

Fact Sheet: E-Cigarettes

Colorado residents are seeing advertisement for 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, e-cigarettes are not approved quit smoking products. Below is important information on e-cigarettes 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?

Nicotine vaporizers, 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?

Nicotine vaporizing devices, 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. While e-cigarettes do not emit the number of toxic and cancer-causing substances as burning tobacco that does not mean the vapor is safe for user or non-user.

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

At this time, e-cigarettes are a small percentage of the overall market for tobacco products, however, their use is growing. The tracking of e-cigarette use by adults and youth is just beginning as well as the testing of the product for safety.

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

- 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.
- In 2012, 10% of high school students reported that they tried e-cigarettes, an increase of over 5% from 2011.
- E-cigarette use among U.S. middle school students also nearly doubled from 1.4% to 2.7% in 2012.

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 e-cigarettes were significantly more likely to smoke regular cigarettes than students who were not using e-cigarettes. The smoking rate for Utah students who used e-cigarettes was 69% compared to a 4% smoking rate among students who were not using e-cigarettes.
- In Florida, 5.4% of high school students reported e-cigarette use within the past month, an increase of 3.1% from 2011. The survey also found that 12.1% of these students have tried e-cigarettes 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 e-cigarette use, e-cigarette devices 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 e-cigarettes.

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.