

Addressing E-cigarettes and Tobacco with Parents

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



© 2019 American Academy of Pediatrics

LEARNING OBJECTIVES

At the end of this session, participants will be able to:

- Educate parents about e-cigarettes
- Describe strategies to protect children from e-cigarette and e-liquid exposure
- Understand that e-cigarettes should not be recommended as a cessation tool
- Describe recommendations for parents who are tobacco users



Helping Parents Understand E-Cigarettes

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



EDUCATING PARENTS ABOUT E-CIGARETTES

- Pediatricians may encounter questions from parents about e-cigarettes
- Pediatricians should be prepared to help parents identify and understand e-cigarettes
- A printed resource may help educate parents on e-cigarettes
- Pediatricians should encourage parents to talk to their children about e-cigarettes and other tobacco products



E-CIGARETTE FACTS FOR PARENTS

- Pediatricians can educate parents on:
 - Names and types of e-cigarettes
 - Prevalence of e-cigarette use among youth
 - Adolescents' unique susceptibility to nicotine addiction
 - Health effects of e-cigarette use
 - How to talk with their teens about e-cigarettes



E-CIGARETTE RESOURCES FOR PARENTS

- [Become An Ex](#)
 - Tobacco and vaping cessation support for parents and teens from Truth Initiative
- [The Vape Talk](#)
 - Includes a conversation guide for parents and teens from American Lung Association
- [E-cigarettes.surgeongeneral.gov](#)
 - Includes a conversation guide and video for parents and teens from FDA
 - Also available in Spanish
- [This Is Quitting](#)
 - Includes a texting service for vaping cessation support from Truth Initiative



Helping Parents Protect their Children from E-Cigarette Exposure

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



ADVISING PARENTS WHO USE E-CIGARETTES

- Pediatricians may encounter parents who are e-cigarette users
 - These parents may be former smokers who have transitioned from cigarettes to e-cigarettes
- Advise parents to keep e-liquid in child-proof containers and out of the reach of children
 - E-liquid can be harmful or fatal if swallowed
- Ensure that parents understand that their children should not be exposed to e-cigarette aerosol
 - E-cigarette aerosol contains nicotine, chemicals, carcinogens, heavy metals, and ultrafine particles¹



UNDERSTANDING THE RISKS OF SECONDHAND E-CIGARETTE AEROSOL

- Data about secondhand exposure to e-cigarette aerosol are limited.
- Secondhand aerosol from e-cigarettes contains nicotine, propylene glycol, flavorings, and other chemicals.²
- Nonsmokers who are exposed to cigarettes and e-cigarettes have similar cotinine levels, indicating that they take in similar levels of nicotine.³
- Further research is needed to fully understand the health impacts of secondhand exposure to e-cigarette aerosol.⁴



E-Cigarettes Are Not A Cessation Device

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



E-CIGARETTES ARE NOT A CESSATION DEVICE

E-cigarettes are not an FDA-approved cessation device:^{5,6}

- Nicotine replacement therapies (NRT) must undergo a rigorous approval process before being made publicly available, including animal and human clinical trials
- This process ensures that products are safe and effective
- E-cigarette companies can go through the FDA-approval process to test their efficacy for tobacco cessation. To date, no e-cigarette company has done so



E-CIGARETTES ARE NOT A CESSATION TOOL

Studies show that using both e-cigarettes and traditional cigarettes during the quitting process is problematic:

- Many cigarette users try to quit by switching to e-cigarettes, but end up continuing to use both products
- With dual use, potential health benefits are reduced, and cardiovascular risks associated with smoking remain the same⁷
- E-cigarettes may stop individuals from overcoming their nicotine addiction^{6,8,9}



E-CIGARETTES ARE NOT A CESSATION TOOL

There is no conclusive evidence that e-cigarettes are safe or effective for tobacco cessation:

- There is insufficient evidence from randomized control trials to recommend e-cigarettes as a smoking cessation tool^{10,11}
- No evidence that e-cigarette use helps adult smokers quit at a higher rate than smokers who do not use these products^{8,12}
- There are health hazards from using e-cigarettes, including cardiovascular toxicity from e-liquid flavorings and cancer-causing toxins in e-cigarette aerosol¹³⁻¹⁴



UTILIZE CESSATION SUPPORT SERVICES

For parents who want to quit tobacco, help is available:

