

E-Cigarette Devices — Frequently Asked Questions

Q.1: Are e-cigarettes a healthy option?

Although the long-term effects of Electronic Nicotine Delivery Systems (ENDS) are not known, current-generation e-cigarettes are markedly less harmful than cigarettes. However, because they are less harmful than cigarettes, this does not mean they are healthy for anyone relative to not using the devices at all.¹ Nicotine from e-cigarette aerosol is addictive, increases the heart rate, has variable effects on blood pressure, and can contribute to hardening of the arteries.²

Q.2: Is secondhand e-cigarette “vapor” harmless?

No. E-cigarettes emit an aerosol of several chemicals, not water vapor despite claims by marketers. E-cigarettes emit tiny particles known to irritate the lungs, eyes and throat³⁻⁵ and contribute to heart disease.⁶ Other studies also show that bystanders passively absorb nicotine from e-cigarettes.⁷⁻⁹

Q.3: I have heard conflicting reports, both claiming to be scientific. Which do I believe?

The most comprehensive report to date was commissioned by the U.S. National Academies of Science, Engineering, and Medicine and published in January 2018.¹⁰ That report was commissioned by the Food and Drug Administration (FDA) Center for Tobacco Products and provided 47 concrete conclusions about the potential and known health effects of e-cigarettes. Such consensus reports are the best source of comprehensive scientific processes and should be the first point of reference for someone seeking clarity on contested scientific topics.

Q.4: Can e-cigarettes help smokers quit smoking?

Thousands of former smokers and current vapers claim that their e-cigarettes helped them quit using cigarettes and their stories contain much merit. But, e-cigarettes are not an FDA-approved quit aid and are not recommended as a smoking cessation method by the U.S. Preventive Task Force or the Centers for Disease Control (CDC).¹¹⁻¹² Those agencies recommend smokers use behavioral and nicotine replacement therapy in a quit attempt in order to increase a person’s chances of success.

Q.5: Will allowing e-cigarette use indoors inspire others to switch or stop smoking?

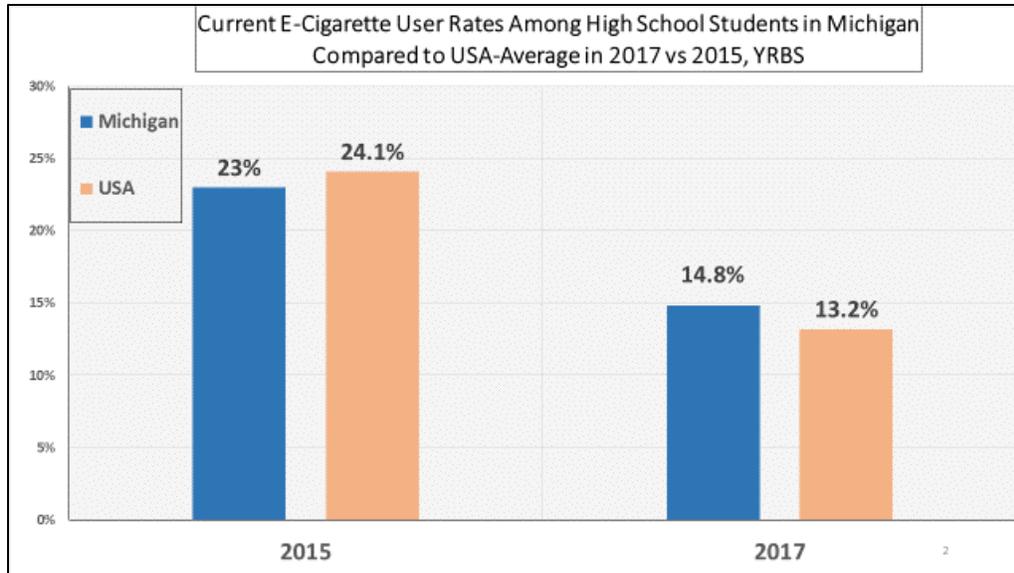
Not likely. The majority of current adult e-cigarette users in the U.S. are *dual users*, meaning they also smoke traditional cigarettes.¹³ An international study revealed that 80% of e-cigarette users admitted using them in smoke-free zones only to get around smoke-free laws.¹⁴

Q.6: How many youth use e-cigarettes?

Data from the University of Michigan’s Monitoring the Future study shows that past month nicotine vaping among 12th graders nationwide rose from 11.0% in 2017 to 20.9% in 2018. This is a worryingly large increase and constitutes the basis of a response to protect the community health.¹⁵



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Q.7: What are the effects of e-cigarette use on youth?

Youth and young adults who use e-cigarettes could experience permanent effects of nicotine on the brain, such as lowered impulse control, mood disorders, and problems with attention and learning.^{10,16} The 2016 Surgeon General’s Report emphasizes that brain development continues into young adulthood, until about age 25.¹⁶ Youth also are at high risk for addiction and may succumb to life-long nicotine dependence.¹⁷ <https://e-cigarettes.surgeongeneral.gov/>

Educational Resources:

Stanford Prevention Toolkit: <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>

Q.8: How can I protect myself and my loved ones from exposure to e-cigarette aerosol?

Smoke-free policies are the best way to protect individuals from exposure to secondhand aerosol and smoke. All electronic smoking devices should be included in smoke-free policies because they pollute the air. Everyone has the right to breathe clean air in their workplace and public places.

Q.9: What are other governments doing about e-cigarettes devices?

More than 700 local and 13 state governments across the U.S. prohibit e-cigarette use in their smoke-free laws, but not Michigan. Michigan has no tax on e-cigarette products like other tobacco products. The Food and Drug Administration does prohibit sales to minors, which does apply to sales in the state of Michigan. To report a violation: Call 1-877-CTP-1373. For an up-to-date list of U.S. laws related to e-cigarettes, visit <http://no-smoke.org/wp-content/uploads/pdf/ecigslaws.pdf>.

Q.10: Can schools, business, and local units of government prohibit use of e-cigarette devices in their facilities and on their grounds?

Yes.

- ▶ **BOTTOM LINE:** E-cigarettes pollute the air and should be included in all smoke- and tobacco-free policies. E-cigarettes (ENDS) products are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products.

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