



Fact Sheet: Electronic Smoking Devices

What is an Electronic Smoking Device?

- An electronic smoking device is a battery-powered tool. People use the device to inhale a liquid that is turned into a vapor or aerosol (small liquid particles). The liquid may contain nicotine and other potentially harmful chemicals.

Are Electronic Smoking Devices Regulated by the Food and Drug Administration (FDA)?

- No. The FDA is currently working to finalize its authority to regulate electronic smoking devices.

Who Uses Electronic Smoking Devices?

- Youth: The Center for Disease Control and Prevention (CDC) reported in April 2015 that middle and high school students' use of electronic smoking devices use tripled in just one year.¹
- Adults: According to the CDC, adults across all demographics are using electronic smoking devices at increasingly higher rates. Some adults use them as an alternative to cigarette smoking in a place where cigarette smoking is prohibited.²

Are Electronic Smoking Devices Safe?

- This is unknown. There is not enough scientific research to consider them safe. Initial studies have found that some electronic smoking devices have some of the same toxic chemicals as regular cigarettes, including formaldehyde and benzene. Other studies have found that there are also toxic chemicals in the secondhand "vapor" produced by electronic smoking devices.³

Are electronic smoking devices a tool to quit smoking?

- No. The FDA has not yet found electronic smoking devices to be safe or effective quit aids. However, there are seven FDA-approved medications that are proven to be safe and effective to help people quit smoking. Companies that sell electronic smoking devices are not allowed to market them as a tool to quit smoking, though some ads do suggest it is a quit aid.⁴

¹ Centers for Disease Control and Prevention. "E-cigarette use triples among middle and high school students in just one year." April 16, 2015. Available at: <http://www.cdc.gov/media/releases/2015/p0416-e-cigarette-use.html>.

² King, BA, Patel R, Nguyen K, Dube S. "Trends in Awareness and Use of Electronic Cigarettes Among U.S. Adults, 2010-2013." *Nicotine & Tobacco Research*. September 2014; ntu191v3-ntu191.

³ U.S. Food and Drug Administration. "Summary of Results: Laboratory Analysis of Electronic Cigarettes Conducted by FDA." July 22, 2009. Available at: <http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm173146.htm>.

⁴ U.S. Food and Drug Administration. "FDA 101: Smoking Cessation Products." March 9, 2015. Available at: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm198176.htm>