FACT SHEET

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Global Center for Good Governance in Tobacco Control

c/o School of Global Studies, Thammasat University, Thailand

E-CIGs: The Future of Addiction

EXPERIMENTAL DEVICES

E-cigarette/ Vaping Stick (Juul)
Heated Tobacco (IQOS)

HARMS

Studies show the use of e-cigarettes/ experimental products, or vape

- Causes harms to heart, lung, blood vessels, immune system, and airways[1 2 3]
- Can lead to breathing problems, pneumonia, and wet lung[4 5]
- Affects brain development of babies[6]
- May contain carcinogens, formaldehyde, and other poisons[7]
- Has flavors and sweeteners that cause cancer[8]

There are others that are not documented as long-term studies are still under way.

LURING KIDS INTO ADDICTION

1. Youth vaping is a new epidemic (over 20% prevalence in the US). [9]
2. Nicotine exposure during teen years can cause addiction and harm brain development.[10 11]
3. Vaping kids are those who would otherwise not smoke. [12]
4. Teens who vape are likely to smoke.[13]
5. Seeing people vape boosts desire to smoke.[14]
6. Tobacco industry-fueled social media advertising to kids: with over 25 billion views of messages that associate vaping to fun; capitalized on kids playing "smoke tricks"[15]

DANGERS

E-cigarettes and experimental products

1. Do not help in quitting (WHO)[16]
2. Lead to recreational use[17]
3. Are a gateway to drugs[18]
4. Could contain far more nicotine (an addictive poison) than traditional cigarettes
5. Attract a teen market, including those who otherwise would not have smoked
6. Involve tobacco companies whose traditional products continue to be marketed to kids in developing nations[19]
7. Undermine progress in tobacco control

COMPARISONS

1. Over 45 countries ban e-cigarettes or nicotine content[21]
2. A handful of low-income countries that have yet to step up tobacco control, have allowed e-cigarette in the market but this did not lead to reducing smoking prevalence.
3. UK, a high-income country oft-cited for the positive impact of e-cigarettes, is now seeing an increase in teen vaping.[22] Notably, UK has some of the most stringent tobacco control measures in the world with point-of-sale display bans, standardized packaging, and hefty tobacco taxes.

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