

E-Cigarettes and Smokeless Tobacco: Talking Points (March 25, 2014)

E-Cigarettes are Unregulated Products: Unregulated manufacturing, lack of standards and quality control are all of concern for advocates and health officials. There is insufficient data on health risks. The WHO's public statement on e-cigarettes: "Strongly advised not to use them."

International and National Organization Policy Statements: WHO, Legacy Foundation, American Lung Association and the American Cancer Society among others have released policy statements against or expressing concern about the safety of using e-cigarettes and the lack of efficacy in using as a cessation device.

Peer-Reviewed Research: Evidence Weak for Use as Cessation Device, May Promote Dual Use

- Research among 6 states' Quitlines found 31% of study participants reported ever using or trying e-cigarettes, 51% used e-cigarettes to help quit other tobacco products, and 15% to replace other tobacco use. Those reporting e-cigarette use were less likely to be tobacco abstinent at the time of the follow-up survey than those who had never tried e-cigarettes (Vickerman et al, Nicotine and Tobacco Research, May 2013).
- A large national survey showed that current smokers are significantly more likely to be e-cigarette users than former smokers and never smokers, indicating that e-cigarettes promote dual use but not cessation.
(<http://ntr.oxfordjournals.org/content/early/2013/02/20/ntr.ntt013.abstract>)
- While many smokers try to use e-cigarettes for cessation, a study conducted by a national quitline provider (Alere) showed that e-cigarette users are significantly less likely to quit smoking than non e-cigarette users at seven-month follow up.
(<http://ntr.oxfordjournals.org/content/early/2013/05/07/ntr.ntt061.abstract.html?paperoc>)
- A recent study of over 75,000 Korean youth showed that e-cigarette use is strongly associated with current and heavier cigarette smoking.
([http://www.jahonline.org/article/S1054-139X\(13\)00748-9/abstract](http://www.jahonline.org/article/S1054-139X(13)00748-9/abstract))
- Data from the National Youth Tobacco Survey found that U.S middle and high school e-cigarette users are more likely to be current, established smokers. Furthermore, among youth experimenting with conventional cigarettes, those who had used e-cigarettes more likely to have used conventional cigarettes in the last month or year. The authors concluded that "use of e-cigarettes does not discourage, and may encourage, conventional cigarette use among U.S. adolescents."
(<http://archpedi.jamanetwork.com/article.aspx?articleid=1840772>)
- E-cigarette use among U.S. youth has doubled in the past two years, and 80% of current high school e-cigarette users are also users of conventional cigarettes
(<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6235a6.htm>).

E-Cigarette Summary: A growing body of evidence is showing that e-cigarettes promote dual use and possibly heavier use of tobacco products among both adults and youth. Peer-reviewed literature to-date indicates that e-cigarettes do not promote cessation. **For VDH's fact sheet on e-cigarettes:** http://healthvermont.gov/prevent/tobacco/documents/Ecigarette_factsheet.pdf

