

E-CIGARETTES & VAPING

What you need to know



ANATOMY OF AN ELECTRONIC CIGARETTE



E-CIGARETTES ARE KNOWN BY MANY NAMES

ELECTRONIC DRUG DELIVERY DEVICE
E-CIGS
 E-SHISHA VAPING PENS
 MODS
 TANKS
 PIPES HOOKAH ELECTRONIC CIGARETTES
 PENS E-CIGARILLOS PERSONAL VAPORIZER

"I think it's important for us to understand the impact, particularly on youth, before we allow the full-fledged spread of these e-cigarettes and then later have problems that we have to deal with."
 Dr. Vivek Murthy, U.S. Surgeon General, January 2015

VAPING

to draw in or inhale a chemical cocktail of vapor

E-LIQUID

combination of water, nicotine and other chemicals; loaded into the atomizer for vaping

NOT REGULATED BY THE FDA



Manufacturers don't have to tell us what they put in the products, but we know most of them aren't meant to be inhaled. Things like:

propylene glycol · benzene · lead · cadmium · nickel ·

TOBACCO-FREE DOESN'T MEAN NICOTINE-FREE

POISON RISK
 LIQUID NICOTINE CAN BE DEADLY

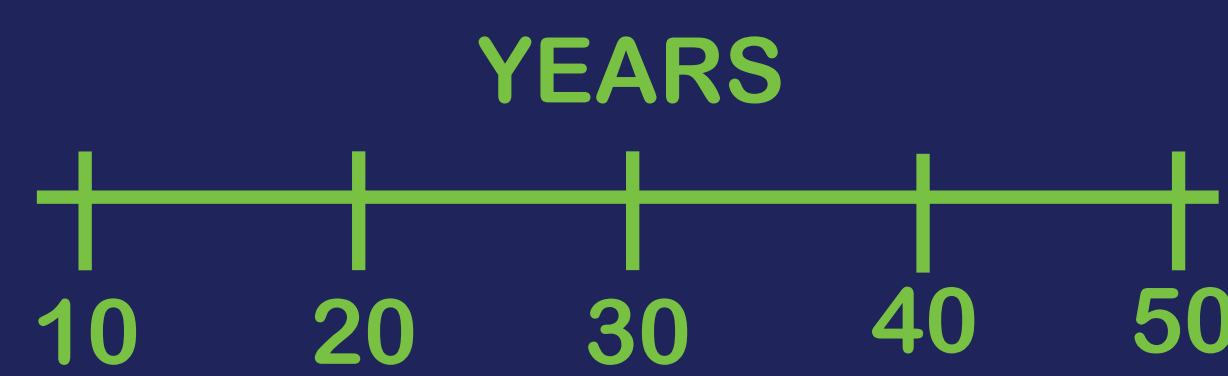


NICOTINE IS A HARMFUL STIMULANT DRUG JUST AS ADDICTIVE AS HEROIN & COCAINE



10 SECONDS how fast one puff of nicotine reaches the brain
 Nicotine carries messages to the brain that affects your heart, respiration, memory & muscle movement

SAFER ≠ SAFE



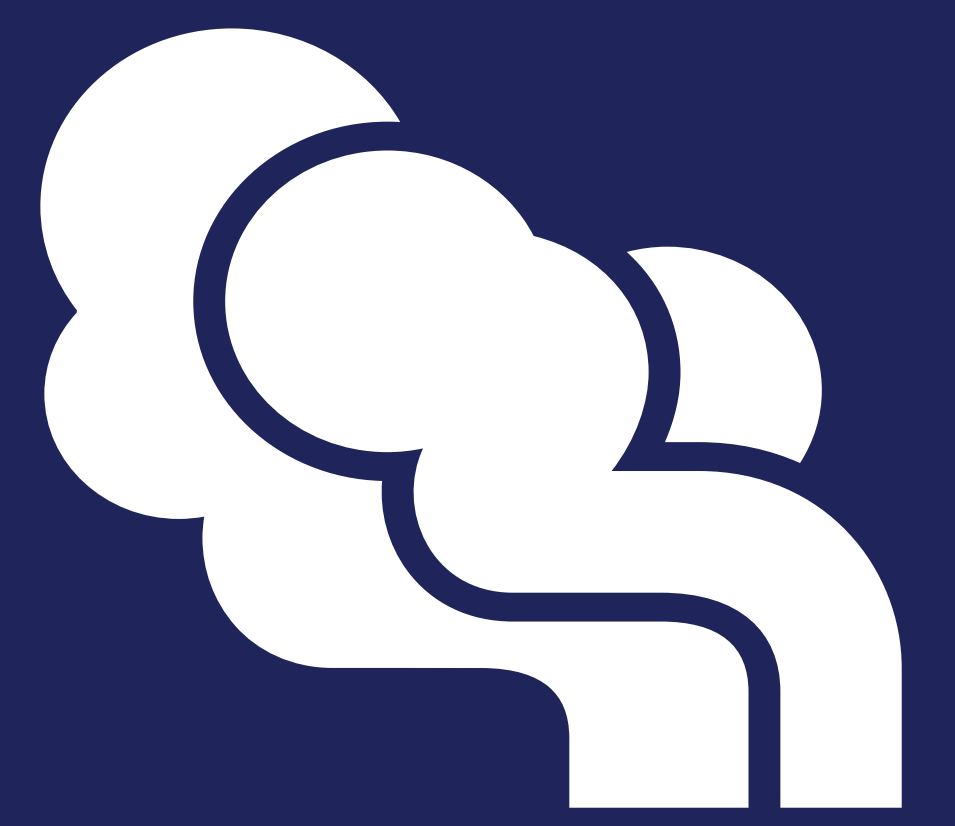
IT TOOK DECADES TO PROVE NICOTINE IS ADDICTING & TOBACCO CAUSES CANCER. SHOULD WE WAIT THAT LONG FOR VAPING?

