



Top 10 Reasons Why UC Included E-cigarettes in the Smoke & Tobacco-Free Policy

1. E-cigarettes pollute the air.^{2,3,4}
 - E-cigarettes give off tiny particles that can lodge in the lungs and cause disease.⁴
2. E-cigarettes give off more than just “water vapor” including:
 - Nicotine (addictive), formaldehyde and β -nicotyrine (cause cancer)^{2,3}
 - Metal & silicate particles (toxic to human cells)⁵
 - Propylene glycol (lung and eye irritant)^{2,3}
3. E-cigarettes can undermine TF campus policies by making enforcement confusing.⁶
 - Vaping’ creates a dense mix of vapor and fine particles that looks like tobacco smoke. If exempt from TF policies, the ‘smoky look’ creates confusion with enforcement.
4. There are no regulations on the manufacture and sale of e-cigarettes.⁷
 - Safety of e-cigarettes is not known.
5. Nicotine in e-cigarette fluid can be deadly.
 - The liquid can spill on the skin and be accidentally ingested.⁷
 - States report increases in calls to poison control centers from e-cigarettes.⁸
6. Contents vary widely and may not match the ingredients or amounts listed.¹
 - E-cigarettes labeled as zero nicotine may still contain nicotine.
 - Amounts of nicotine may be more or less than what is on the label.
7. E-cigarette users are no more likely to quit than regular smokers.⁹
 - Many e-cigarette users continue to smoke regular cigarettes as well.
 - E-cigarettes are not approved by the FDA to help smokers quit.
8. E-cigarettes appeal to youth, even non-smokers.¹¹
 - Glamorous marketing and sweet, candy-like flavorings are appealing.
 - 1.78M youth tried e-cigarettes in 2012 (160,000 of them non-smokers)¹¹
9. Research on the health effects of e-cigarettes shows lung effects similar to smoking:
 - Five minutes of e-cigarette use has lung effects similar to tobacco smoke.¹²
 - Airways become inflamed after using e-cigarettes containing nicotine.⁴
10. E-cigarettes may pollute the air less than cigarettes, but they still pollute the air.^{2,3,4}
 - Individuals are exposed to secondhand aerosol from e-cigarettes.

If interested in the reference list, please contact Colleen Hopkins, CADCA Tobacco Prevention Senior Associate, at chopkins@cadca.org , 800-54-CADCA, Ext. 260.

