

E-CIGARETTES

Knox County Health Department

Spring 2015

A Guide to Banning Vaping and Electronic Cigarette Products

This informative guide is a resource for private businesses to use in implementing policies regarding the use of electronic cigarettes, or vaping products, on their property.

A Growing Market

Electronic cigarettes were introduced in 2006. Since that time, one in five smokers (of approximately 45 million smokers in the U.S.) have tried an e-cigarette. Overall, about 6% of the U.S. adult population has tried an e-cigarette. It is estimated that there are 2.5 million e-cig smokers in the U.S. who using the products regularly. (CDC, 2013) There are more than 250 brands of electronic cigarettes or vaping devices. It is estimated to be a \$2 billion industry globally.

Q: How many youth are using electronic cigarettes?

A: 6.8% of students report ever trying e-cigs (2011-2012), with many also using conventional cigarettes. Nicotine addiction at a young age is associated with life-long use and health consequences (CDC).

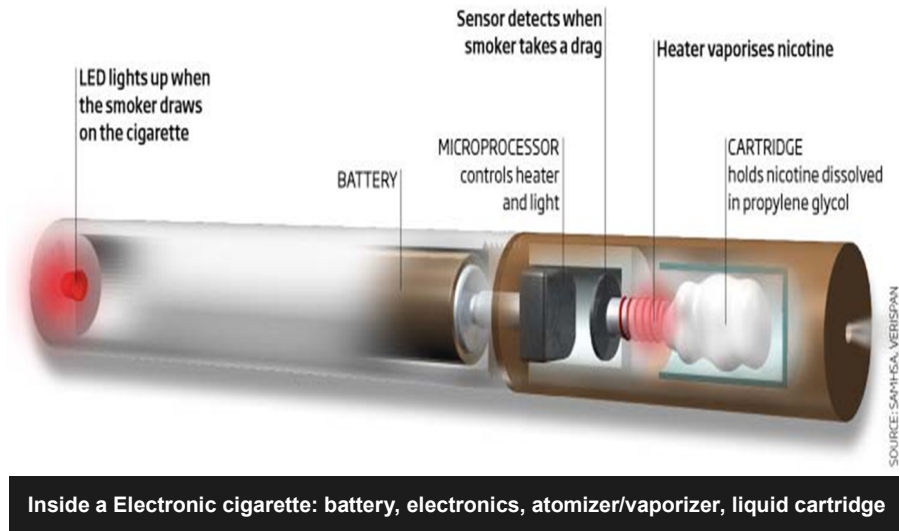
*"...states and cities
across the country are
folding e-cigarettes into
clean air policies "*

*- Tim McAfee, M.D., M.P.H,
Director of CDC's Office on
Smoking and Health*



In This Guide

- What are E-cigs?
- Current Regulation
- Health Facts
- Health Effects: The unknown
- Authority to Ban
- Tobacco Free Workplace



Inside a Electronic cigarette: battery, electronics, atomizer/vaporizer, liquid cartridge

Current FDA Regulation

E-cigarettes are not regulated by the FDA like traditional tobacco products. They are not approved as a nicotine delivery system or cessation tool. Manufacturers are not permitted to make therapeutic or health claims.

The manufacturing of each device and each e-liquid is varied by brand or retailer, and is also not regulated.

Some states have yet to ban to sale of e-cigs to minors. They are readily available for purchase on the Internet. The cost is relatively low, with the upfront purchase of the device the most expensive. In Tennessee, no legislation exists to tax these products, which is a proven tactic to drive down tobacco sales, especially to youth.

What are Electronic Cigarettes?

Electronic cigarettes, also known as e-cigarettes, are battery-operated products designed to deliver nicotine, flavor and other chemicals. They turn chemicals, including highly addictive nicotine, into an aerosol that is inhaled by the user.

Most e-cigarettes are manufactured to look like conventional cigarettes, cigars, or pipes. Some resemble everyday items such as pens and USB memory sticks. (FDA, 2015)

Types of e-cigarettes include: disposable e-cigs, rechargeable e-cigs, pen style (medium size), tank style (large size) e-cigarettes. They may go by other names, including: vaping products/devices, vaporizers, cig-alikes, e-hookah, e-puffer, e-cigar.

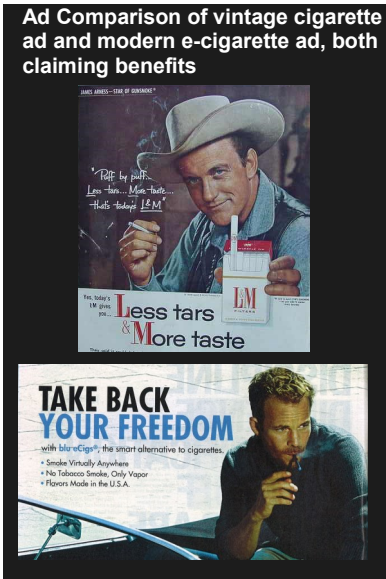
E-liquid components

The liquid cartridge contains water, liquid nicotine, propylene glycol, and flavoring agents. Other unknown chemicals may also be present. It is not known how these chemicals change or affect lung tissue once heated and inhaled. Studies have shown that formaldehyde or formaldehyde-containing compounds are found in the vapor.

Advertising Tactics

E-cig companies are using the same advertising tactics that have been banned for tobacco products, such as TV, print ads, free samples, sponsorship and marketing to children. Advertising of e-cigarettes models cigarette smoking, which may in fact be promoting both habits.

