

Fact Sheet: Electronic Smoking Devices

Colorado residents are seeing advertisements for electronic smoking devices (ESDs) such as e-cigarettes on their television and in some local stores. Many tobacco users are trying them as a way to quit or reduce their tobacco use. However, ESDs are not approved quit smoking products. Below is important information on ESDs and less expensive and more effective quit smoking resources in Colorado.



E-cigarette



Nicotine fruit flavored e-juice



Multi-flavored hookah pens

What are they?

Electronic smoking devices (ESDs), such as electronic cigarettes (e-cigarettes), e-cigars and e-hookahs, vaporize a liquid cartridge that can contain nicotine, a highly addictive substance, and other chemicals and/or flavors.

What's in the vapor?

Liquid cartridges, and replacement liquid are not regulated for safety and health. With no current safety regulation, the contents of each can differ. A 2013 report from the German Cancer Research Center found the presence of nickel, lead and formaldehyde in cartridges tested.

Are they safe?

From the FDA (U.S. Food and Drug Administration) "as the safety and efficacy of e-cigarettes have not been fully studied, **consumers of e-cigarette products currently have no way of knowing**:

- whether e-cigarettes are safe for their intended use,
- how much nicotine or other potentially harmful chemicals are being inhaled during use, or
- if there are any benefits associated with using these products.

Additionally, it is not known if e-cigarettes may lead young people to try other tobacco products, including conventional cigarettes, which are known to cause disease and lead to premature death."

Are they effective quit smoking devices?

From the U.S. Centers for Disease Control and Prevention (CDC): "There is currently no conclusive scientific evidence that e-cigarettes promote long-term cessation, and e-cigarettes are not included as a recommended smoking cessation method by the U.S. Public Health Service."

What quit smoking resources exist in Colorado? Less expensive than e-cigarettes and proven!

You have many affordable options in Colorado thanks to Amendment 35 tobacco tax funded programs as well as more insurance plans are also including affordable quit smoking plans and resources, including Medicaid. Your options:

- Not everyone needs an FDA approved quit smoking product to quit but getting support makes a difference. Call the Colorado Quitline (funded by Amendment 35) at 1-800-QUIT-NOW (784-8669) to speak with a trained quit smoking coach to develop a quit plan that works for you. Free nicotine patches are available. Or go to www.COQuitLine.org.

Fact Sheet: Data & Cause for Concern

National Data on E-Cigarette Use – Centers for Disease Control (CDC):

- The number of middle and high school youth who currently use electronic smoking devices tripled from 2013 to 2014.
- In 2011, about 21 percent of adults who smoke traditional cigarettes had used e-cigarettes, up from about 10 percent in 2010.
- Overall, about six percent of all adults have tried e-cigarettes, with estimates nearly doubling from 2010.

State Data – Utah and Florida Youth E-Cigarette Use Rates (Colorado does not have youth or adult data at this time, nor are national e-cigarette data available):

- In 2011, 1 in 20 Utah students (grades 8, 10 and 12) had tried e-cigarettes.
- Utah students who used ESDs were significantly more likely to smoke regular cigarettes than students who were not using ESDs. The smoking rate for Utah students who used ESDs was 69% compared to a 4% smoking rate among students who were not using ESDs.
- In Florida, 5.4% of high school students reported ESD use within the past month, an increase of 3.1% from 2011. The survey also found that 12.1% of these students have tried ESDs at least once, an increase of 6.0% since 2011.

Health and Quit Smoking Data:

Important reminder – while you may hear about studies or reports with positive or negative outcomes of ESD use, ESDs and the liquid cartridges or replacement liquid are not regulated for safety and health and are not approved smoking cessation products. The FDA has not yet asserted its regulatory authority over ESDs.

In 2009 the FDA tested 18 cartridges from two e-cigarette companies and found:

- Certain tobacco-specific nitrosamines, human carcinogens, were found in half of the samples.
- Many cartridges labeled “no nicotine” actually contained nicotine.
- Three different cartridges with the same label were tested and each cartridge emitted a markedly different amount of nicotine with each puff.

In 2013, the German Cancer Research Center issued a report on e-cigarettes that concluded:

- E-cigarettes cannot be rated as safe.
- Consumers do not have reliable information about the products.
- The aerosol of some liquids contains formaldehyde, acetaldehyde, diethylene glycol, nickel and lead.
- Adverse effect for third parties cannot be excluded.
- Electronic cigarettes – regardless of their nicotine content – can reduce the desire to smoke (craving) and withdrawal symptoms.
- The efficacy for sustained cessation is not proven.

A study published in the May 2013 Journal of Nicotine and Tobacco Research, *Use of Electronic Cigarettes Among State Tobacco Cessation Quitline Callers*, found that e-cigarette user groups were significantly less likely to be tobacco abstinent at the 7-month survey compared with participants who had never tried e-cigarettes.