

# LIVINGSTON COUNTY HUMAN SERVICES COLLABORATIVE BODY

## Health and Human Service Needs FACT SHEET

### Electronic Cigarettes

June 2020

**All that's changed is the packaging...**



**What are “Electronic Cigarettes”?** Electronic cigarettes (e-cigarettes) are battery-powered smoking devices often designed to look and feel like regular cigarettes. They use cartridges filled with a liquid that contains nicotine, flavorings, and other chemicals. A heating device in the e-cigarette converts the liquid into a vapor, which the person inhales. Smoking an e-cigarette can also be referred to as “vaping”. **E-cigarettes are NOT a safe alternative to using tobacco products.** E-cigarettes do not contain tobacco but they may

contain nicotine which is a highly addictive substance. According to the American Lung Association, e-cigarettes can also expose others to secondhand emissions. The vapors released by e-cigarettes and exhaled by individuals contain carcinogens like formaldehyde.

In 2019 Tobacco 21 became a federal law. **You must now be 21 years old to purchase traditional and/or electronic cigarettes. The law also banned the sale of multiple use flavored e-liquid pods.**

- It is now a violation of federal law for any retailer to sell any nicotine or tobacco products to anyone under the age of 21.
- FDA will oversee enforcement of the minimum legal sales age at 21. (Due to the dramatic increase in e-cigarette use by middle and high school age youth since 2016, there is an opportunity to strengthen local and state level enforcement measures around all tobacco and nicotine products to supplement the FDA’s national efforts.)
- The law penalizes retailers for selling tobacco products to youth, not those attempting to purchase, although many states and cities retain purchase, use, and possession (PUP) laws.
- The law does not require that states pass laws to raise their sales age to 21, but it does require states to demonstrate that their retailers are complying with the law. If not, the state eventually risks losing some portion of their federal substance abuse grant funding.

<https://tobacco21.org/federal-tobacco-21-faq/>

#### Why is this issue so important to Livingston County?

E-cigarettes still come in a variety of single use flavors including bubble gum, cotton candy, and chocolate which make them very appealing to middle and high school students.

#### What is the impact locally?

E-cigarettes are relatively new and not enough is known about the long term consequences related to their use. We do know the risk associated with prolonged nicotine and cigarette use and since a recent study shows that kids who start using e-cigarettes before 9<sup>th</sup> grade are more likely to start using regular

Percentage of High School Students Who Used an Electronic Vapor Product during the Last 30 Days (MiPHY)			
County	2015/16	2017/18	Change
Lenawee	19.7	27.6	+7.9
Livingston	21.6	28.0	+6.4
Monroe	14.7	26.5	+11.8
Washtenaw	11.1	18.3	+7.2
Average	16.8	25.1	+8.3

tobacco products within the next year, the health of our community is at risk. The younger a person is when they start to smoke, the harder it will be for them to quit later in life.

National data shows that in 2018, 1 in 5 high school students reported using e-cigarettes in the past month. Further, more high school students use e-cigarettes than regular cigarettes, and



the use of e-cigarettes is higher among high school students than adults. Local MiPHY data (see table) shows that rates of youth e-cigarette use continue to climb and that in all counties, except Washtenaw, rates of use exceed national data.

### **What programs & services exist?**

#### **Information, Resources, and Materials:**

<https://www.vapingisnicotine.net/>

and <https://betobaccofree.hhs.gov/about-tobacco/Electronic-Cigarettes/index.html>

#### **Online Smoking Cessation Programs:**

<https://michigan.quitlogix.org/> or 1-800 QUIT-now (1-800-784-8669)

and <https://www.smokefree.gov/>

#### **Face to Face Smoking Cessation Programs:**

<https://nicotine-anonymous.org/face-to-face-meetings.html>

and <http://www.stjohnprovidence.org/cancer/treatments/lung-cancer/smoking-cessation>

#### **Designated Youth Tobacco Use Representative (DYTUR):**

Karen Bergbower & Associates is the DYTUR for Livingston, Washtenaw, Lenawee and Monroe Counties and they can provide information on tobacco trends in each county and can share information on what parents and community members can do to help reduce the number of underage tobacco users. To contact Karen Bergbower & Associates, call (810) 225-9550.

### **What can the community do to help?**

Smoking is the leading cause of preventable death in the United States. As a community we need to do everything we can to reduce the number of “new smokers” and support anyone who is trying to quit.

- Talk to your kids and their friends about the dangers of smoking both regular and e-cigarettes, network with other parents/adults.
- Take a stand to challenge e-cigarette use.
- Be a positive role model and never purchase or provide smoking products to minors.
- Check into other resources.

