

Press Release

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FOR IMMEDIATE RELEASE

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SAFE Glen Cove Coalition: Smoking Out the Facts- Timely Tips to Help Smokers During COVID-19

According to Carol Meschkow, SAFE Coalition member and the Tobacco Action Coalition (TAC)- Manager, a new tool was recently released by the American Lung Association (ALA) to help smokers navigate through all the misinformation and facts about smoking. Given COVID-19, this information is crucial.

A new initiative entitled “Smoking Out The Facts” was created by the ALA to aid in helping spread awareness of last year’s, “Quit Don’t Switch” tobacco awareness campaign. In today’s climate of social media and other digital platforms, separating fact from fiction can make finding the answer to concerns about smoking real difficult. To help “Smoke Out the Facts”, an animated whiteboard for visitors was created to effectively comb through complex data into everyday messages for smokers. ALA is most concerned about the increasing rates of vaping, and claims by the E-Cigarette manufacturers that the product is a cessation solution. Per ALA, The Food and Drug Administration has not found any e-cigarette to be safe and effective in helping smokers quit. While the E-Cigarette industry tells smokers falsely that switching to their products is safer and can help them quit, ALA is urging smokers to “Quit Don’t Switch.”

Misinformation about E-Cigarettes is widespread and their use as well, especially among youth. In response to the crisis the U.S. Surgeon General has declared it as an epidemic. E-cigarettes are tobacco products must be viewed the same. Tobacco products are not safe, and that includes e-cigarettes. Recent hospitalizations and deaths related to vaping highlight the fact that vaping is indeed harmful.

The facts that support ALA’s campaign “Quit Don’t Switch”:

- Switching to E-Cigarettes does not mean quitting. Quitting means ending your addiction to nicotine, which can be very difficult.
- The FDA has not found any E-Cigarette to be safe and effective in helping smokers quit.
- Research shows that e-cigarettes contain dangerous metals and toxic chemicals including propylene glycol, heavy metals such as nickel, tin and lead, diacetyl (which can cause a

dangerous lung disease often referred to as “popcorn lung”), acrolein (which causes irreversible lung disease) and formaldehyde, known to cause cancer.

Researchers maintain one of the biggest problems with E-Cigarettes is that many people have switched to E-Cigarettes believing it will help them quit tobacco products, which it doesn't, many of them become dual users, meaning they smoke cigarettes when they can and use vaping devices at other times. E-cigarettes have not been found to be safe and effective in helping smokers quit. They were designed to appeal to people who wanted to use something beside a cigarette, or in addition to a cigarette. Instead of helping smokers quit, e-cigarettes have rapidly created another generation addicted to tobacco products by marketing products that appeal to kids, including flavored products like gummy bear, unicorn blood and bubble gum, even apple juice as statistics demonstrate that E-Cigarettes are now the most commonly used tobacco product among youth. According to a 2018 CDC study, one of the primary reasons teens use these products is because the candy and fruit flavors are appealing to them.

Quitting smoking and vaping is even more crucial now during the COVID-19 pandemic. If you or a loved one would like more information on the impacts of tobacco and lung health, or would like Cessation/Quit help contact the Experts at the ALA Lung Helpline at: 1-800-586-4872. ALA also has information and resources to help parents and schools steer kids clear of E-Cigarettes and other tobacco products, including: Not On Tobacco (N-O-T), the Vape Talk and INDEPTH. These and more can be found at Lung.org/stop-smoking.

The American Lung Association is a voluntary health organization whose mission is to save lives by improving lung health and preventing lung disease through education, advocacy and research

To obtain factual information about tobacco please visit the whiteboard at <https://www.smokingoutthefacts.org/>

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.