

Electronic Smoking Devices

Electronic smoking devices, including e-cigarettes, are battery-operated products designed to deliver nicotine, flavor and other chemicals. Electronic smoking devices turn nicotine, which is highly addictive, and other chemicals into a vapor that is inhaled by the user.

These products have not been proven to be safe and the health risks associated with their use are unknown. Until such time that a given electronic smoking product is deemed safe and effective and of acceptable quality by a competent national regulatory body, consumers should be strongly advised not to use any of these products, including electronic cigarettes.¹

Current CDC Guidance

1. Protect Youth and Unborn Children

E-cigarettes are not safe for youth. The Surgeon General has concluded that nicotine exposure during adolescence may have lasting adverse consequences for brain development, and that nicotine adversely affects maternal and fetal health during pregnancy, contributing to multiple outcomes such as preterm delivery and stillbirth.²

2. Encourage Cessation

Although e-cigarettes have been marketed as smoking cessation aids, there is currently no conclusive scientific evidence that e-cigarettes promote successful long-term quitting. However, there are proven adult cessation strategies and treatments, including counseling and FDA-approved cessation medications.³ These approved product types, which include nicotine patches, gum, and lozenges, have been carefully tested to ensure they are effective in helping people quit and that their benefits outweigh any known risks.⁴

The New Mexico Department of Health offers help for quitting and FREE nicotine patches, gum, or lozenges at 1-800 QUIT NOW and 1-855-DEJELO YA, or online at QuitNowNM.com and DejeloYaNM.com.

While electronic nicotine delivery systems may have the potential to benefit established adult smokers if used as a complete substitute for all smoked tobacco products, they should not be used by youth and adult non-tobacco users because of the harmful effects of nicotine and other risk exposures, as well as the risk for progression to other forms of tobacco use.³

3. Protect Clean Indoor Air

The aerosol produced by electronic smoking devices is not harmless water vapor; it can contain nicotine and other toxins. Exposure to nicotine can harm adolescent brain development and can be toxic to fetuses. The standard for protecting the health of children and bystanders should be clean air, free of toxic secondhand smoke as well as aerosol produced by electronic nicotine delivery systems.³

References

1. World Health Organization (2013). *Questions and answers on electronic cigarettes or electronic nicotine delivery systems (ENDS)*. www.who.int/tobacco/communications/statements/electronic_cigarettes/en/
2. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General, 2014. <http://www.surgeongeneral.gov/library/reports/50-years-of-progress/#fullreport>
3. Centers for Disease Control and Prevention Press Release, 12/11/2014. www.cdc.gov/media/releases/2014/p1211-e-cigarettes.html
4. Food and Drug Administration (2013). *Smoking - Medicines To Help You Quit*. www.fda.gov/forconsumers/byaudience/forwomen/ucm118667.htm