Vaping devices are often marketed as the “smarter” or “healthier” alternative to smoking. The literature has yet to prove this claim. They come in many flavors, some traditional tobacco flavors and menthol, and many colorful, candy or food-like flavors.



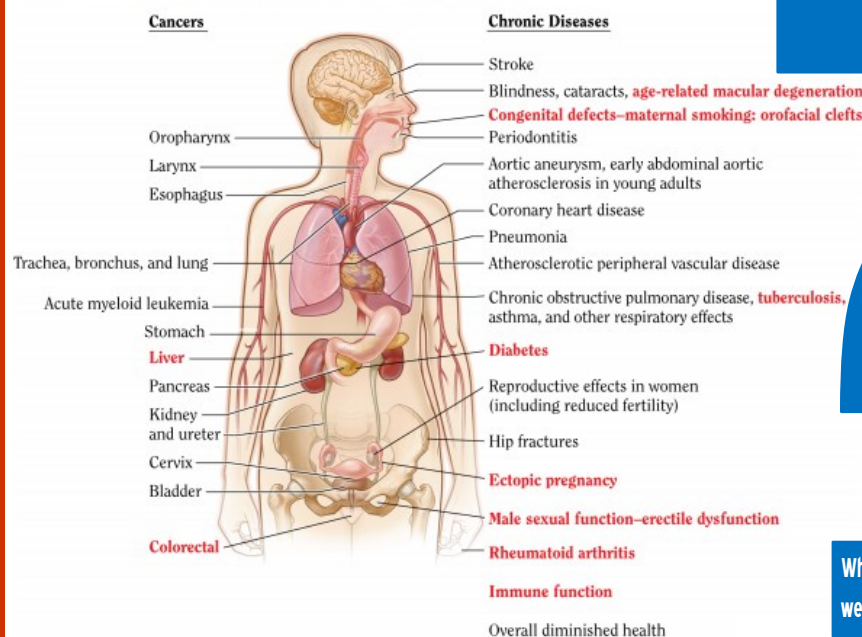
Health Facts

E-Cigs and vaping products contain a liquid form of nicotine, derived from tobacco.

- ◆ Nicotine is addictive
- ◆ Nicotine levels can vary from low to very high
- ◆ E-liquid contains chemicals such as propylene glycol, flavors, and other substances.
- ◆ E-liquids can be adulterated, altered or contaminated
- ◆ E-liquids can also contain no nicotine, but flavors can still irritate lung tissue
- ◆ Formaldehyde, a carcinogen, may be formed in the vaping process
- ◆ Research does not support their use in tobacco cessation
- ◆ Liquid nicotine can be toxic to children
- ◆ No packaging laws exist to make e-liquids child resistant
- ◆ Poison control calls for e-cigarette exposures range 300-500 per month, up from one per month in 2010.

Surgeon General's Report

Figure 1A The health consequences causally linked to smoking



Source: USDHHS 2004, 2006, 2012.

Note: The condition in red is a new disease that has been causally linked to smoking in this report.

Surgeon General's Report: The Health Consequences of Smoking—50

Years of Progress, 2014. This graphic displays all the new diseases linked to smoking. What will 2064 look like?

Health Effects: What we don't know

In 2014, the landmark Surgeon General's Report on Smoking celebrated 50 years. Much of what we know today about the long term consequences of smoking took many years to discover. Electronic cigarettes have been on the market less than 10 years, and their popularity has grown rapidly. Longitudinal studies are simply not available yet.

There is no proof that they are "safer" or "healthier" than smoking, or if they pose different or additional risk. Many users of e-cigarettes many still smoke while "vaping;" others may have never smoked, but start after using e-cigarettes. Some studies have shown that vaping products and their advertisements promote the use and habits of continued cigarette smoking, rather than encouraging cessation.

Second-hand vapor is also a potential risk to those around people using electronic cigarettes. Due to the variable nature of the vaping device, and the variation in the e-liquid contents, it is unknown how many harmful chemicals are in the expelled vapor. Product labeling of actual nicotine concentration could be vastly misrepresented due to the lack of FDA regulation. Third-hand vapor may leave behind a residue of nicotine and chemicals on surfaces, clothing and other aspects of the environment, which could be harmful as well.

Electronic Cigarettes

Safe?

Healthy?

Harmful?

Helpful?

Regulate?

Tax?

Ban?

When will we know?

Authority to Ban E-cigarettes

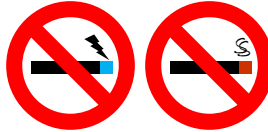
Private businesses have the right to ban the use of electronic cigarettes/vaping products on their property. Tips when developing a policy:

- Assemble a team or task force, gather information,
- Keep the written policy simple,
- Announce the policy, start date, and post signage as appropriate,
- Monitor the process and the policy implementation
- Additional Resources: Policy Flow Chart & Model Ordinance <http://changelabsolutions.org/publications/e-cig-ord>

Tobacco Free Workplace

The Tennessee Non-Smokers Protection Act of 2007 protects Tennesseans from second-hand smoke in many indoor places, such as restaurants and hotels. For resources in making your workplace tobacco free campus wide, visit:

http://www.knoxcounty.org/health/tobacco_use.php



Contact Us

Tobacco Use Prevention and Control is a program under Community Health

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www.knoxcounty.org/health

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