

Coalition For a Tobacco Free Vermont – Fact Check

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“Propylene glycol is a [known] carcinogen found in e-cigarettes and in antifreeze”.

Mostly FALSE. Propylene glycol is found in e-cigarettes and in non-toxic antifreeze. It is also found in asthma inhalers, toothpaste, injectable drug solutions, foods and beverages and has been “Generally Recognized as Safe” by the FDA.

(See SCOGS No. 27, <http://www.fda.gov/Food/IngredientsPackagingLabeling/GRAS/SCOGS/ucm261045.htm>)

“In 2014, only 11 percent of Vermont smokers completely converted to ecigarettes, as the majority of e-cigarette users continue to smoke.”

Likely FALSE. According to the Coalition For a Tobacco Free Vermont, this figure comes from the 2014 BRFSS. This is odd as the BRFSS specifically exempted e-cigarettes and e-cigarette users from the 2014 survey. However, preliminary results from a survey of current e-cigarette users in Vermont being conducted this year shows a 95.31% quit rate (99% CI 6.81).

(See 2014 BRFSS Questionnaire sec. 9.1, http://www.cdc.gov/brfss/questionnaires/pdf-ques/2014_brfss.pdf)

“There is currently no scientific evidence to support the safety of e-cigarettes or the aerosol they emit.”

FALSE. Numerous peer reviewed studies have been done that do support the safety of e-cigarettes and, in particular, the “secondhand” or side-stream vapor / aerosol. Researchers have found that “[t]here is no evidence that vaping produces inhalable exposures to contaminants of the aerosol that would warrant health concerns by the standards that are used to ensure safety of workplaces. . . . Exposures of bystanders are likely to be orders of magnitude less, and thus pose no apparent concern.”

(See e.g. Burstyn, I. Peering through the mist: systematic review of what the chemistry of contaminants in electronic cigarettes tells us about health risks. BMC Public Health 14:18.)

“E-cigarettes use has tripled among youth who do not smoke.”

Most Likely TRUE But MISLEADING. Whether minors are using e-cigarettes should be of less concern than whether those minors using e-cigarettes used to smoke or would have started smoking if not for e-cigarettes. There is no scientific debate over whether e-cigarettes are healthier than cigarettes – they are. Indeed, a study recently found that “state bans on e-cigarette sales to minors . . . increase [] recent smoking in this age group [12-17], relative to states without such bans.”

(See Friedman, A. How does electronic cigarette access affect adolescent smoking? 2015. Journal of Health Economics 44:300.)