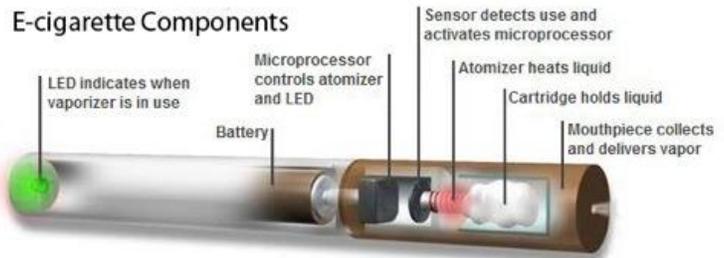


E-cigarettes and Clean Indoor Air Laws

Unregulated e-cigarette use is a potential threat to the health and well-being of Vermonters. It is imperative that lawmakers take action to protect residents by strengthening Vermont's Clean Indoor Air laws to include tobacco substitutes such as e-cigarettes.

What are E-Cigarettes?

Electronic cigarettes, or "e-cigarettes", are battery powered devices that heat a liquid solution and produce a vapor for inhalation. E-cigarette liquid contains various chemicals and comes in different flavors including cherry, chocolate, and candy flavors. Most e-cigarette liquid also contains a concentrated nicotine solution containing anywhere from 24 to 72 mg of nicotine, compared with 10-15 mg of nicotine in a conventional cigarette.



E-cigarette usage has increased dramatically among both adults and youth over the last several years. A recent CDC study found that e-cigarette use more than doubled in youth from 2011 to 2012. Another CDC study has shown that e-cigarettes use has tripled among youth who do not smoke.

There is currently no scientific evidence to support the safety of e-cigarettes or the aerosol they emit. The FDA has not approved e-cigarettes as a cessation device and the Vermont Department of Health does not support the use of e-cigarettes for quitting smoking.

Without action, unregulated e-cigarette use threatens to unravel decades of tobacco control efforts.

Exposure to secondhand emissions from e-cigarettes may threaten the health of bystanders.

- E-cigarettes release chemicals and particles into the air. E-cigarette use in enclosed, indoor spaces has the potential to concentrate the released airborne chemicals, increasing the risk to bystanders.
- FDA analyses of e-cigarette samples have detected two known carcinogens in e-cigarettes – propylene glycol (a carcinogen found in anti-freeze) and nitrosamines. Several other toxic chemicals have also been found in aerosol emitted by e-cigarettes, including formaldehyde, benzenes, nitrosamines, and several heavy metals.
- The ultrafine particles in e-cigarette aerosol dissolve into lung tissue, potentially causing or aggravating existing respiratory conditions.

E-cigarette use in public places also threatens to normalize or re-glamorize smoking behavior.

- Allowing e-cigarette use in public places normalizes smoking behavior. Children who see e-cigarettes used in public places may perceive them as regular cigarettes, threatening to re-glamorize the act of smoking.
- Unregulated e-cigarette use has the potential to create a social norm around tobacco product use at the workplace and in other public areas. It also discourages quitting tobacco use by offering smokers an alternative way to get nicotine when they cannot smoke.

Unregulated e-cigarette use makes it more difficult to enforce smoke-free laws.

- It can be difficult for employees to distinguish between an e-cigarette and a conventional cigarette, creating unnecessary confusion and challenges to enforcing smoke-free laws.