

# The Importance of Including E-Cigarettes in Smokefree Laws

## E-Cigarette Use in Montana

- E-cigarettes are the most commonly used tobacco product among Montana's youth.
- **26%** of Montana high school students currently use e-cigarettes and **almost half** have tried them.<sup>8</sup>
- 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.”<sup>10</sup>
- Among current e-cigarette users in Montana, **40%** are also currently using regular cigarettes.<sup>9</sup>
- E-cigarette use currently represents more population-level harm than benefit.<sup>11</sup>

### CONTACT

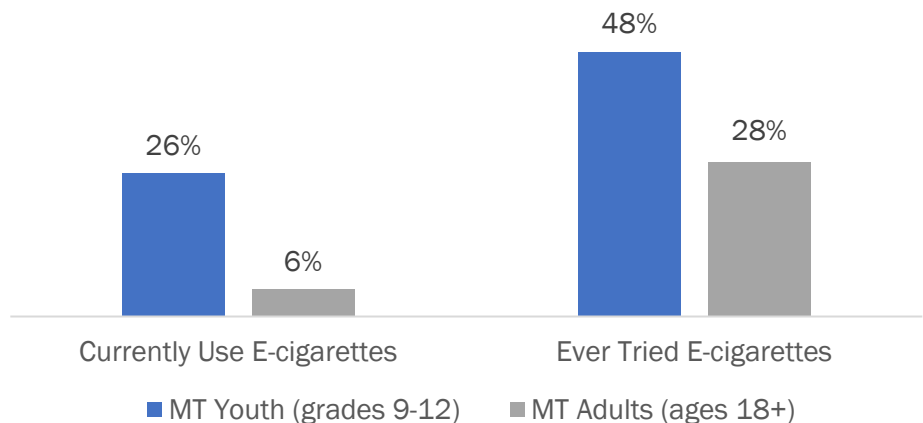
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## Montana E-cigarette Use



Montana Youth Risk Behavior Survey, 2021; Montana Behavioral Risk Factor Surveillance System, 2020 (ever use) and 2021 (current use).

## 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.
- E-cigarettes can be used to deliver nicotine, marijuana and other drugs.<sup>6</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.

## 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.<sup>4</sup>
- Kids who use e-cigarettes are 4 times more likely to smoke in the future than kids who do not use e-cigarettes.<sup>5</sup>

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



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## SOURCES

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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.

