These devices (commonly called electronic cigarettes) are metal or plastic tubes that contain a cartridge filled with liquid that is vaporized by a battery-powered heating element. The devices heat and vaporize a solution that typically contains nicotine; the aerosol is inhaled by the user when they draw on the device. The user then exhales a cloud of aerosol which includes toxins and other pollutants, much like secondhand smoke from a cigarette.1

The aerosol contains nicotine and ultrafine particles, including metals and chemicals such as Benzene, Formaldehyde, and Toluene which are known carcinogens.2

ENDS are also called:
- E-hookah
- Vape Pen/Vapor pen/V-Pen
- E-vapor device
- Vapor cigarette
- E-cigarette
- Personal vaporizer
- Hookah pen

Key Points:
- ENDS are currently not regulated; therefore there are no manufacturing or safety standards.
- ENDS are not proven smoking cessation devices.

Use of ENDS in Connecticut

**Adults:**
- 12.0% of all adults have tried ENDS at least once in their lifetime3.
- Overall, 4.0% of adults currently use ENDS (4.2% of males and 3.8% of females)3
- Approximately 480,000 or 18.4% of CT adults used some type of tobacco, including e-cigarettes, in the past 30 days3.
- ENDS use is highest among adults in the 25-34 years of age range, followed by those 18-24 years old3.

**Youth:**
- From 2011-2013, current ENDS use more than doubled among high school students and hookah smoking increased4.
- 5.3% of high school students currently use ENDS (6.9% of males and 3.7% of females)4
- In 2013, 3.1% of middle school and 19.5% of high school students currently used tobacco products, including cigarettes, cigars, chewing tobacco, snuff, dip, pipes, bidis, kreteks, hookahs, and electronic cigarettes4.
Tobacco Industry

- The electronic cigarette industry has grown exponentially since its introduction in China in 2004.

- The three largest tobacco companies produce their own ENDS product lines and are putting significant resources into the promotion of these products.

- Rechargeable ENDS are filled with an “e-juice” that allows users to create flavors and vary nicotine levels.
  - Flavors such as bubble gum, cherry and fruit punch are highly appealing to youth.
  - With a high concentration of nicotine, e-liquids are poisonous, especially for young children.
  - Exposures occur via ingestion, inhalation, or absorption through the skin or eyes.
  - Poison Control Centers noted a doubling of exposure calls from these products over a two year period.5

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Key Points:

- There are no current restrictions on advertising vapor products.
- As of October 1, 2014, Connecticut’s Public Act NO 14-76 was enacted to prohibit the sale and possession of ENDS by minors.

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For Further Information

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Or Visit: www.ct.gov/dph/tobacco

References

1Electronic Smoking Devices (ESDs) and Smokefree Laws. Retrieved from:www.no-smoke.org/ecigs.html; January 2015