

# Did You Know?

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**E-Cigarette Regulation:** In 2009, a law called the Family Smoking Prevention and Tobacco Control Act gave the U.S. Food and Drug Administration (FDA) the ability to regulate the manufacture, distribution and marketing of tobacco products. E-cigarettes have become immensely popular in recent years, especially among teens, but regulation of these newer products has been slow to catch up. In 2016, the FDA finalized a rule to include e-cigarettes under the Tobacco Control Act, but the regulations are not yet in effect.

## What You Should Know:

- The 2017 Monitoring the Future survey found that nearly 1 in 3 high school seniors had used an e-cigarette in the past year. When those who had used e-cigarettes were asked what they thought was in them, almost 75% said “just flavoring”. In reality, the liquids used in e-cigarettes usually contain nicotine, and can also include potentially carcinogenic chemicals or metals like lead.
- The Population Assessment of Tobacco and Health (PATH) study, funded by the National Institute on Drug Abuse (NIDA) and the FDA, released findings indicating an increased risk of initiation of both e-cigarette and traditional cigarette use associated with exposure and receptivity to e-cigarette marketing. A major issue with some e-cigarette products is their appeal to children and teens with attractive names, designs and flavors.
- Recent studies indicate a connection between teens using e-cigarettes and having a heightened risk of starting to use traditional cigarettes as compared to teens who do not use e-cigarettes. Often, this transition occurs within just six months.

## What You Can Do:

- Stay informed about changes in the regulation of tobacco products, including regulations on marketing, nicotine and other ingredients.
- Talk to teens about avoiding e-cigarettes. There is no “safe” tobacco product, and because e-cigarettes are relatively new, we won’t know their long-term effects for many years.
- If you or someone you know wants to quit tobacco products, including e-cigarettes, contact a physician or call the New York State Smokers’ Quitline at 1-866-697-8487 to learn about safe, effective options approved by the FDA.



Information obtained from: [www.fda.gov](http://www.fda.gov); [www.drugabuse.gov](http://www.drugabuse.gov); [www.smokefree.gov](http://www.smokefree.gov); [www.pathstudyinfo.nih.gov](http://www.pathstudyinfo.nih.gov)

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