

Tobacco Free *Amarillo*

Position on e-Cigarettes



Tobacco Free Amarillo (TFA) stands in opposition to the use of all tobacco and unregulated nicotine delivery products, such as cigarettes and spit tobacco, as well as more recent products such as electronic cigarettes (e-cigs) and snus.

As a result of widespread information about the dangers of tobacco and the increase in tobacco free policies in the United States, the tobacco industry developed these new products, allowing consumption of nicotine without the use of a cigarette.



In many cases, these new products are claimed and/or perceived to be 'harm reducing' or safe alternatives to conventional cigarettes; however, there is no reliable science to substantiate this claim. To the contrary, available research suggests these products pose a significant health risk to individuals, placing them at continued high risk for disease and negative health outcomes. ***The Federal Drug Administration (FDA) has neither reviewed nor tested any electronic cigarette or vaping product.*** The use of these products is strongly discouraged.

TFA further believes that existing laws, regulations or policies that pertain to the use of tobacco products should be extended to include e-cigarette and vaping products.

WHAT ARE E-CIGS?

Electronic cigarettes (also known as e-cigarettes or e-cigs) are designed to mimic the look and vapor of traditional combustible cigarettes. These battery-operated devices heat liquid that contains nicotine, flavors and other additives to create a vapor to be inhaled by the user.

While manufacturers state these products are safe alternatives to traditional cigarettes, e-cigarettes are not inspected or regulated by the FDA, so ***consumers should question the safety of these products.***

The research on electronic cigarettes is in its infancy, but already studies have found variable amounts of nicotine (differing from the label) and traces of cancer-causing substances. Often, the exact ingredients are not provided on the package labeling. The long-term health effects of e-cigarettes are not yet known, but short-term lung changes are similar to those caused by traditional cigarettes³.

Due in part to the negative cultural acceptance of tobacco use, the rates of traditional smoking has declined; in contrast, the popularity of e-cigarettes is increasing⁴. In 2014, there were 466 brands and 7,764 unique flavored products, many differing greatly in style and composition, making e-cigarettes easily accessible and appealing⁵. It may be too early to fully see the consequences of cultural acceptance of e-cigarettes, but some data already suggest a potential negative impact. One such study conducted by the FDA showed an increased perception of acceptability of e-cigarette smoking in young adults⁶. A survey conducted by the Centers for Disease Control and Prevention (CDC) found that ***e-cigarette use in middle school and high school students doubled from 2011 to 2012***⁷.

The FDA has proposed extending authority to regulate e-cigarettes as the health risks, manufacturing quality and nicotine abuse potential is not known⁸.

Several major health organizations have published statements regarding the use of e-cigarettes. These organizations recommend the use of FDA-approved medications that have been shown to be safe and effective, such as nicotine replacement products (patch, gum, lozenges, nasal spray, and oral inhaler), varenicline tablets (Chantix®), or bupropion tablets (Zyban®). They do not recognize e-cigarettes as a safe alternative to traditional cigarettes and call for more research to determine the health risks to users and secondhand exposure of non-users⁹.



TOBACCO FREE AMARILLO JOINS MAJOR HEALTH ORGANIZATIONS TO SUPPORT THE FOLLOWING:

- **E-cigarettes are not an alternative for FDA-approved products for the cessation of tobacco use.**
- **Prohibiting the marketing and selling of e-cigarettes to youth.**
- **Regulation of e-cigarettes by FDA.**
- **Increased funding for objective, independent scientific research regarding risks and benefits of e-cigarettes.**
- **Policies prohibiting use of e-cigarettes in public areas and designated smoke-free areas.**
- **Continual education of health care providers and consumers of e-cigarettes.**

Tobacco Free *Amarillo*

Tobacco Free Amarillo is a comprehensive tobacco prevention and cessation program operating in Potter and Randall counties to prevent youth from taking up the tobacco habit and to encourage adults to quit. Its function is educational with the goal of changing the culture so that smoking is not prevalent. The project is organized into five components: Schools, Community, Media, Cessation and Evaluation. TFA is funded by the Texas Health and Human Services Commission.

TFA was established in 2001 and has shown impressive outcomes, including the reduction in tobacco usage rates of 80% for 6th graders; 78% for 8th graders; 80% for 9th graders and 46% for 12th graders. The program focuses much of its efforts on the youth population because studies have shown that if a person does not begin using tobacco by age 19, there is a 90% likelihood they will never take up the habit.

¹ Rhode Island Tobacco Control Program (September 2010). Position Statement on Tobacco & Unapproved Nicotine Delivery Products

² Mayo Clinic: What are electronic cigarettes? Are they safer than conventional cigarettes?
www.mayoclinic.org/healthy-living/quit-smoking/expert-answers/electronic-cigarettes/faq-20057776

³ American Cancer Association: What about electronic cigarettes? Aren't they safe?
www.cancer.org/cancer/cancercauses/tobaccocancer/questionsaboutsmokingtobaccoandhealth/questions-about-smoking-tobacco-and-health-e-cigarettes

⁴ American Cancer Association: E-Cigarettes-It's Complicated.
www.cancer.org/cancer/news/expertvoices/post/2014/06/24/e-cigarettes-its-complicated.aspx

⁵ American Heart Association. Electronic cigarettes. A policy statement from the American Heart Association. *Circulation*. 2014;130:1418-1436. <http://circ.ahajournals.org/content/130/16/1418>

⁶ Coleman BN, Apelberg BJ, Ambrose BK, et al. Association between electronic cigarette use and openness to cigarette smoking among U.S. young adults. *Nicotine Tob Res*. 2015 Feb; 17(2):212-8.
www.accessdata.fda.gov/scripts/publications/search_result_record.cfm?id=49529

⁷ Centers for Disease Control and Prevention. Notes from the field: electronic cigarette use among middle and high school students-United States, 2011-2012. *MMWR*. 6 Sept 2013. 62(35):729-730.
www.cdc.gov/mmwr/preview/mmwrhtml/mm6235a6.htm?utm_source=rss&utm_medium=rss&utm_campaign=notes-from-the-field--electronic-cigarette-use-among-middle-and-high-school-students-united-states-20112012

⁸ FDA: Electronic Cigarettes (e-Cigarettes). www.fda.gov/newsevents/publichealthfocus/ucm172906.htm

⁹ American Dental Association: NIDCR proposes e-cigarette research. www.ada.org/en/publications/ada-news/2014-archive/september/nidcr-proposes-ecigarette-research