

## EFMHS OVX E-Cigarette Testimony

February 10, 2016

### Talking Points

- I. What we're learning about e-cigarettes is alarming us –especially when it comes to our peers and our younger siblings.
- II. Nationally, E-cigarette use among high schoolers has increased 9-fold in 3 years.
- III. In Vermont according to the 2015 Youth Risk Behavior Survey that came out just last month, 30% of High Schoolers have ever used e-vapor products and 15% are using them on one or more of the past 30 days. That is more than the 11% who used cigarettes in the past 30 days.
- IV. E-cigarette products are impacting very young children. There has been a 215% increase in monthly e-cigarette exposure calls to poison centers, 51% involving children under the age of 6. Source: CDC Morbidity and Mortality Weekly Report, April 4, 2014 "Notes from the Field: Calls to Poison Centers for Exposures to Electronic Cigarettes – United States, September 2010–February 2014" ([http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6313a4.htm?s\\_cid=mm6313a4\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6313a4.htm?s_cid=mm6313a4_w))
- I. Early research is demonstrating that youth use could put them at increased risk for nicotine addiction, impact their brain development and increase their intentions to smoke cigarettes. These products seem as though they are designed to recruit young users – they come in thousands of flavors that appeal to youth including cotton candy, peanut butter cup, popcorn, and rainbow candy. The advertisements are both appealing to kids and unregulated (can be on TV) just like cigarettes once were.
- I. They are NOT approved aids to help people quit. In fact, studies are showing that 3 in 4 smokers are using both cigarettes and e-cigarettes. There are many approved cessation tools and supports to help people quit. Vermont has 802Quits which offers free counseling in addition to patches, gum and lozenges. E-cigarettes are not among them. Cited on Electronic Nicotine Delivery Systems: Key Facts, CDC Office on Smoking and Health, July 2015
- II. Lastly, it is not harmless water vapor that is emitted. It is an aerosol that contains known cancer-causing agents, heavy metals and propylene glycol, to name a few.
- III. And we also want to make sure youth are protected from yet another product that is addictive or could increase our chances of using another deadly product like cigarettes or chew.
- IV. Help protect us from these products. We may not know what the long term effects of e-cigarettes are, but we know enough to know they are not ok for youth.

- V. Help protect us from their aerosols. We don't want to be exposed to heavy metals and cancer causing agents when we're in public spaces, in cars or at work. So far, these products are legal to be used in all of those areas.

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