



## Princeton Health Department

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<http://www.princetonnj.gov/health/index.html>



**Public Health**  
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# Princeton Health Department E-cigarette Fact Sheet and Community Health Profile

May 4, 2018

### Current Situation:

- In New Jersey, as of 2017, 12.1% of all high school students use e-cigarettes, compared to 8.2% of all high school students who use tobacco (Tobacco Free, 2017)
- In New Jersey, under the Indoor Clean Air Act, electronic cigarettes (e-cigarettes) are treated like tobacco. But under the NJ Tax & Licensing requirement, e-cigarettes are not taxed and licensed like tobacco. The State of NJ said municipalities have the permission to pass ordinances to license places that sell e-cigarettes.
- Princeton Health Department is enforcing the 21 Age of Sale of E-Cigarettes in town, which prevents local retail establishments from selling e-cigarettes to youth.
- People who sell these products are looking for towns who are 'easy' when it comes to following the rules, licensing, and regulation of sales.
- Our April 30, 2018 Vaping Forum on Youth Nicotine Addiction showed that we have a significantly high rate of students reporting they vape (20.5%). Moreover, 56% of student respondents claimed that their parents did not know they vape.
- Our initial focus group conducted through the Greater Mercer Public Health Partnership for the 2018 Community Health Assessment showed that vaping in schools and youth nicotine addiction is a major concern among Princeton community stakeholders.
- There is a misperception that e-cigarettes are risk-free and only contain water vapor.
- Perceived risk of using e-cigarettes is underestimated by residents; Parents and children are not aware of the dangers that e-cigarettes pose such as nicotine addiction, exposure to harmful chemicals, injuries and burns associated with exploding vaping devices.

### Proposed Community Next Steps:

To increase awareness and knowledge about the impacts of e-cigarettes and vaping on health for students, parents, school staff and merchants.

If you or your agency is interested in strengthening educational outreach regarding vaping, please reach out to the Princeton Alliance on Drug and Alcohol Abuse or the Princeton Health Department for information and resources geared towards your target audience.

### Why this Matters to You:

Over the past few years, even though the number of cigarette usage has been decreasing, the number of e-cigarettes has been increasing. According to the US Surgeon General's report, the effects of e-cigarettes along with other tobacco products can be detrimental to one's health:

- The main ingredient of the products is nicotine. As young people consume more nicotine, there is a higher risk of suffering from dependency and addiction (Hagopian et al, 2015). Consumption of nicotine negatively impacts one's body such as changes in blood pressure and heart/respiratory rates, eye problems, mental issues, and body aches (American Industrial Hygiene Association, 2014).
- Affected people will face a risk of being exposed to aerosols, heavy metals, organic compounds that may have associations with respiratory conditions, and toxicants; some of which are carcinogens (US Surgeon General, 2016).

- As individuals pass by people using e-cigarettes, the passersby are inhaling harmful chemicals such as aerosols, nicotine, and other toxicants, which is a negative public health impact (Allegheny County, 2016).
- Marketing wise, e-cigarettes are marketed as ‘cooler’ and safer than the regular cigarettes, and they are also less expensive than regular cigarettes, so people, especially young people, tend to buy more e-cigarettes than other tobacco or nicotine products (Hagopian et al, 2015).
- Perceived risk of using e-cigarettes is underestimated by township residents; Parents and children are not aware of the dangers that e-cigarettes pose such as nicotine addiction, exposure to harmful chemicals, injuries and burns associated with exploding vaping devices.

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## #DONTGETVAPEDIN IT'S NOT JUST WATER VAPOR!

E-Cigarettes seem to be everywhere these days, and many are calling them the next big thing for people looking to quit smoking and relatively risk-free for new users. Youth use of e-cigarettes has risen by 900% according to the U.S. Surgeon General. Use of Social Media has created a false sense of normalization and harm reduction when it comes to vaping. But are they safe? Before you or someone you care about uses e-cigarettes to quit smoking or for other reasons, get the facts.

### 1. E-cigarettes and other vaping devices are NOT risk-free.

Although it's generally agreed that these products are less harmful than smoked cigarettes, there is no evidence that they are safe. There is a growing body of research to suggest that they may lead to negative health consequences, including:

- Damage to the brain, heart and lungs
- Cancerous tumor development
- Preterm deliveries and stillbirths in pregnant women
- Harmful effects on brain and lung development, when use occurs during fetal development or adolescence

### 2. They contain nicotine, a highly addictive drug with known health risks.

- Using nicotine regardless of how it is delivered, increases the risk of addiction. Nicotine addiction is notoriously difficult to reverse, and addiction to e-cigarettes can lead to using other nicotine products, including smoked cigarettes, as well as alcohol and other drugs. A Juul, an e-cigarette device that looks like a USB flash drive, contains as much nicotine as one pack of cigarettes (200 puffs). There is no such thing as "Nicotine-free".

### 3. Nicotine can affect brain development and functioning in young people.

- Young people are particularly vulnerable to using e-cigarettes and vaping devices and to their effects. The younger a person is when he or she tries nicotine, the greater the risk of addiction. The developing brain is more vulnerable to the effects of addictive substances than a fully developed adult brain. Additionally, nicotine can disrupt brain development, interfere with long-term cognitive functioning, and increase the risk of various mental and physical health problems later in life.

### 4. E-cigarettes and other vaping devices are not FDA approved.

- These products are not approved by the U.S. Food and Drug Administration (FDA) as a smoking cessation aid. Until very recently, manufacturers and distributors of e-cigarettes and other vaping devices were not bound by standards of safety set by the FDA for smoked tobacco products. Despite the new regulations, e-cigarette manufacturers are free to project a risk-free image in their marketing, and offer enticing, candy-like flavors that appeal to children, adolescents and young adults. Any mention of "FDA Approved" flavors is deceiving as the flavors have only been approved for ingestion, not inhalation.

Parents – Know the facts. Talk to your child. Get credible information about e-cigarettes at [E-cigarettes.SurgeonGeneral.gov](http://E-cigarettes.SurgeonGeneral.gov) or at [dontgetvapedin.com](http://dontgetvapedin.com). Be patient and ready to listen. Avoid criticism and encourage open dialogue. Remember your goal is to have a conversation, not to deliver a lecture. It's OK for your conversation to take place over time in bits and pieces.

Information obtained from the Center on Addiction, U.S. Surgeon General, U.S. Public Health Service and Centers for Disease Control and Prevention.

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