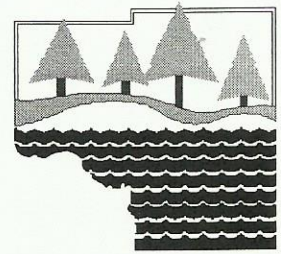




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## E-Cigarettes

### What are E-Cigarettes?

- E-cigarettes, are battery operated devices that heat a solution containing nicotine and other additives, producing a vapor that is inhaled
- The devices are made to look and feel like a traditional cigarette
- E-cigarettes come in many flavors which appeal to youth or persons who would not use traditional tobacco products

### Goal

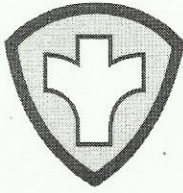
- Add e-cigarettes to clean-indoor air legislation, meaning you cannot use e-cigarettes indoors anywhere that you cannot use traditional tobacco products in Itasca County

### Myths about E-Cigarettes

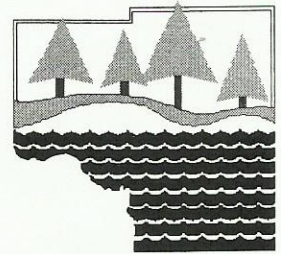
- The emissions are “harmless” water vapor and are “safer” than cigarettes
  - Chemicals in emissions include heavy metals, formaldehyde, ultrafine particles and other carcinogens
  - Not FDA regulated, so unsure what is actually in the liquid (this is changing)
  - Have not been researched long-term
  - Have not been determined as “safe”
- It is effective in tobacco cessation
  - Most often the person changes method of tobacco use by switching to e-cigarettes or they use both products vs actually quitting
  - Not FDA approved or evidence-based as a cessation tool
  - Research shows it is no more effective than placebo or other cessation tools
- Not allowing “sampling” in e-cigarette businesses will “harm” the business
  - Traditional tobacco products are not sampled and their businesses remain strong
  - Sampling could be allowed outdoors
  - Businesses could offer a money-back guarantee for dissatisfaction
- Businesses in Itasca County will lose customers if e-cigarettes are not allowed indoors
  - Survey conducted in 2015 of 22 bars and restaurants in Itasca County
  - Most bars and restaurants support or have no opinion on adding e-cigarettes to clean indoor air (82%)

### E-Cigarette dangers

- E-cigarettes are meant to deliver nicotine, a highly addictive substance with significant health risks



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- Nicotine stimulates the pleasure/reward pathways in the brain
- Highly addictive neurotoxin that is as addictive as heroin and cocaine
- It affects the cardiovascular and central nervous systems, causing blood vessels to constrict, raising pulse and blood pressure
- Nicotine adversely affects maternal and fetal health during pregnancy, contributing to low birth weight, preterm delivery and stillbirth
- Nicotine crosses the placenta and is detectable in the breast milk of smoking mothers as well as mothers exposed to secondhand smoke
- E-cigarettes deposit nicotine on surfaces as does traditional tobacco products
  - Odor is diminished in e-cigarette emissions
    - Difficult to determine if smoking tobacco or other drugs such as marijuana
- Anything you can put into a liquid form can be inhaled via an e-cigarette

### Local Trends

- MN Student Survey Results – 2016
  - 21% of 11<sup>th</sup> grade females have used e-cigarettes in the past month in Itasca County
  - 17% of 9<sup>th</sup> grade females have used e-cigarettes in the past month
  - 14% of 8<sup>th</sup> grade females have used e-cigarettes in the past month
- Youth citations for e-cigarettes are increasing in Grand Rapids Schools while traditional tobacco product citations are decreasing
- Youth are using tobacco and other drugs in the e-cigarette devices in our schools
- Housing units (DW Jones) are including e-cigarettes in their tobacco policies

### Why do we care?

- By allowing use indoors, tobacco use is “re-normalized”
- By allowing use indoors, youth are given the false perception that e-cigarettes are safe?
- E-cigarette use is increasing in Itasca County and has overtaken use of traditional tobacco products by our youth

### Ask

- Support from Grand Rapids City for an Itasca County Ordinance to not allow use of e-cigarettes inside buildings including bars, restaurants, worksites, retail stores, industrial settings, etc.

### Take-aways

- We are not making legal substances illegal
- Our concern is clean indoor air and youth use and exposure in Itasca County