

# Vaping Information

According to World Health Organization less than half of youth e-cigarette users knew that vape products contain nicotine or that they are addictive, raising the possibility that they could be a gateway to smoking normal cigarettes. Nicotine addiction is a real problem but the health issues posed by e-cigarettes are potentially greater than just addiction.

It has been found that it is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine. It has been found that ALL pods contain nicotine according to the CDC. According to Juul a single pod contains the nicotine equivalent of smoke a whole pack of conventional cigarettes. Each Juul pod contains 59 milligrams of nicotine, which experts say is almost twice that equivalent.

Most youth believe that an e-cigarette is just harmless “water vapor” this is NOT at all true. When the pod is heated the liquid becomes an aerosol. The e-cigarette aerosol that users breathe from the device and exhale contain harmful and potentially harmful substances, including: Nicotine, Ultrafine particles that can be inhaled deep into the lungs, Chemicals linked to serious lung disease, Volatile organic compounds, Cancer-causing chemicals, and Heavy metals. E-cigarettes can be used to deliver marijuana and other illicit drugs.

The pod liquid is made up of a solvent, either glycerol or propylene glycol, nicotine, and often food-grade flavorings such as diacetyl, a chemical linked to a serious lung disease. When glycerol and propylene glycol are heated, they break down and form aldehydes. These three main aldehydes are acrolein (which is propenal – a chemical formed when cooking oil is heated until it begins to smoke. It is extremely toxic and causes severe irritation to eyes, nasal and lung passages). Ethanal otherwise known as acetaldehyde and methanol otherwise known as formaldehyde both are toxic, and well-known carcinogens. “Studies have found the average concentration of aldehydes in the breath after vaping sessions was about ten and a half times higher than before vaping.”

The pod liquid has been linked with higher levels of some particulates, including heavy metals cadmium, nickel, chromium, zinc and lead. The EPA and CDC agree that there is no known safe level of lead in the blood of youth. Lead is harmful to health, especially for youth.

Sales of Juul are up more than 700% from a year ago, according to Nielson Data. Juul makes up more than 70% of the market. In June of 2018, Juul made 1.2 billion in a financing round and the companies value jumped to a net worth of more than 15 billion, according to the September 2018 Bloomberg Report.

Recently, the FDA has heard our cries for help. Their preliminary government data that shows **e-cigarette use rose 77 percent among high schoolers** and **nearly 50 percent among middle schoolers in 2018**. **That means 3.6 million children were vaping in early 2018, up 1 million from 2017. The FDA Commissioner just recently announced, “We’re committed to a new action plan by mid-November that will set forth a series of new, forceful steps to firmly confront and reverse the youth addiction trends that are at epidemic levels.”**

# What Are We Doing About It?

- **Pennsylvania is only one of two states that does not have legislation on Youth Access to E-Cigarettes. The only other state is Michigan.**
- We been working with local and state legislators to get new legislation passed in PA. Craig T. Staats and Marguerite Quinn played key rolls in helping us get these bills through the house.
  - **HB2226** was written to amend Section 6305 of the Crimes Code, which makes it illegal to sell tobacco products to minors, by adding other "nicotine delivery products" as well. It would still be legal to sell e-cigarettes and vape pens in Pennsylvania. The penalties for selling to minors would be the same as the penalties under current law for selling them tobacco products. **This bill passed in the House on June 12, 2018 (195-0). And was moved to the Senate Judiciary Committee on June 15, 2018.**
  - **HB2268** was written to ban nicotine-based products and electronic cigarettes in Pennsylvania schools. **This bill was passed in the House on June 12, 2018 (195-0). And was moved to the Senate Judiciary Committee on June 15, 2018.**
- We have been contacting members of the Senate Judiciary Committee and their staff to try to move these bills forward.
- Also contacting any of our local Senators to help with this process. Senator Bob Mensch and his staff have played key roles in helping to make the right connections and speaking directly to Senator Greenleaf on our behalf.
- Palisades Administrators, Teachers, and Staff attended an educational forum on vaping devices and current vaping trends.