



Public Health
Prevent. Promote. Protect.

Idaho Public Health Districts

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E-CIGARETTES

Electronic cigarettes, also known as e-cigarettes and e-cigs, are battery-operated devices designed to deliver nicotine, flavor, and other chemicals. When activated, the heating element turns chemicals, such as nicotine, into an aerosol that is inhaled by the user. The device simulates the experience of smoking a cigarette, without burning tobacco or creating smoke. These devices do not contain tobacco, but can contain nicotine. Overall, they vary in size, cost, and the amount of nicotine delivered.

According to the World Health Organization (WHO), e-cigs are not cigarettes and should be more accurately referred to as Electronic Nicotine Delivery Systems.

Currently there are no government regulations for e-cigs. In the absence of such federal regulation, states have taken action. Idaho is now one of 34 states to implement legislation to restrict the sale of e-cigs to minors with HB 405 in 2012.

Still Many Unknowns

Since e-cigs have been on the market for less than ten years, there is insufficient scientific evidence to determine the harms versus the benefits. Therefore, there are still many unknowns about the potential risks, how much nicotine or other potentially harmful chemicals are being inhaled during use, or whether there are benefits associated with their use.

Public health experts have mixed opinions. Some experts believe e-cigs could become a means for smokers to quit or act as a harm-reduction mode for the future. Others believe that smokers are using these devices as a means to keep smoking and are concerned that e-cigs may lead young people to try other tobacco products, including conventional cigarettes--or, leave youth vulnerable to other substance abuse and addictions. E-cigs are also being used to disguise other drugs.

Even with legislation prohibiting the sale to minors, e-cigarette companies have engaged in marketing activities that make their product extremely appealing to youth and there has been a substantial increase in youth e-cigarette usage.

In 2012 the Centers for Disease Control & Prevention (CDC) found more than 1.78 million middle and high school students nationwide had tried e-cigs. Almost 76% of the youth who tried an e-cig had also tried a regular cigarette. Results from a more current survey released in December 2014 by the National Institute on Drug Abuse found that e-cig usage among teenagers has significantly increased and has surpassed the use of traditional cigarettes.



The Campaign for Tobacco-Free Kids reports poisoning incidents involving e-cigs and liquid nicotine jumped by 156% from 2013 to 2014 and have increased more than 14-fold since 2011.

The Legacy Foundation for Longer Healthier Lives believes that marketing for e-cigarettes should not target or appeal to youth. They believe that many of the promotional restrictions applied to cigarettes should also apply to e-cigs including age restrictions on sales, placement of the product in retail outlets, and restricting advertising that is directed towards youth.

Greater Regulatory Authority Needed

The task of regulating these devices, implementing standards, and developing regulatory policies to protect the public's health rests with the U. S. Food and Drug Administration (FDA). Once the FDA takes such action, e-cigarettes would be subject to many of the same standards that now govern cigarettes and smokeless tobacco.

Using money from the Tobacco Settlement, the State of Idaho appropriates funds to offer tobacco users the chance to quit. Dependent on this annual appropriation, classes are sponsored by the seven local health districts and are free to all participants. E-cig users are also encouraged to participate in these classes.

HEALTHY PEOPLE IN HEALTHY COMMUNITIES

PANHANDLE HEALTH DISTRICT (1)	PUBLIC HEALTH - IDAHO NORTH CENTRAL DISTRICT (2)	SOUTHWEST DISTRICT HEALTH (3)	CENTRAL DISTRICT HEALTH (4)	SOUTH CENTRAL PUBLIC HEALTH DISTRICT (5)	SOUTHEASTERN IDAHO PUBLIC HEALTH (6)	EASTERN IDAHO PUBLIC HEALTH (7)
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