

# TOP 10

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

1. **E-cigarettes pollute the air.**<sup>1-3</sup>
  - E-cigarettes give off tiny particles that can lodge in the lungs and cause disease.<sup>3</sup>
2. **E-cigs give off more than just water vapor, including:**
  - Propylene glycol (lung and eye irritant)<sup>1,2</sup>
  - Nicotine (addictive and harmful to unborn babies)<sup>1,2</sup>
  - Formaldehyde and  $\beta$ -nicotyrine (cause cancer)<sup>1,2</sup>
  - Metal & silicate particles (toxic to human cells)<sup>4</sup>
3. **E-cigs can undermine TF campus policies by making enforcement confusing.**<sup>5</sup>
  - 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.
4. **No current regulations on the manufacture and sale = no consumer protection.**<sup>6</sup>
  - No way to know what users are breathing in or putting into the air for others to breathe.
  - No protection from dangerous design flaws.
5. **High nicotine levels in e-cig fluid can be deadly.**
  - High levels of nicotine can be absorbed through spills on the skin or children swallowing the liquid.<sup>6</sup>
  - States report increases in calls to poison control centers from e-cigarettes.<sup>7</sup>
6. **E-cig labels may not be accurate.**<sup>8</sup>
  - E-cigarettes labeled as zero nicotine may still contain nicotine.
  - Amounts of nicotine may be more or less than what is on the label.
7. **E-smokers are no more likely to quit than regular smokers.**<sup>9</sup>
  - Many e-cigarette users continue to smoke regular cigarettes as well.
  - E-cigarettes are not approved by the FDA to help smokers quit.
8. **E-cigs appeal to youth, even those who don't smoke.**<sup>10</sup>
  - 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*).<sup>10</sup>
  - Youth who use e-cigarettes are more likely to smoke regular cigarettes.<sup>11</sup>
9. **Early research shows lung effects similar to smoking:**
  - Five minutes of e-cigarette use has lung effects similar to tobacco smoke.<sup>12</sup>
  - Airways become inflamed after using e-cigarettes containing nicotine.<sup>3</sup>
10. **E-cigs may pollute the air less than cigarettes, but they still pollute the air.**<sup>1-3</sup>
  - Individuals are exposed to secondhand aerosol from e-cigarettes.

## References

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