

Electronic Nicotine Delivery Systems (ENDS)

OVERVIEW

Electronic Nicotine Delivery Systems (ENDS), also called e-cigarettes or personal vaporizers (PV), present another way for smokers to ingest nicotine. ENDS are increasingly being marketed to young adults and adolescents. They are also touted by some users as a “safer” alternative to smoking, and a way to either quit smoking cigarettes, or to smoke in places where cigarette smoking is not allowed. However, these products are not regulated by the US Food and Drug Administration (FDA), and no rigorous scientific studies have shown that they are safe for use.

In May 2016, the FDA finalized a new rule to extend its tobacco regulating authority to ENDS. The rule restricts sales to minors younger than 18, requires health warnings on packaging, prohibit vending machine sales, and prohibit marketing the products as healthy or safe. These proposed FDA rules do not address the use of candy and fruit flavors which appeal to youth and would not go into effect until at least 2 years after the rule is finalized. In absence of strong federal regulation, states have been acting to restrict ENDS purchases by minors, marketing targeted at children and adolescents, and use of the devices in public places.

AAP POSITION

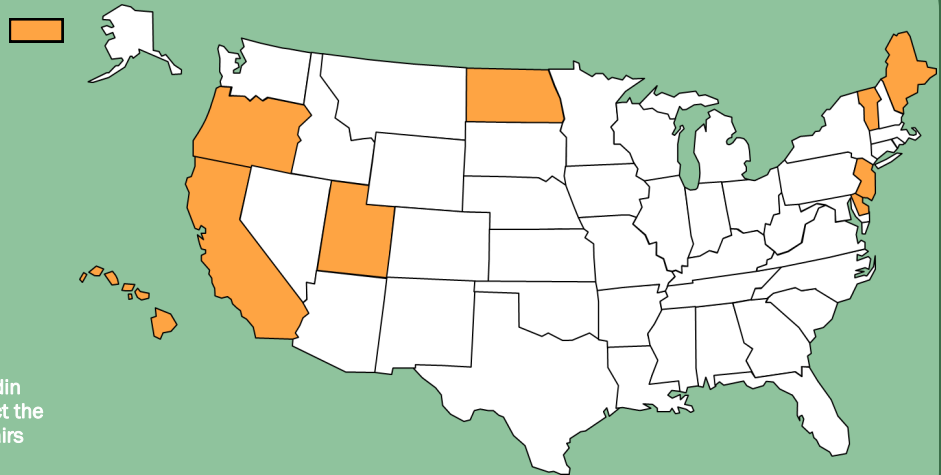
- Sales of ENDS to minors younger than 21 years should be prohibited.
- Candy and fruit flavored ENDS, which encourage youth smoking initiation, should be banned.
- Federal, state, and local governments should enact and enforce laws that mandate the provision of smoke-free environments, including ENDS vapor, in all public places and require employers to provide smoke-free/ENDS vapor-free work environments for their employees.
- Advertising of ENDS in the media, on the internet, and in point of sale locations that can be viewed by youth, should be banned.

FACTS

- Nicotine is highly addictive and has negative effects on brain development from the prenatal period into adolescence.
- Additional research is needed to determine whether ENDS promote cessation and help smokers quit, or whether they promote experimentation, initiation or dual use of tobacco products and perpetuate addiction to nicotine. Initial evidence shows that ENDS use does not improve successful quit rates.
- According to 2014 data from the Centers for Disease Control and Prevention (CDC), use of ENDS among high school and middle school students tripled from 2012 to 2013, with more than 2 million students reporting that they had used the device in the past 30 days.
- According to the CDC, nearly 250,000 youth who had never smoked tried ENDS in 2013—a 3-fold increase from 2011.
- In 2014, more teenagers used ENDS and personal vaporizers than all forms of tobacco products.

PROGRESS

- 9 states— laws prohibiting use of ENDS in all workplaces, bars, and restaurants



MORE

- [AAP Policy—Electronic Nicotine Delivery Systems—](http://pediatrics.aappublications.org/content/early/2015/10/21/peds.2015-3222.full.pdf+html)
<http://pediatrics.aappublications.org/content/early/2015/10/21/peds.2015-3222.full.pdf+html>
- [AAP Policy—Public Policy to Protect Children from Tobacco, Nicotine, and Tobacco Smoke—](http://pediatrics.aappublications.org/content/early/2015/10/21/peds.2015-3109.full.pdf+html)
<http://pediatrics.aappublications.org/content/early/2015/10/21/peds.2015-3109.full.pdf+html>
- [AAP Julius B. Richmond Center of Excellence—](http://www2.aap.org/richmondcenter)
www2.aap.org/richmondcenter
- [Campaign for Tobacco Free Kids—](http://www.tobaccofreekids.org)
www.tobaccofreekids.org
- [National Conference of State Legislatures \(NCSL\) Alternative Nicotine Products | Electronic Cigarettes—](http://www.ncsl.org/research/health/alternative-nicotine-products-e-cigarettes.aspx)
www.ncsl.org/research/health/alternative-nicotine-products-e-cigarettes.aspx