

#### E-CIGARETTE USE IN MONTANA

- E-cigarettes are the most commonly used tobacco product among Montana's youth.<sup>6</sup>
- 24% of Montana high school students currently use ecigarettes and almost half have tried them.<sup>6</sup>
- The top three reasons youth use e-cigarettes are as follows:
  - Feeling anxious, stressed or depressed
  - To get a high or buzz from nicotine
  - Curiosity<sup>7</sup>
- Among current adult ecigarette users in Montana, one-third are also currently using regular cigarettes.<sup>8</sup>
- E-cigarette use currently represents more populationlevel harm than benefit.

#### CONTACT

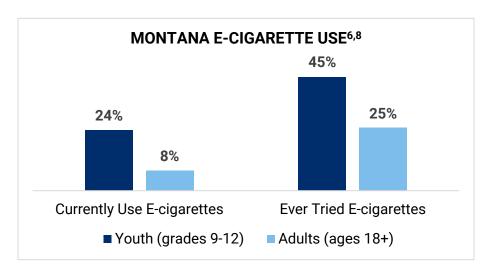
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# The Importance of Including E-cigarettes in Smokefree Laws

### E-CIGARETTE AEROSOL IS NOT HARMLESS WATER VAPOR

- E-cigarette aerosol is <u>not</u> harmless water vapor. It contains ultrafine particles, cancer-causing chemicals, metals, and nicotine.<sup>1</sup>
- Nicotine levels in e-cigarette aerosol are similar to levels found in cigarette smoke.<sup>2</sup> Exposure to nicotine, in any form, is unsafe for youth, pregnant women, and developing fetuses.
- The long-term health impacts of using e-cigarettes and exposure to secondhand e-cigarette aerosol are unknown.



## USE OF E-CIGARETTES NORMALIZES TOBACCO USE AND ADDICTS A NEW GENERATION TO NICOTINE

- E-cigarette use among youth is strongly associated with use of other tobacco products.<sup>3</sup>
- Kids who use e-cigarettes are **four times** more likely to smoke in the future than kids who do not use e-cigarettes.<sup>4</sup>
- E-cigarettes can be used to deliver nicotine, marijuana, and other drugs.

### E-CIGARETTES ARE NOT AN APPROVED CESSATION TOOL

- While e-cigarettes have the potential to benefit non-pregnant adult smokers if used as a complete substitute for all combustible tobacco, e-cigarettes are not an FDA-approved quit method.<sup>5</sup>
- The U.S. Surgeon General has concluded there is presently insufficient evidence to recommend e-cigarettes as a cessation tool.<sup>5</sup>
- It's safest to avoid the use of all forms of commercial tobacco products.





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### **SOURCES**

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- 6. Montana Youth Risk Behavior Survey, 2023.
- 7. FDA National Youth Tobacco Survey, 2016
- 8. Montana Behavioral Risk Factor Surveillance System, 2023.
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### **INCLUDING E-CIGARETTES IN LOCAL SMOKEFREE LAWS IS LEGAL**

- In Montana, localities are able to enact laws that are more stringent than the Montana Clean Indoor Air Act (CIAA).
- Whether or not e-cigarettes are included in county or city smokefree laws, individual businesses and organizations have the ability and right to prohibit the use of e-cigarettes on their own property.

### INCLUDING E-CIGARETTES STRENGTHENS AND SIMPLIFIES SMOKEFREE LAWS

- Allowing e-cigarettes to be used in public places where smoking is not allowed undermines existing smokefree policies. Including ecigarettes in smokefree laws is not banning e-cigarettes, but rather prohibiting use in public places where smoking is not allowed.
- Including e-cigarettes in smokefree indoor air policies establishes a uniform standard and reduces confusion around enforcement. Ecigarettes can look similar to conventional cigarettes and, at a distance, aerosol appears like smoke.

## THERE'S NO ADDITIONAL COST TO ENFORCE THE INCLUSION OF E-CIGARETTES IN LOCAL SMOKEFREE LAWS

- The CIAA is a complaint-driven policy. No additional resources are needed to include e-cigarettes in local smokefree expansions.
- The Montana Department of Public Health and Human Services, its designees, local health boards, and their designees have enforcement authority, including determining if a violation has occurred.



