

FOR IMMEDIATE RELEASE
Press Release January 29, 2024
CONTACT: Dr. Sharon Harris
516- 676-2008
safeglencove@yahoo.com

SAFE Glen Cove Coalition: New York State Department of Health Report E-Cigs Use and Risk Behavior

The New York State Department of Health just announced the release of a new product based on data from the New York Behavioral Risk Factor Surveillance System (BRFSS), entitled "BRFSS Brief: Electronic Cigarette Use among NYS Adults". According to the BRFSS Brief, Electronic cigarettes (e-cigarettes) and other vapor products are devices used to heat and aerosolize (turn into particles) highly addictive nicotine or other substances that a person can inhale into their lungs. The use of these products is usually called "vaping." E-cigarettes are known by many different names, including e-cigs, vapes, vapor products, vape pens, ehookahs, tank systems, and electronic nicotine delivery systems (ENDS).

The Food and Drug Administration (FDA)-does not approve E-cigarettes as a smoking cessation product – they are classified and regulated as a tobacco product. E cigarettes have evolved from purely nicotine delivery systems into high-tech, customizable devices that can deliver a range of other non-nicotine substances. With or without nicotine, vaping is not hazard-free and e-cigarette aerosol is not simply water vapor; the aerosol may contain heavy metals, volatile organic compounds, ultrafine particles, and other toxins. In addition, e-cigarette use can undermine social norms about tobacco and increase the risk of youth and young adults using combustible tobacco cigarettes. The long-term health risks of e-cigarettes will not be known for decades. Nicotine is a highly addictive chemical. Exposure to nicotine during adolescence can cause addiction and can harm the developing adolescent brain which continues to develop throughout adolescence and into the early to mid-20s.

Key findings of the Brief include:

- The prevalence of e-cigarette use among adults in NYS in 2021 was 5.3%.
- E-cigarette use in NYS was lower than the national average of 6.6% in 2021.
- Statewide, e-cigarette use was highest among adults between the ages of 18-24 (15.1%); current smokers (14.1%); adults reporting frequent mental distress (11.4%); and adults who identify as LGBTQ (10.4%).

It should be noted that E-cigarette use varied by region, with higher use rates in the Western and North Country regions of the state and lower use rates Downstate.

The dramatic increase in e-cigarette use among youth and the cigarette or vaping product use-associated lung injury (EVALI) outbreak in 2019 prompted policy action on e-cigarettes nationally and in NY. To protect the public E-cigarettes are included in New

York's Clean Indoor Air Act, which prohibits their use everywhere that smoking tobacco products is prohibited including workplaces, bars, and restaurants.

The NYS Department of Health is committed to addressing tobacco-related disparities to advance health equity and focuses on reducing the burden of all tobacco product use, including e-cigarettes. Further, addressing the youth vaping epidemic is a priority of NYS and includes comprehensive evidence-based, policy-driven, and cost-effective strategies. The NYS 2019-2024 Prevention Agenda's Prevent Chronic Diseases Action Plan sets an objective to decrease the prevalence of vaping product use among young adults aged 18-24 to 7.0%.

According to SAFE, the best method of protecting is prevention education, incorporate the use of environmental strategies and encouraging a goal to "Live SAFE" and substance free while changing the societal norms regarding these products to help curb youth initiation and a lifelong nicotine addiction.

For Quit help the NYS Smoker' provides free and confidential services that include information, tools, quit coaching, and support in both English and Spanish. Services are available by calling 1-866-NY-QUITS (1-866-697-8487), texting (716) 309-4688, or visiting www.nysmokefree.com, for information, to chat online with a Quit Coach, or to sign up for [Learn2QuitNY](#), a six-week, step-by-step text messaging program to build the skills you need to quit any tobacco product. Individuals aged 13 to 24 can text "DropTheVape" to 88709 to receive age-appropriate quit assistance.

Please visit the American Lung Association on their Website at: www.americanlung.org. For help Quitting smoking/vaping or to help a loved one beat a Nicotine Addiction the American Lung Association is committed to helping educate, intervene, and prevent the use of tobacco and nicotine by the next generation. The Lung HelpLine, is available via phone or online and is ready to assist teens between the ages of 13 -17 in quitting tobacco, including vaping. Call 800-LUNGUSA or chat online through their website at Lung.org.

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention, and education agency in the City of Glen Cove. The Coalition is concerned about all combustible and electronic products with marijuana and tobacco. The Agency is employing environmental strategies to educate and update the community regarding the negative consequences in collaboration with Carol Meschkow, Manager- Tobacco Action Coalition of Long Island. To learn more about the SAFE Glen Cove Coalition please follow www.facebook.com/safeglencovecoalition or to learn more about electronic products visit the Vaping Facts and Myths Page of SAFE's website to learn more about how vaping is detrimental to your health www.safeglencove.org.