Electronic Cigarettes/Vaping
(electronic nicotine delivery systems)
Effective January 1, 2020
NH age for sales of tobacco products increases to 19 years old

What are they?
- Known as “vapes”, “vape pens”, “vaporizers” and “e-cigs”. Regulated as tobacco products by federal and state law.
- Battery-powered devices, which heat a chemical solution to a high enough temperature to produce an inhalable aerosol.
- Older devices may look like traditional cigarettes, others resemble cigars or pipes. Newer devices resemble everyday items, such as; pens, flash drives, medical inhalers or lipstick.
- Advertised by e-cigarette makers as safer than regular cigarettes, the long-term effects are unknown.

Are they safe?
Since August of 2019, the Centers for Disease Control and Prevention (CDC) has been investigating cases of individuals hospitalized with *E-cigarette, or vaping, product use associated lung injury (EVALI)*. CDC continues to work closely with FDA, states, public health partners and clinicians on this investigation.

Additional concerns:
- Nicotine is a highly addictive substance. Youth use of products containing nicotine in any form, including vapes, is unsafe.
- Nicotine can harm the developing brain. Our brains and our lungs continue to develop into our early 20’s.
- Many e-liquids contain ingredients such as: nicotine, propylene glycol, benzoic acid, flavor extract and oil based substances.
- Flavors in vapes, have not been tested or approved by the FDA for heating, combining with other chemicals and inhaling.
- Aerosol (vapor) from e-cigarettes may contain fine particles that are respiratory irritants.

Can vaping help people quit smoking?
- Currently, the FDA (U.S. Food and Drug Administration) has not classified or approved any e-cigarette as being safe or effective as a smoking cessation product.
- FDA approved products to quit smoking include: nicotine gum, nicotine skin patches, nicotine lozenges, nicotine oral inhaled products, nicotine nasal spray, and the medicines Zyban and Chantix.

What else do I need to know?
- **July 2019**, Federal Court ruling moved up the required FDA deadline for e-cig product applications to May 2020.
- **August 2016**, regulatory authority of FDA extended to cover e-cigarettes through the agency’s “deeming rule”.
- Under the **Family Smoking Prevention and Tobacco Control Act**, FDA can establish product standards and regulate the manufacturing, importing, packaging, labeling, advertising, promotion, sale and distribution of e-cigarettes including components and parts of e-cigarettes.
- NH became one of the first states to prohibit the sale of e-cigarettes to minors under 18. Breathe NH helped pass this law, House Bill 1541, in 2010. For more information: [www.breathenh.org/lung-health/e-cigarettesvaping](http://www.breathenh.org/lung-health/e-cigarettesvaping)
RESOURCES

**Breathe New Hampshire**: 603-669-2411 | info@breathenh.org | BreatheNH.org

Overview on Vaping, [https://breathenh.org/lung-health/e-cigarettesvaping](https://breathenh.org/lung-health/e-cigarettesvaping)

Vaping Unveiled™, [https://www.breathenh.org/programs/vaping-unveiled](https://www.breathenh.org/programs/vaping-unveiled)

Publications, [https://breathenh.org/resources/publications](https://breathenh.org/resources/publications)

Quit Resources, [https://breathenh.org/resources/quit-smoking](https://breathenh.org/resources/quit-smoking)

**Local**

- **NH Department of Health and Human Services, Tobacco Prevention and Cessation Program (TPCP)**: 603-271-6891, [www.dhhs.nh.gov/dphs/tobacco](http://www.dhhs.nh.gov/dphs/tobacco) or [www.quitnownh.org/e-cigarettesvaping](http://www.quitnownh.org/e-cigarettesvaping)
- **Northern New England Poison Center**: 1-800-222-1222 [www.nepc.org](http://www.nepc.org)

**National**

- **American Academy of Pediatrics** – Julius B. Richmond Center of Excellence: [http://www2.aap.org/richmondcenter/DrJuliusB_Richmond.html](http://www2.aap.org/richmondcenter/DrJuliusB_Richmond.html)
  Thank you: Susanne Tanski, MD, MPH, FAAP, Associate Professor of Pediatrics, Geisel School of Medicine at Dartmouth, Past-Chair American Academy of Pediatrics Tobacco Consortium, Faculty Member – The C. Everett Koop Institute at Dartmouth
- **Campaign for Tobacco Free Kids**: [www.tobaccofreekids.org/what-we-do/industry-watch](http://www.tobaccofreekids.org/what-we-do/industry-watch)
- **Centers for Disease Control and Prevention, Office on Smoking and Health**: [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)
- **FDA (U.S. Food and Drug Administration)** U.S. Department of Health and Human Services
  - *The Real Cost Campaign*, 8 short informational videos on vaping, created for teens: impact to brain, impact to lungs, other chemicals, nicotine. [https://www.youtube.com/playlist?list=PLgf1d4CujVYYUEf8v8X8_tNdIF9VjrpSj](https://www.youtube.com/playlist?list=PLgf1d4CujVYYUEf8v8X8_tNdIF9VjrpSj)
  - The Real Cost, interactive site: [https://therealcost.betobaccofree.hhs.gov/?g=t](https://therealcost.betobaccofree.hhs.gov/?g=t)
- **SAMHSA (Substance Abuse and Mental Health Services Administration)**: [www.samhsa.gov/atod/tobacco](http://www.samhsa.gov/atod/tobacco)
- **Truth Initiative®**– a non-profit public health organization, focused on tobacco issues: [www.truthinitiative.org](http://www.truthinitiative.org)

**Program/Curriculum**

- **CATCH® My Breath Youth E-cigarette & JUUL Prevention Program**: [www.catchinfo.org/modules/e-cigarettes](http://www.catchinfo.org/modules/e-cigarettes)
  CATCH = Coordinated Approach to Child Health: [https://catchinfo.org/coordinated-school-health/](https://catchinfo.org/coordinated-school-health/)
- **Stanford Medicine, Tobacco Prevention Toolkit** [www.med.stanford.edu/tobaccocontroltoolkit.html](http://www.med.stanford.edu/tobaccocontroltoolkit.html)

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