- Smokefree.gov
 - Tobacco and vaping cessation support from the National Institutes of Health
- 1-800-QUIT-NOW
 - National Tobacco Quitline
- BecomeAnEx.org
 - Tobacco and vaping cessation support for parents and teens from Truth Initiative
- Behavioral counseling or cognitive behavioral therapy
- FDA-approved pharmacotherapy



RECOMMENDATIONS FOR PARENTS WHO USE TOBACCO

- Never smoke or use e-cigarettes in the house, car, or places that children and adolescents spend time
- Talk with your doctor about ways to help you quit tobacco products
- Talk to your children about the dangers of tobacco and e-cigarettes and make sure you can identify them
- If you are an e-cigarette user, always keep e-cigarettes and liquid nicotine locked and out of reach of children and adolescents



KEY POINTS

- Pediatricians should be prepared to discuss e-cigarettes with parents in pediatric practice
- When talking to parents who are e-cigarette users, pediatricians should provide strategies to protect children from being exposed to secondhand aerosol or e-liquid poisoning
- E-cigarettes are not an FDA-approved cessation device
- There is no conclusive evidence to show that e-cigarettes are safe or effective in helping adults quit



REFERENCES

1. Centers for Disease Control and Prevention. *Quick Facts on the Risks of E-Cigarettes for Kids, Teens, and Young Adults*. CDC website. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html. Accessed January 28, 2020
2. Schripp T, Markewitz D, Uhde E, Salthammer T. Does e-cigarette consumption cause passive vaping? *Indoor Air*. 2013;23(1):25-31
3. Ballbe M, Martinez-Sanchez JM, Sureda X, et al. Cigarettes vs. e-cigarettes: Passive exposure at home measured by means of airborne marker and biomarkers. *Environmental Research*. 2014;135:76-80
4. Collaco J M, Drummond MB, McGrath-Morrow SA. Electronic cigarette use and exposure in the pediatric population. *JAMA pediatrics*. 2014;169(2):177–182
5. US Food and Drug Administration. *Want to Quit Smoking? FDA-Approved Products Can Help*. FDA website. <https://www.fda.gov/consumers/consumer-updates/want-quit-smoking-fda-approved-products-can-help/>. Accessed January 28, 2020
6. Grana RA, Benowitz N, Glantz S. E-Cigarettes: A Scientific Review. *Circulation*. 2014;129:1972-1986
7. Wang JB, Olgin JE, Nah G, et al. Cigarette and e-cigarette dual use and risk of cardiopulmonary symptoms in the Health eHeart Study. *PLoS One*. 2018;13(7):e0198681
8. Weaver SR, Huang J, Pechacek TF, Heath JW, Ashley DL, Eriksen MP. Are electronic nicotine delivery systems helping cigarette smokers quit? Evidence from a prospective cohort study of U.S. adult smokers, 2015-2016. *PLoS One*. 2018;13(7):e0198047



REFERENCES

9. Coleman B, Rostron B, Johnson SE, et al. Transitions in electronic cigarette use among adults in the Population Assessment of Tobacco and Health (PATH) Study, Waves 1 and 2 (2013-2015). *Tob Control*. 2018;28(1):50–59
10. US Preventive Services Task Force. Final Recommendation Statement: *Tobacco Smoking Cessation in Adults, Including Pregnant Women: Behavioral and Pharmacotherapy Interventions*. USPSTF website. <https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/tobacco-use-in-adults-and-pregnant-women-counseling-and-interventions1>. Accessed January 22, 2020
11. National Academies of Sciences, Engineering, and Medicine. *Public health consequences of e-cigarettes*. Washington, DC: The National Academies Press. 2018
12. Grana RA, Popova L, Ling PM. A longitudinal analysis of electronic cigarette use and smoking cessation. *JAMA Intern Med*. 2014;174(5):812–813
13. Fetterman JL, Weisbrod RM, Feng B, et al. Flavorings in Tobacco Products Induce Endothelial Cell Dysfunction. *Arterioscler Thromb Vasc Biol*. 2018;38(7):1607–1615
14. Goniewicz ML, Knysak J, Gawron M, et al. Levels of selected carcinogens and toxicants in vapour from electronic cigarettes. *Tob Control*. 2013;23(2):133–139

