED

Use of E-Cigarettes....

...in Connecticut

9.1% of all adults reported ever using electronic cigarettes⁴ In 2012.

6.9% of all high school students reported trying electronic cigarettes in 2011.⁵

9.0% of males, 4.7% of females

The prevalence of any e-cigarette use significantly increased from 3.6% in grade 9 to 9.6% in grade 12.⁵

....in the United States

Nearly 21% of adults who smoke traditional cigarettes reported using electronic cigarettes in 2011, up from about 10% in 2010.

Overall, about 6% of all adults have tried e-cigarettes, nearly doubling from 2010 estimates.³

When the FDA conducted limited laboratory studies of certain samples of electronic cigarettes, they found significant quality issues that indicate the quality control processes used to manufacture these products are sub-standard or non-existent.⁶

⇒ FDA found nicotine, which is a highly addictive component found in tobacco plants.

⇒ FDA found that cartridges labeled as containing no nicotine contained nicotine and that three different electronic cigarette cartridges with the same label emitted a markedly different amount of nicotine with each puff.



# Brands Tested	Accuracy of Label ⁷
7	More Nicotine
10	Accurate
18	Less Nicotine

⇒ FDA found carcinogens and toxic chemicals such as diethylene glycol, an ingredient used in antifreeze.

A study determined that the exhaled aerosol from an e-cigarette contained propylene glycol, ultrafine particles, nicotine, metals, and carcinogens that were then added to indoor air.⁷

⇒ Widespread studies have not been completed.

The electronic cigarette industry has grown exponentially since they were first introduced in China in 2004.

⇒ The three largest tobacco companies (Phillip Morris, R.J. Reynolds and Lorillard) now have their own e-cigarette product lines and are putting significant resources into promoting these new products.⁸

References:

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