

# Electronic Smoking Devices, “E-Cigs”

Rebecca Ryan

American Lung Association in Vermont

March 2015

# Passage of the Tobacco Control Act



Photo Credit: Pablo Martinez Monsivais/AP

- Signed into law on June 22, 2009
- Gave FDA immediate authority over cigarettes, smokeless and roll-your-own
- Gave FDA option to “deem” authority over all other tobacco products

# Where Things Stand

## Regulated by FDA

- Cigarettes
- Smokeless tobacco
- Roll-you-own tobacco

## Not Regulated

- Cigars
- Little cigars
- E-cigarettes
- Hookah

# E-Cigarettes

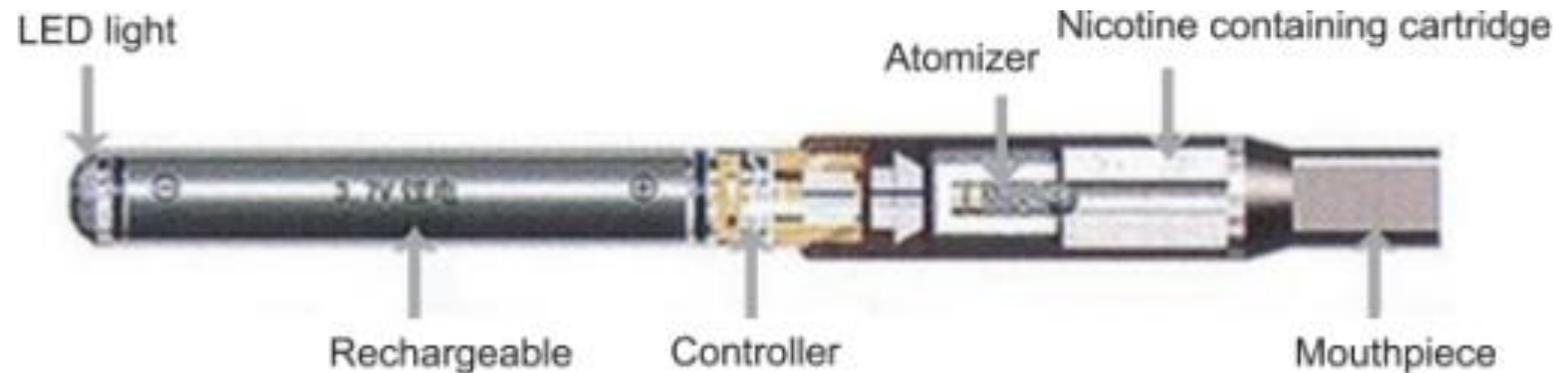
# What Are E-Cigarettes?

## FDA's Definition

Devices that allow users to inhale a vapor containing nicotine or other substances

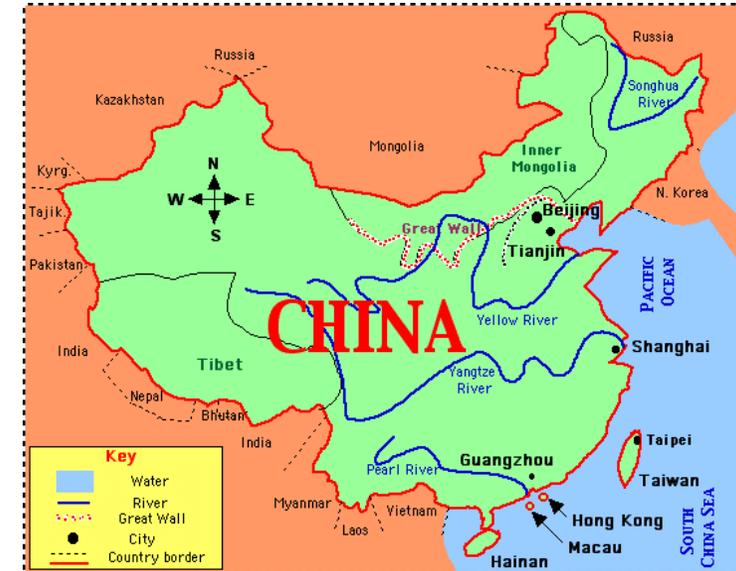
## Typical Contents

- Battery
- Heating element
- Cartridge containing chemicals, usually including nicotine and flavoring
- Atomizer nozzle to suspend chemicals in vapor



# Background on E-Cigarettes

- E-cigarettes were imported from China starting in late 2007/early 2008 via Internet sale
- E-cigarettes include e-pens, e-pipes, e-hookah, e-cigars – known collectively as ENDS – electronic nicotine delivery systems
- Almost 500 brands are now on the market
- Over 7700 flavored products now on the market



# E-Cigarettes on the Market

# E-Cigarettes and Pens



**BUDDY**  
bud



# E-Cigars



# E-Hookah



## What are E-cigarettes....Really?

- E-cigarettes are **unregulated tobacco products**
- **No** e-cigarette has been found by FDA to be safe and effective in helping smokers quit
- Almost all e-cigarettes contain nicotine – including many that claim they are nicotine-free

The American Lung Association is gravely concerned that e-cigarettes are a gateway product to traditional cigarettes.



# Facts & Figures

## Current E-Cigarette Usage Facts

- According to CDC, the use of e-cigarettes among middle & high school kids has tripled from 2011 to 2013, and more than 12% of high school students are using two or more tobacco products.
- In December, NIH's "Monitoring the Future" found e-cigarette use among teens *exceeds* traditional cigarette use and e-cigarette use among 8<sup>th</sup> and 10<sup>th</sup> graders was *double* that of traditional cigarette smoking.
- Adult e-cig users are still smoking: Among current e-cigarette users, the proportion of current cigarette smokers was 72.0% during 2010-11 and 76.8% during 2012-13.

# Health Impacts

- The U.S. Surgeon General has found that nicotine alters adolescent brain development
- In 2009, FDA conducted lab tests and found detectable levels of toxic cancer-causing chemicals, including an ingredient used in anti-freeze, in two leading brands of e-cigarettes and 18 various cartridges.
- A 2014 study found that e-cigarettes with a higher voltage level have higher amounts of formaldehyde, a carcinogen.



## Secondhand E-Cigarette Emissions

- Two initial studies have found formaldehyde, benzene and tobacco-specific nitrosamines (a carcinogen) coming from those secondhand emissions.
- Other studies have shown that chemicals exhaled by users also contain formaldehyde, acetaldehyde and other potential irritants.



# E-Cigs: The Bottom Line

# Bottom Line



1. E-cigarettes are tobacco products.
2. No one knows what is in e-cigarettes or what the health impacts may be.
3. According to CDC, youth use of e-cigarettes has tripled in 3 years.
4. FDA has not found any e-cig to be safe & effective in helping smokers quit.
5. Initial studies have shown formaldehyde, benzene & other items in secondhand e-cigarette emissions
6. **FDA must have oversight authority over these products**

# Regulation

The Coalition for a Tobacco Free Vermont, including the American Lung Association, American Heart Association and American Cancer Society Cancer Action Network:

- Supports including e-cigarettes in smokefree laws and ordinances, including H.171. We recommend a change to definition of “tobacco substitutes” in 7 V.S.A., § 1001 by eliminating the language exempting products approved by the FDA for cessation.
- Supports state laws that would prohibit the sale of any flavored e-cigarette product, including H.59. We recommend the ban include all flavors, including menthol.