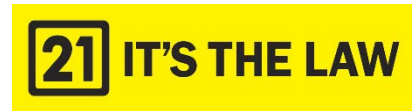


TOBACCO & VAPOR – Q & A

The Washington State Department of Health (DOH), the Washington State Liquor & Cannabis Board (LCB), and the Centers for Disease Control (CDC) are sources of the following information:

Q: What is Tobacco and Vapor 21 (TV21) in Washington?

- The law makes it illegal to sell tobacco & vapor products to anyone under 21; it goes into effect January 1, 2020.
- Most people who smoke begin before the age of 18, and most kids get access to tobacco and vapor products from social sources who are 18, 19, and 20. By eliminating social sources for initiation, Tobacco and Vapor 21 will help prevent the next generation from becoming addicted to nicotine.
- This is a promising strategy to prevent young people from smoking, vaping, and using other tobacco or nicotine products. It complements other policies such as our very comprehensive state laws banning smoking in public places, vapor product law, and high tobacco taxes.



Q: Why is tobacco and vapor 21 important?

- More than 8,000 Washingtonians die each year due to tobacco use. We have known for decades that smoking increases the chance of developing lung cancer, dying from pulmonary disease, and having a heart attack or stroke. Washington's annual health care cost of smoking-related illness is \$2.8 billion.
- Among Washington high school seniors:
 - 30% vape
 - 8% smoke cigarettes
 - 7% smoke cigars
 - 4% use smokeless tobacco
- A March 2015 report by the Institute of Medicine, one of the most prestigious scientific authorities in the United States, strongly concluded tobacco and vapor 21 will likely prevent or delay initiation of tobacco use by adolescents and young adults including a projected:
 - 25% reduction in initiation
 - 12% reduction in prevalence
 - 11% reduction in smoking-attributable deaths

Q: How would tobacco and vapor 21 affect the epidemic of vaping in middle and high schools?

- We know most 15- to 17-year-olds get their cigarettes and vapor products from social sources—friends, older siblings, and coworkers who are 18, 19, or 20 years old and can legally purchase.
- Making it illegal to sell tobacco and vapor products to anyone under 21 is key to cutting off those social sources, including social sources in schools—their fellow students. This is important in that tobacco and vape use are learned and socially mediated behaviors.
- Many of our kids believe that vaping is a social norm among their peers. Kids observed vaping by other kids could reinforce this misguided belief.
- TV21 will help middle and high schools by creating an environment that encourages and facilitates social norms where tobacco and vape use are not attractive, pervasive or socially acceptable.

Q: What is JUUL? What is vaping? What is the difference?

- JUUL is a type of vapor product that has become increasingly popular among kids and teens. It represents over 70% of the vapor product market.
- Every “pod” (which holds the e-liquid) contains approximately the same amount of nicotine as an entire pack of cigarettes.
- The e-liquids come in flavors such as mango, fruit, cucumber, mint, and crème (however due to increased pressure JUUL has greatly reduced sale of flavors)
- JUUL and other pod-based vapor products also use nicotine salts rather than freebase nicotine, which has a lower Ph level and is a lot smoother to the user. Therefore, you not only get a stronger hit of nicotine, but it’s easier to inhale.
- JUUL resembles a USB-drive and charges in any USB port, such as in a laptop.
- JUULing is vaping. However, some young people are referring to using their JUUL as “JUULing” rather than vaping. (There was a study done by the Truth Initiative in November 2017 that showed 25% of young people referred to vaping as “JUULing”.)



Q: Are vapor products safe, or at least safer than smoking combustible cigarettes?

- We do not know – there has not been enough time to assess long-term health effects since vapor products came to market, and *there is not enough evidence demonstrating that they are good for quitting*. Unlike the seven medications that the FDA has approved for smoking cessation, the FDA has not approved any vapor products as smoking cessation devices.
- We do know that the CDC opened an investigation into lung illness among people who use vapor products in the summer of 2019.
- Vapor products do not emit water vapor – they emit an aerosol with harmful and potentially harmful chemicals, like nicotine.
- Vapor products have the potential to benefit adults who smoke and are not pregnant if used as a complete substitute for regular cigarettes and other smoked tobacco products. In other words, vapor products are probably safer for adults who smoke, but that does not mean they are safe.
- Nicotine is highly addictive, and nicotine addiction is not good for anyone. Young people – whose brains are not finished developing until age 25 – are especially vulnerable to nicotine. Young people who use vapor products are more likely to become smoke cigarettes in the future.

