

Press Release

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SAFE Glen Cove Coalition: Electronic Nicotine Delivery Systems

Recent research conducted by the Community Anti-Drug Coalitions of America (CADCA) discusses ENDS, Electronic Nicotine Delivery Systems, or e-cigarettes, vaping and juuls-and a variety of information on the history of how electronic cigarettes came into society and the impact it has had throughout the world over the decades.

The idea of an electronic cigarette began in the 1900s, as chemical manipulation began with a higher dose of nicotine in regular cigarettes while adding licorice and sugars to the products. Then the idea of flavoring such as menthol and ammonia came to be, as it was found to increase the time nicotine reached the brain. As media played a large role in society's knowledge of new and improved products, by the mid-1900s there were false claims/ advertisements that filters for cigarettes and "low-tar" packages were the new and improved safer choice of cigarettes.

In the 1960s was when the first electronic vaporizer was introduced it was being advertised as a "smokeless non-tobacco cigarette" and was nicotine free. As the years progressed, so did technology's advancements to design a slim and sleek look of the new e-cigarettes that came about in the early 2000s. Today's cigarettes look like a USB stick that contain flavored liquids, nicotine, and other harmful chemicals. Unfortunately, this design has become increasingly attractive as well as very addictive. As addiction is a very large issue throughout the world with many different substances, these new electronic nicotine delivery systems are now at the top of the list. People are not associating "vaping" as "smoking" as it is labeled "safer" than traditional cigarettes, which has caused individuals to undermine the fact that they may have an addiction to this substance.

Additionally, researchers maintain there is still so much we don't know about these devices to really consider them a safer alternative to smoking cigarettes. CADCA categorizes, and defines the variety of ways people smoke and the difference: Smoking is inhaling tobacco smoke and other burning chemicals, whereas vaping is inhaling aerosol that contains nicotine and other chemicals... the difference is that vape user are not inhaling tar and other carcinogenic parts of a natural burning cigarette, but both types of smoking are potentially the same.

The presenting major concern are for the consumers of these vape products. The original intent of these products was to assist adult smokers who wanted to cut back their smoking intake or help with quitting. Instead, it has reached the attention of children and young adults. Statistics demonstrate youth use is on the rise. The percentage of high schoolers who vaped from 2017-2018 has increased around 15%-20% within that one year. Studies regarding youth's perceptions

about vaping indicate they perceive this method of smoking as being the least harmful to use than any other substance. Youth also perceive these devices as healthier when smoking nicotine-free substances. And as the younger generations get older so does the advancements of these products. Now, 'e-juice' is what gives the 'high' addictive feeling that people keep going back for more, but what really is in these liquid pods? The document listed Nicotine as a main component, as it is the addictive chemical in tobacco. Humectants give these ENDS the ability to mimic cigarette smoke due to aerosol. And the flavorings that make it tastier are chemical additives to increase more purchases and provide variety for the buyers. Lastly, metals such as chromium, nickel, lead, iron and so many more are being inhaled through these devices as well.

More research needs to be conducted to truly understand the long term detrimental health effects of vaping. For now, the best effort in protecting youth and everyday smokers is through prevention education to continue to spread awareness regarding the short term detrimental effects of vaping.

CADCA is nonprofit organization that is committed to creating safe, healthy and drug- free communities globally. For more information about CADCA or to read the full article please visit www.Cadca.org/resources/pt11.

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention and education agency in the City of Glen Cove. Its Coalition is concerned about vaping and seeks to educate and update the community regarding its negative consequences. To learn more about the SAFE Glen Cove Coalition please follow us on www.facebook.com/safeglencovecoalition or visit the Vaping Facts and Myths Page of SAFE's website to learn more about how it's detrimental to your health www.safeglencove.org.