



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.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
 - Curiosity⁷
- 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.

CONTACT

Montana Tobacco Use Prevention Program

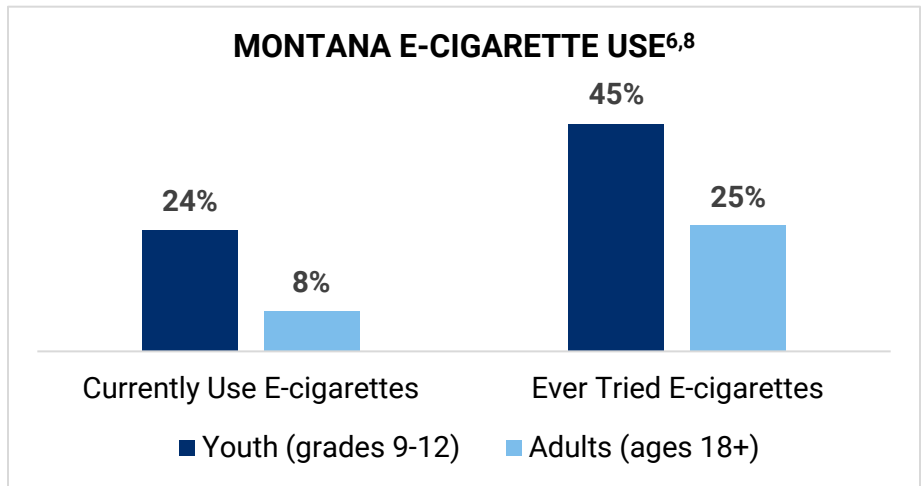
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E-CIGARETTE AEROSOL IS NOT HARMLESS WATER VAPOR

- 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 **four 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.



