

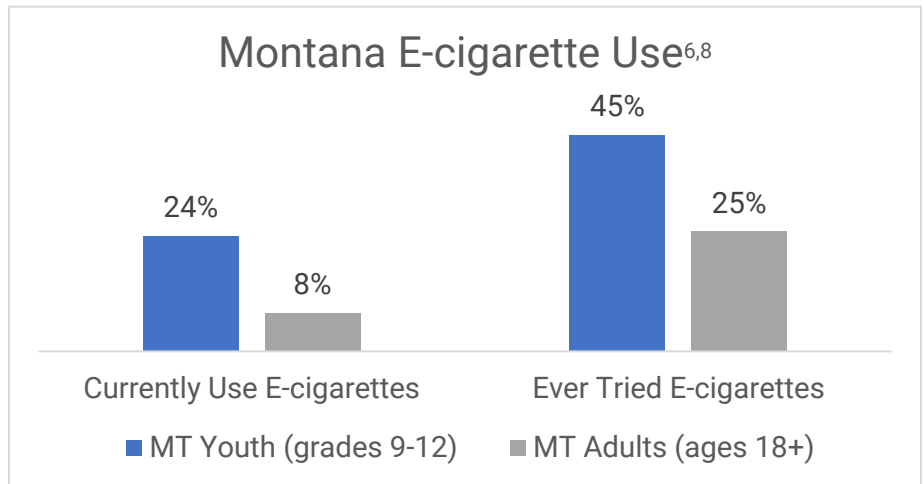


E-cigarette Use in Montana

- E-cigarettes are the most commonly used tobacco product among Montana’s youth.⁶
- **24%** of Montana high school students currently use e-cigarettes and **almost half** have tried them.⁶
- 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.”⁷
- Among current adult e-cigarette users in Montana, **one-third** are also currently using regular cigarettes.⁸
- E-cigarette use currently represents more population-level harm than benefit.

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.¹
- 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.



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.³
- Kids who use e-cigarettes are **4 times** more likely to smoke in the future than kids who do not use e-cigarettes.⁴
- 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.⁵
- The U.S. Surgeon General has concluded there is presently insufficient evidence to recommend e-cigarettes as a cessation tool.⁵
- It’s safest to avoid the use of all forms of commercial tobacco products.

CONTACT

**Montana Tobacco Use
 Prevention Program**
 (866) 787-5247
 infotobaccofree@mt.gov
 tobaccofree.mt.gov





The Importance of Including E cigarettes in Smokefree Laws

SOURCES

1. U.S. Department of Health and Human Services. E-Cigarette Use Among Youth and Young Adults. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016
2. Dinakar C, O'Connor GT. The Health Effects of Electronic Cigarettes. N Engl J Med 2016; 375:1372-81
3. Loewenstein DK, Middlekauff, HR. Electronic Cigarette Device-Related Hazards: A Call for Immediate FDA Regulation. Am J Prev Med;52(2):229-231.
4. Sonjeli et al., Association between initial use of e-cigarettes and subsequent cigarette smoking among adolescents and young adults. JAMA Pediatrics, 2012.
5. U.S. Department of Health and Human Services. Smoking Cessation. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2020.
6. Montana Youth Risk Behavior Survey, 2023.
7. FDA National Youth Tobacco Survey, 2016
8. Montana Behavioral Risk Factor Surveillance System, 2023.
9. Soneji S., Sung H-Y., Primack B., Pierce J., Sargent J. (2018) Quantifying population-level health benefits and harms of e-cigarette use in the United States. PLoS ONE 13(3): e0193328.

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 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-cigarettes 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.



LEARN MORE

