

# LIVINGSTON COUNTY HUMAN SERVICES COLLABORATIVE BODY

## Health and Human Service Needs FACT SHEET

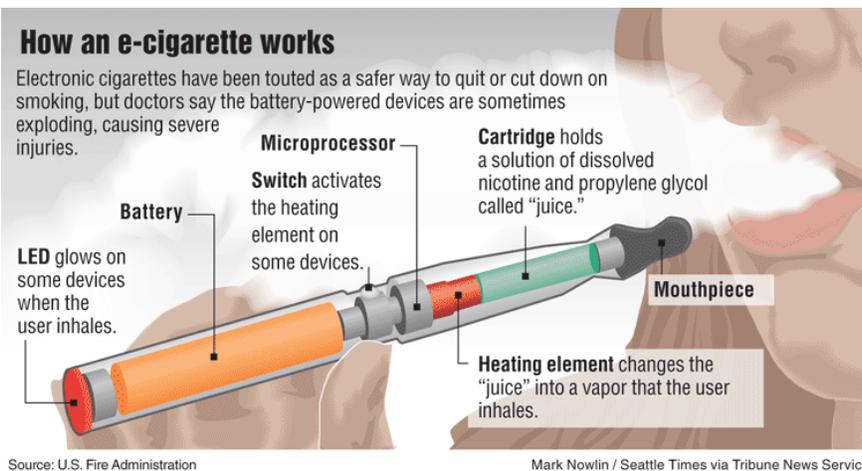
### Electronic Cigarettes

March 2017

**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 2016, the FDA issued a final “Deeming Rule” that deemed e-cigarettes and e-liquid cartridges as FDA regulated tobacco products. This means that federal law now prohibits the sale of e-

cigarettes and e-liquid cartridges to individuals under the age of 18 and requires verification of age by photo ID of anyone under the age of 27. Additionally, retailers may not sell or offer to sell e-cigarettes and e-liquid cartridges without a warning statement, unless the product was manufactured prior to May 10, 2018.



**Why is this issue so important to Livingston County?** E-cigarettes come in a variety of flavors including bubble gum, cotton candy, and chocolate which make them very appealing to middle and high school students.

The 2016 Michigan Profile for Healthy Youth (MiPHY) survey showed:

- 22% of Livingston County high school students used an e-cigarette in the last 30 days
- 7% of Livingston County middle school students used an e-cigarette in the last 30 days.

That number is higher than the number of kids who used “regular” tobacco products, in part because of the belief that e-cigarettes aren’t as harmful as other tobacco products. We have programs in place to discourage teens from smoking but we haven’t addressed the rising trend in e-cigarette use. The community will see a change in this when the new FDA rules and regulations governing e-cigarettes goes into effect.

## 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 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.

## What programs & services exist?

### Information on e-cigarettes:

<http://www.kbamichigan.com/prevention-programming.html>

<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)

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

### Face to Face Smoking Cessation Programs:

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

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

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

Alison Cox is the DYTUR for Livingston, Washtenaw, and Monroe Counties. Alison 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 Alison, email [alison@kbamichigan.com](mailto:alison@kbamichigan.com).

## What can the community do to help?

Smoking is the leading cause of preventable death in the United States and each day, more than 3,200 people under the age of 18, smoke their first cigarette. 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.
- Take a stand to challenge e-cigarette use.
- Be a positive role model.
- Never purchase or provide smoking products to minors.
- Network with other parents/adults.
- Check out other resources.

