

## E-Cigarettes (Healthy Communities)

Electronic smoking devices, or electronic nicotine delivery systems, include but are not limited to electronic cigarettes (e-cigarettes), vape sticks, hookah pens, and personalized vaping units. These battery-powered devices deliver an aerosol vapor, typically composed of nicotine, propylene glycol, and other chemicals. According to the World Health Organization, the safety of electronic cigarettes and their efficacy in smoking cessation programs have not been scientifically demonstrated, and what evidence exists is somewhat contradictory. While some studies have shown it as a possibly healthier alternative to traditional tobacco or even a tool to help smoking cessation, others found dangers in second hand exposure and suggested the use of E-cigarettes may lead minors to try other tobacco products.

Although e-cigarettes do not generate side-stream aerosols between puffs, users do release aerosols upon exhalation. Several laboratory studies have shown that nicotine and probable carcinogens are released but at much lower levels than those associated with conventional tobacco cigarettes. However, other studies have documented particle size distributions similar to those of conventional tobacco cigarettes, with some e-cigarettes delivering more particles than conventional cigarettes. Exposure to nicotine liquids is another health concern. According to the American Association of Poison Control Centers, the number of poisoning cases linked to e-cigarette liquids tripled to 1,351 between 2011 and 2012, and, similarly, the number of cases referred to hospitals in 2013 was triple that of 2012.

There is evidence that both adults and young people in the United States are initiating e-cigarette use at increasing rates. Given the potential threat to lung health and the need for rigorous scientific research on the safety and effectiveness of e-cigarettes, the Vermont Public Health Association supports...

- The Food and Drug Administration to establish regulations that hold e-cigarettes to at least the same marketing and advertising rules as conventional tobacco cigarettes. This would include media advertising and appropriate warning labels, prohibiting flavors, banning sports and entertainment sponsorships, and placing e-cigarette products behind counters in stores.
- The Consumer Product Safety Commission to add nicotine to its list of substances covered by regulations and to require special packaging, such as childproof packaging and warning labels, on nicotine solution cartridges to prevent childhood poisoning.
- Employers to prohibit the use of e-cigarettes on their premises.
- impose a tax on the nicotine liquid used in e-cigarettes