

## FACT SHEET

### Electronic Cigarettes/Vaping

(electronic nicotine delivery systems)



#### What Are They?

- Commonly known as “vapes”, “vape pens”, “vaporizers”, “e-cigs”, “PV”, “mods” and “smoke juice”.
- Older devices may look like traditional cigarettes, cigars or pipes. Newer devices can resemble everyday items such as; pens, flash drives, inhalers or lipstick. Some devices are disposable.
- Battery-powered devices heat a chemical solution to a high enough temperature to produce an inhalable aerosol.

#### Are They Safe?

- Nicotine is a highly addictive substance. Most vape products contain nicotine. Some products are sold with levels of nicotine that are higher than cigarettes. Youth use of products containing nicotine in any form, including vapes, is unsafe and can harm the developing brain. The brain and lungs continue to develop into our early-mid 20's.
- 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. Many e-liquids contain ingredients such as: nicotine, propylene glycol, benzoic acid, flavor extract and oil based substances.
- **New virus** – Novel Coronavirus, COVID-19 – can affect the upper and lower respiratory system, resulting in a cough and difficulty breathing. When more severe, pneumonia or acute respiratory distress syndrome may occur. People who smoke or vape have irritated lungs, weaker immune systems, making them more susceptible to contracting viruses like this.
- 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.
- Advertised by e-cigarette makers as safer than regular cigarettes, the long-term effects of vaping are still unknown.

#### Does 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.

#### Are They Regulated?

- E-cigarettes are regulated as tobacco products by state and federal law.
- Product use falls under the **NH Indoor Smoking Act (ISA)**. NH ISA clarifies that all tobacco products are prohibited in enclosed work places and enclosed places accessible to the public. Updated July 2020.

#### What Else Do I Need to Know?

- **Effective July 29, 2020: NH sales age for tobacco products is 21.**
- **NH House Bill 511, became law on July 19, 2019.** Amends New Hampshire Statute Chapter 126-K, *Youth Access to and Use of Tobacco Products*. Expands definitions of device, e-cigarettes and e-liquid to align with definitions developed by the U.S. Food and Drug Administration. *Possession and Use of Tobacco Products, E-cigarettes, or E-liquid by Minors*, see RSA 126-K:6-1.

## RESOURCES

**Breathe New Hampshire:** 603-669-2411 | [info@breathenh.org](mailto:info@breathenh.org) | [BreatheNH.org](http://BreatheNH.org)

About E-cigarettes and Vaping: <https://breathenh.org/lung-health/e-cigarettesvaping>

Vaping Unveiled™ Education Program: <https://www.breathenh.org/programs/vaping-unveiled>

Publications and Resources: <https://breathenh.org/resources/publications>

Quit Resources: <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.nnepc.org](http://www.nnepc.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=PLgf1d4CujVYYUEfbv8X8\\_tNdlF9VJrpSj](https://www.youtube.com/playlist?list=PLgf1d4CujVYYUEfbv8X8_tNdlF9VJrpSj)  
**The Real Cost**, interactive site: <https://therealcost.betobaccofree.hhs.gov/?g=t>
- **National Institute on Drug Abuse for Teens – Tobacco, Nicotine, & E-cigarettes**  
<https://teens.drugabuse.gov/drug-facts/tobacco-nicotine-e-cigarettes>
- **SAMHSA (Substance Abuse and Mental Health Services Administration):** [www.samhsa.gov/atod/tobacco](http://www.samhsa.gov/atod/tobacco)
- **Still Blowing Smoke, Tobacco Free California:** The California Department of Public Health  
California Tobacco Control Program: <http://stillblowingsmoke.org/>
- **U.S. Surgeon General, U.S. Department of Health and Human Services:** Report: *Know the Risks E-Cigarettes and Young People*: <https://e-cigarettes.surgeongeneral.gov/>
- **Truth Initiative**<sup>®</sup> - a non-profit public health organization, focused on tobacco issues: [www.truthinitiative.org](http://www.truthinitiative.org)

### Program/Curriculum

- **CATCH**<sup>®</sup> My Breath Youth E-cigarette & JUUL Prevention Program: [www.catchinfo.org/modules/e-cigarettes](http://www.catchinfo.org/modules/e-cigarettes)
- **Stanford Medicine, Tobacco Prevention Toolkit:** [www.med.stanford.edu/tobaccopreventiontoolkit.html](http://www.med.stanford.edu/tobaccopreventiontoolkit.html)

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