



Information on E-Cigarettes

E-cigarettes

E-cigarettes are battery-operated devices that contain nicotine, flavors and other chemicals and produce a vapor that is inhaled. Many e-cigarettes contain varying levels of nicotine, the addictive chemical found in tobacco products.ⁱ



E-Cigarettes Are Unregulated and the Health Risks Unknown

- There have been no long-term studies conducted on e-cigarettes, so the lasting impact on the health of users and those exposed to their vapor is unknown.
- E-cigarettes are unregulated by the Food and Drug Administration. There is no way for consumers to know what types or concentrations of potentially harmful chemicals and nicotine are found in e-cigarettes.ⁱⁱ
- The American Society of Heating, Refrigerating and Air-Conditioning Engineers published a study showing that e-cigarette aerosol consists of condensed submicron droplets that contain some carcinogenic chemicals and propylene glycol, which can cause eye and upper respiratory irritation.ⁱⁱⁱ
- E-cigarettes have not been proven, nor approved as a cessation device.

E-Cigarettes are Especially Dangerous to Youth

- E-cigarettes are a new pathway into nicotine addiction. Nicotine in e-cigarettes is especially dangerous for youth because it is highly addictive and negatively impacts adolescent brain development.^{iv}
- The 2014 Minnesota Youth Tobacco Survey found that 28.4 percent of high school students and 7.7 percent of middle school students have tried electronic cigarettes or e-cigarettes at least once in their lifetime. Many young people are being introduced to nicotine through electronic cigarettes. Nearly one quarter of high school students who have tried e-cigarettes (22.4%) have never tried any conventional tobacco products.^v
- E-cigarette fluid is marketed in fruit, candy, and dessert flavors that are known to appeal to youth.

Minneapolis Residents and Businesses Support Prohibition of E-Cigarette Use in Public Places.

- 71% of Minneapolis and St. Paul residents support a prohibition on e-cigarette use in workplaces and other places where smoking cigarettes is prohibited.^{vi}
- 58% of Minneapolis restaurant, bar and other food establishments support a prohibition on the indoor use of e-cigarettes in public places. Respondents cited the lack of information about e-cigarettes, the health risks of exposure to the vapor, and concern about nuisance to other customers, especially children.^{vii}

- Minnesota law currently prohibits e-cigarette use in government buildings, health care institutions and public schools. Eden Prairie, Edina, Duluth, Ely, Hermantown and Mankato have passed ordinances prohibiting e-cigarette use in public places.

Healthy Living Initiative, Minneapolis Health Department
October 2014.

ⁱ Kuschner, WG, et. al. Electronic cigarettes and third hand tobacco smoke: Two emerging health care challenges for the primary care provider. *International Journal of General Medicine*, 2011.

ⁱⁱ US Food and Drug Administration, Division of Pharmaceutical Analysis. Memo Re: evaluation of e-cigarettes. www.fda.gov/downloads/drugs/scienceresearch/ucm173250.pdf

ⁱⁱⁱ Offerman, F., Cih, P.E., . The American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE) Journal, June 2014.

^{iv} See, e.g., Jennifer B. Dwyer et al., The Dynamic Effects of Nicotine on the Developing Brain, *Pharmacology & Therapeutics* (2009).

^v MDH, Center for Health Statistics. "TEENS AND TOBACCO IN MINNESOTA, 2014 UPDATE: EXECUTIVE SUMMARY". November, 2014. <http://www.health.state.mn.us/divs/chs/tobacco/teentobaccoexecsumm110614.pdf>

^{vi} Blue Cross Blue Shield Minnesota E-Cigarette Survey, data subset for Minneapolis and St. Paul. January 2012.

^{vii} E-Cigarette Policy Survey of Bar and Restaurant Owners, Research Brief, February 2014. Minneapolis Health Department.

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