



PUBLIC HEALTH

Promoting Health. Preventing Harm.

**DOUGLAS BEARDSLEY, MPH
DIRECTOR**

**Board of Health
Michael P. McLaughlin, PhD
Mary Jo Meggers, RN
Bonnie Rubin, CLS, MBA, MHA
Victoria Sharp, MD, MBA
Peter D. Wallace, MD, MS**

Statement On Electronic Cigarettes

Upon review of current available research and other scientific materials related to the use of and exposure to vapors produced by Electronic Cigarettes (EC), the Johnson County Board of Health finds the following:

- Electronic cigarettes (EC) refers to a class of devices which vaporize a solution of nicotine and other substances for inhalation by the user.
- Nicotine is an addictive substance and there is evidence to indicate that EC have similar addictive properties as tobacco cigarettes.
- The flavor additives, colors, packaging and promotional materials associated with EC are clearly targeted to appeal to youthful audiences.
- EC use does not appear to be primarily a replacement for smoking tobacco cigarettes among current smokers. EC are being used by current smokers, former smokers and non-smokers alike. Use of EC among sixth to 12th graders has doubled from 2011 to 2012.
- While there are anecdotal claims that EC can help a person quit smoking, EC have not been approved as a smoking cessation aid by the FDA and no EC manufacturers have applied for review for such designation under established FDA protocols.
- EC release numerous carcinogens, toxins, volatile organic compounds and ultrafine/fine particulate matter and contribute to the degradation of the indoor environment.
- Persons exposed to second-hand EC vapor absorb the components of the vapor at detectible levels.

- No brand of EC has been submitted to FDA to establish their safety. Given the variety of carcinogens and toxins in EC vapor, the health and safety of persons exposed to EC vapor, both primary and second-hand, is in question.

In light of these findings, the Johnson County Board of Health recommends the following actions:

1. That the Johnson County Board of Supervisors, City Councils within Johnson County, School Districts and other governmental bodies include EC in their policies related to tobacco cigarette use on property under their control;
2. That the owners of workplaces, restaurants or any other indoor or enclosed area to which the public is invited or in which the public is permitted, adopt policies prohibiting the use of EC in such enclosed or indoor public areas;
3. That the Iowa Legislature adopt legislation which, at a minimum:
 - a. restricts the purchase and use of EC to persons 18 years of age and older;
 - b. restricts the sale of EC to only vendors who hold a license to sell tobacco products;
 - c. include EC in areas where tobacco cigarette use is prohibited under the Iowa Smoke Free Air Act;
4. That, in the absence of action by the State Legislature and Governor to implement the recommendations in number 3, above, that the Johnson County Board of Supervisors and municipal governments in Johnson County explore adopting ordinances, to the full extent of their authority, to implement those recommendations.

Approved: February 18, 2014