

## **E-Cigarette Response to Email Inquiries**

Hi –

Thank you for taking the time to contact us about the Smoke/Tobacco-Free Policy.

I want to provide you with details regarding your question and concerns around e-cigarettes and why they have been included in the policy.

### **What are E-Cigarettes?**

Electronic cigarettes (e-cigarettes) are relatively new, battery powered devices designed to look and feel like regular cigarettes; however, they emit aerosol rather than smoke. Their cartridges contain liquid nicotine, a humectant such as propylene glycol, and various flavors. The amount of nicotine dispensed by e-cigarettes varies from one brand to another and sometimes differs from the dosage stated on the label.

### **Potential Health and Safety Implications**

To date, no studies have been conducted on the long term health and safety implications of e-cigarettes. Some studies have demonstrated short term implications from exposure to harmful vapors emitted by e-cigarettes.

Research into e-cigarettes as a cessation device has had mixed results. However most studies show that using e-cigarettes for cessation leads to dual use of e-cigarettes and conventional cigarettes. Unfortunately, there is a large literature that shows that even smoking as few as 1 to 4 cigarettes a day will significantly increase ones risk of death and disease.

Preliminary tests by the U.S. Food and Drug Administration (FDA) found that e-cigarettes contain many impurities and some contain dangerous chemicals, which may have additional detrimental health effects yet to be determined. There have also been several reports of e-cig explosions and discharge of high concentrations of nicotine. Emerging research is showing that e-cigarette aerosol is a new source of pollution and toxins, and includes heavy metals as well as organic chemicals.

### **The FDA and World Health Organization Response**

Currently e-cigarettes are not regulated by the FDA. The FDA does not consider e-cigarettes to be a safe cessation strategy. Additionally, both the FDA and the World Health Organization have publicly discouraged the use of e-cigarettes. In addition, there are concerns about false or misleading claims regarding their safety and effectiveness. Regulation thus far has been at the state and local level with most legislation banning their use indoors. California passed a statute prohibiting the sale of electronic cigarettes to minors ([Health & Safety Code § 119405](#)), as have several other states.

However the FDA in April 2013 filed a request for the authority to regulate e-cigarettes as a tobacco product.

### **UC Position**

Until the proper studies have been completed and the effectiveness and safety of e-cigarettes is fully understood, the University of California bans their use. Other forms of FDA approved nicotine replacement therapy (gum, patch, lozenges) and prescription medications are allowed.

Thank you for your concern in this matter. For additional details on E-Cigarettes, please see the E-Cigarettes Fact Sheet: "Regulating E-Cigarettes".