

The Importance of Including E-Cigarettes in Smokefree Laws

E-Cigarette Use in Montana

- E-cigarettes are now the most commonly used tobacco product among Montana's youth.
- **30.2%** of Montana high school students currently use e-cigarettes and more than half (**58.3%**) have tried them.⁸
- The top three reasons youth use e-cigarettes are as follows:
 - Use by a "friend or family member;"
 - Availability of "flavors such as mint, candy, fruit, or chocolate;"
 - Belief that "they are less harmful than other forms of tobacco such as cigarettes."¹⁰
- Among current e-cigarette users in Montana, **41%** are also currently using regular cigarettes.⁹
- E-cigarette use currently represents more population-level harm than benefit.¹¹

CONTACT

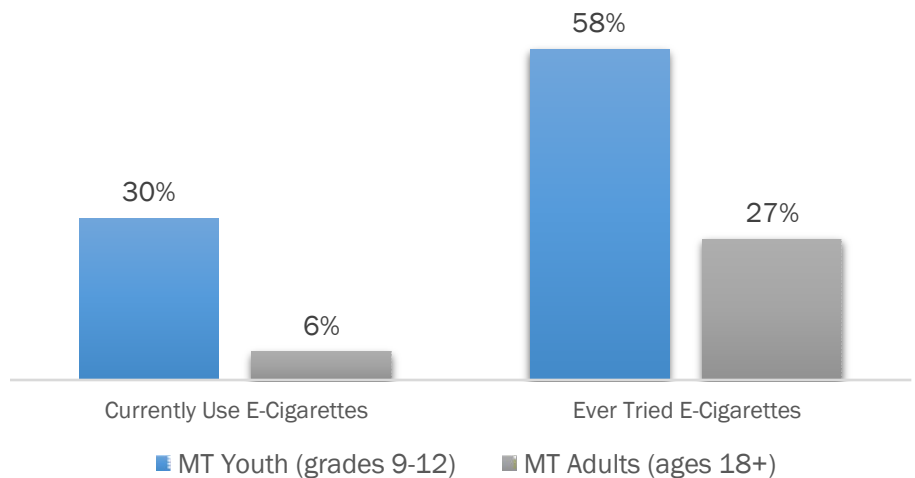
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Montana E-Cigarette Use



Montana Youth Risk Behavior Survey, 2019; Montana Behavioral Risk Factor Surveillance System, 2019.

E-cigarette aerosol is not "harmless water vapor."

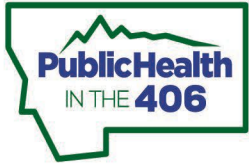
- E-cigarette aerosol is not "harmless water vapor." It contains ultrafine particles, cancer-causing chemicals, metals and nicotine.
- Nicotine levels in e-cigarette aerosol are similar to levels found in cigarette smoke.² Exposure to nicotine, in any form, is unsafe for youth, pregnant women, and developing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

The popular use of e-cigarettes normalizes tobacco use behavior and addicts a new generation to nicotine.

- E-cigarette use among youth is strongly associated with use of other tobacco products.⁴
- Kids who use e-cigarettes are 4 times more likely to smoke in the future than kids who do not use e-cigarettes.⁵

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.⁶
- The U.S. Surgeon General has concluded there is presently insufficient evidence to recommend e-cigarettes as a cessation tool.⁷
- It is safest to avoid use of all tobacco products, including e-cigarettes.



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SOURCES

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8. Montana Youth Risk Behavior Survey, 2019.
9. Montana Behavioral Risk Factor Surveillance System, 2019.
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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.
- 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 e-cigarettes 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. E-cigarette devices can look similar to conventional cigarettes and, at a distance, aerosol appears like smoke.

There is no additional cost to enforce the inclusion of e-cigarettes in smokefree laws.

- The Montana Clean Indoor Air Act (MCIAA) is a complaint-driven policy. No additional man-power is needed to include e-cigarettes in the CIAA.
- 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.

11 localities in Montana have included e-cigarettes in their local smokefree laws.

