



Position Statement on Inclusion of Electronic Cigarettes in State and Local Regulations and Policies

July 2023


Pursuant to its duty to protect the health of the community, the Scott County Board of Health supports the inclusion of a prohibition on the use of electronic cigarettes (e-cigarettes) in state and local smoke-free air regulations and tobacco/nicotine-free policies.

E-cigarettes commonly known as vapes are handheld devices with a heating element and a battery. These devices simulate smoking tobacco without burning tobacco and originally were marketed as a cessation tool for tobacco users. These devices contain an “e-juice” which is heated and then inhaled. This “e-juice” contains nicotine, flavoring, and other ingredients.


E-cigarettes produce an aerosol that is inhaled into the lungs. The aerosol contains harmful substances including heavy metals, formaldehyde, cancer-causing chemicals, volatile organic compounds in ultrafine particles that can be inhaled deeply into the lungs. A cartridge or pod uses nicotine salts which allows for high levels of nicotine to be inhaled with minimal irritation. One pod contains approximately the same amount of nicotine as an entire pack of 20 regular cigarettes. The FDA recently started to regulate these products. Their full chemical makeup is unknown currently.

Currently, there is no conclusive evidence that e-cigarettes promote long term cessation and e-cigarettes are not included as a recommended smoking cessation method. In fact, many youth and young adult e-cigarette users are supplementing cigarette use with traditional cigarettes becoming dual users of both products. The United States Surgeon General issued an advisory on e-cigarette use among youth in December 2018. The Board recognizes that this epidemic has continued as the 2022 National Youth Tobacco Survey reported 14.1% (2.14 million) of high school students and 3.3% (380,000) of middle school students using e-cigarette within a 30-day period.

Therefore, the Scott County Board of Health supports the inclusion of prohibition on the use of e-cigarettes in state and local smoke-free air regulations and tobacco/nicotine-free policies as a mechanism to reduce the use of these harmful products.


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Citations

2021 Iowa Youth Survey State Report. iowayouthsurvey.idph.state.ia.us/Portals/20/IYS_Reports/1/ae0f13b7-8afd-49a8-9d87-84d2e0b846ab.pdf

Surgeon general's advisory on e-cigarette use among youth. Surgeon General's Advisory on e-cigarette Use Among Youth - Healthy People 2030. (2018). [health.gov/healthypeople/tools-action/browse](https://health.gov/healthypeople/tools-action/browse/evidence-based-resources/surgeon-generals-advisory-e-cigarette-use-among-youth) evidence-based-resources/surgeon-generals-advisory-e-cigarette-use-among-youth

Centers for Disease Control and Prevention. (2021, July 12). *Electronic cigarettes.* Centers for Disease Control and Prevention. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm

Johnson County Board of Health Position Statement on Electronic Cigarettes:

johnsoncountyiowa.gov/sites/default/files/2020-06/Position%20Statement%20on%20Ecigarettes%20-%20February%202019.pdf