

TOP 10

REASONS TO INCLUDE E-CIGARETTES IN YOUR TOBACCO-FREE (TF) CAMPUS POLICY

- E-cigarettes pollute the air.**¹⁻³
 - E-cigarettes give off tiny particles that can lodge in the lungs and cause disease.³
- E-cigarette vapor is not water but contains:**
 - Nicotine (addictive), formaldehyde and β -nicotyrine (cause cancer)^{1,2}
 - Metal & silicate particles (toxic to human cells)⁴
 - Propylene glycol (lung and eye irritant)^{1,2}
- E-cigarettes can undermine TF campus policies by making enforcement confusing.**⁵
 - E-cigarette aerosol creates a dense mix of vapor and fine particles that looks like tobacco smoke. If exempt from TF policies, the 'smoky look' creates confusion with enforcement.
- No current regulations on the manufacture and sale of e-cigarettes to protect consumers.**⁶
 - No way to know what users are breathing in or putting into the air for others to breathe.
- High nicotine concentrations in e-cigarette fluid can be deadly.**
 - The liquid can spill on the skin and be accidentally ingested.⁶
 - States report increases in calls to poison control centers from e-cigarettes.⁷
- Contents vary widely and may not match the ingredients or amounts listed on the label.**⁸
 - E-cigarettes labeled as zero nicotine may still contain nicotine.
 - Amounts of nicotine may be more or less than what is on the label.
- E-cigarette users are no more likely to quit than regular smokers.**⁹
 - Many e-cigarette users continue to smoke regular cigarettes as well.
 - E-cigarettes are not approved by the FDA to help smokers quit.
- E-cigarettes appeal to youth, even non-smokers.**¹⁰
 - Glamorous marketing and sweet, candy-like flavorings (bubble gum) are appealing.
 - 1.78M youth tried e-cigarettes in 2012 (160,000 of them *non-smokers*).¹⁰
 - Youth who use e-cigarettes are more likely to smoke regular cigarettes.¹¹
- Early research on the health effects of e-cigarettes shows lung effects similar to smoking:**
 - Five minutes of e-cigarette use has lung effects similar to tobacco smoke.¹²
 - Airways become inflamed after using e-cigarettes containing nicotine.³
- E-cigarettes may pollute the air less than cigarettes, but they still pollute the air.**¹⁻³
 - Individuals are exposed to secondhand aerosol from e-cigarettes.

References

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