Q: How does nicotine affect young people?

- Because brain development continues until about age 25, adolescents are more susceptible to both the addictiveness and harmfulness of nicotine.
- Nicotine changes adolescents’ brain cell activity in the parts of the brain responsible for attention, learning, and memory.
- It can also worsen:
 - anxiety
 - mood swings
 - irritability
 - impulsivity
- While some of these behaviors can be just adolescent phases, nicotine-induced changes to the brain during adolescence can be permanent.
- Nicotine’s harm can lead to long-term effects on the ability to make decisions and can leave teens with an increased risk of addiction to other substances.

Q: What are the health effects of secondhand exposure to aerosol from vapor products?

- There are no long-term studies yet on vapor products, so it will take decades to understand the long-term health effects of exposure to vapor product aerosol (as it did with regular tobacco products).
- Aerosol contains harmful and potentially harmful chemicals, including nicotine, as well as particulate matter.
- There is moderate evidence that secondhand exposure to nicotine and particulates is lower from vapor products compared with combustible tobacco cigarettes.

Q: Are there legal consequences for possession under the age of 21?

- EHB 1074 (TV21) does not have penalties for purchase, use, or possession of tobacco and vapor products by those 18-20 years of age. However, it does not change existing statute - RCW 70.155.080 that includes penalties for those under 18 for purchase, use, or possession of tobacco or vapor products.

Q: Am I allowed to vape in public places?

- EHB 1074 (TV21) does not have provisions pertaining to smoking or vaping in public places. Smoking in public places and places of employment, and within 25 feet of doors, windows and air intake are in violation of the Washington Smoking in Public Places Law (SIPP) (RCW 70.160). *Vaping in Clark County is subject to the same restrictions as smoking; however, Klickitat and Skamania Counties do not have ordinances on vaping.* Existing statute – RCW 70.345.150 prevents use of vaping devices within 500 feet of schools, on any school-owned property, in childcare establishments including home-based when children are present, on school buses, indoor/outdoor playgrounds when children are present, and elevators. Employers, businesses, and other establishments can enact their own rules related to vaping on their properties but should post proper signage.

Q: Are flavored E-cigarettes banned in Washington State?

- The sale of flavored vape products, including flavored THC products, are banned in Washington State for 120 days (until approximately Feb 7, 2020). This covers any “Characterizing flavor”, including mint and menthol. A Thurston County judge threw out a temporary restraining order filed against the state. The LCB currently audits retail business for compliance. There are no penalties for possession or use of flavored vape products.

Q: Has anything else been banned related to E-Cigarettes/vaping?

- The Washington State LCB announced a ban, beginning November 20, 2019, on the sale and distribution of vapor products that contain Vitamin E Acetate. This is in response to information obtained from CDC studies indicating a strong correlation between Vitamin E Acetate and the e-cigarette, or vaping, product use associated lung injury (EVALI). Cannabis processors are required to disclose all ingredients used in their products. Retailers are required to have a list of ingredients available to customers.

Q: What else do I need to know? Where can I find more information?

- More information is available here:
 - www.lcb.wa.gov/tobacco-vapor-21
 - <https://www.doh.wa.gov/YouandYourFamily/Tobacco/TobaccoandVapor21>
 - <https://www.doh.wa.gov/YouandYourFamily/Tobacco/LawsandRegulations>
 - <https://www.cdc.gov/lunginjury>

CESSATION RESOURCES

ADULTS

- Washington State Tobacco Quitline: 1-800-QUIT-NOW **or** visit www.quitline.com
- Smartphone app: www.doh.wa.gov/quit
- Support for parents and schools dealing with youth vaping: <https://www.youthnow.me/schools>
- DOH Tobacco and Vapor Product Prevention and Control Program Website: <https://www.doh.wa.gov/YouandYourFamily/Tobacco>

YOUTH

- Washington State Tobacco Quitline (Ages 13-17): 1-800-QUIT-NOW
- Smartphone app: www.doh.wa.gov/quit
- Text: “DITCHJUUL” to 887-09