VAPING HAS NOT BEEN PROVEN AS A SMOKING CESSATION METHOD

"It might be possible that things like e-cigs in the future will have a positive role. As they're being rolled out now, I have grave concerns that they're doing more harm than good."

Thomas Frieden, Director of Centers for Disease Control and Prevention

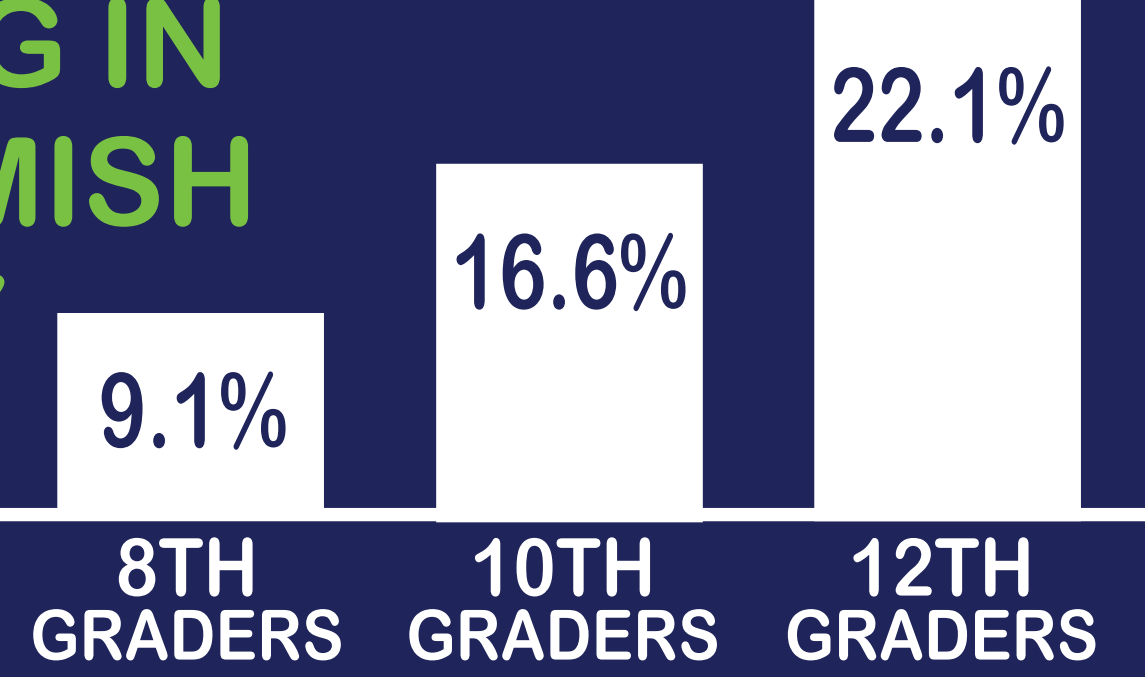
Vaping reduces exposure to many of the 7000+ toxins found in tobacco but there is no proof that e-cigs or the vapor are safe



CARTRIDGES CAN BE MODIFIED TO ALLOW VAPING OF DRUGS LIKE COCAINE HEROIN MARIJUANA

PARENTS, TEACHERS, CAREGIVERS NEED TO KNOW THE RISKS ABOUT E-CIGS AND YOUTH

E-CIG USE BY TEENS IS RISING IN SNOHOMISH COUNTY



Washington State FY14 Healthy Youth Survey

OF NICOTINE POISONINGS IN CHILDREN REPORTED TO POISON CONTROL IN 2014 WERE KIDS 1-3 YEARS



FLAVORS & DESIGNS MAKE VAPING APPEALING TO YOUTH

E-CIGS MAKE IT EASIER FOR YOUTH & FIRST-TIME USERS TO TRY SMOKING

3 OUT OF 4 HIGH SCHOOL SMOKERS STAY SMOKERS AS ADULTS

8TH & 10TH GRADERS ARE 2X MORE LIKELY TO USE E-CIGS THAN TRADITIONAL CIGARETTES

EVEN A SMALL AMOUNT OF LIQUID NICOTINE CAN BE FATAL TO A TODDLER



WHAT NEEDS TO BE DONE



ADULTS CAN CHOOSE TO VAPE IN THEIR HOME



BUT NOT IN A PUBLIC SPACE



KIDS AND TEENS SHOULD NOT HAVE ACCESS TO ANY VAPING DEVICES

MAKE THEM LESS APPEALING

ADS AND CELEBRITY ENDORSEMENTS MAKE VAPING LOOK COOL AND SAFE. AD RESTRICTIONS AND TAX RATES ON PAR WITH TOBACCO WILL REDUCE USE.

10% IN E-CIG PRICES

CAN RESULT IN

3.5% IN USE BY YOUTH

DEDICATE FUNDING FOR PREVENTION EFFORTS
 ANNUAL FUNDING FOR YOUTH SMOKING PREVENTION IS \downarrow FROM \$30M IN PAST YEARS. MORE FUNDING DEDICATED TO PUBLIC HEALTH IS NEEDED TO PREVENT ADDICTIONS AND SAVE THE NEXT GENERATION FROM LIFETIMES OF HEALTH ISSUES.

