

CHENANGO COUNTY HEALTH DEPARTMENT

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PRESS RELEASE

Date:

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Contact:

E-Cigarettes and Vaping added to New York's Clean Indoor Air Act

The New York State Department of Health and the Chenango County Health Department is reminding people that the use of electronic cigarettes is now banned from use indoors everywhere that smoking tobacco products are prohibited. The new law, which began on November 22, 2017 in New York State, will reduce exposure of potentially dangerous chemicals for e-cigarette users and those around them. Prior to the change in the law, the Clean Indoor Air Act prohibited the smoking of tobacco containing substances such as cigars, cigarettes or pipes in all indoor public places, including workplaces, bars and restaurants. The new ban builds on legislation signed in July 2017 by Governor Cuomo that banned the use of e-cigarettes on all public and private school grounds in New York State.

Electronic nicotine and vapor delivery systems include e-cigarettes, vaping pens, e-hookah, mods, vapes, and other similar devices. They typically contain nicotine and are found to be toxic. The aerosol that users inhale and exhale is not harmless water vapor. Studies show that the aerosol contains toxic particles, heavy metals, chemicals that cause cancer and other substances that cause health problems. There is no regulation of what chemicals e-cigarettes contain or how much nicotine the user is receiving. Many of the chemicals found in cigarette smoke are also found in the e-cigarette aerosol. Worst of all, E-cigarettes are not proven to help people to quit smoking, its original intent.

Use of E-cigarettes among youth is a major public health concern. According to a report from the Surgeon General, young adults are the primary users of e-cigarettes. Research shows that they are using these types of products five times more than adults over age 25. E-cigarettes use a variety of flavors, colors, tastes, and designs to make them more appealing. Young adults also have the perception that they are less harmful than other tobacco products. According to the Department of Health data, e-cigarette usage among high school students in New York State has almost doubled in two years from 10.5 % in 2014 to 20.6 % in 2016, while the tobacco rate has decreased by 4.3 %.

Now that electronic cigarettes have been added to the Clean Indoor Air Act in New York, there will be less exposure to secondhand e-cigarette emissions in public places. The new ban may lead to less E-cigarette use overall, and less harm to the developing brain of adolescents and young adults. It may also protect youth from accessing these products and de-normalize tobacco use.

People who smoke or use other tobacco products can improve their chances of quitting with support and treatment. Studies show that brief counseling combined with an FDA approved medication can triple the chances of permanently quitting.

If you are someone you know wants to quit smoking there is help available.

www.nysmokefree.com

1-866-NY-QUITS (1-866-697-8487)

www.cdc.gov/tobacco/index.htm

www.smokefree.gov

Persons with questions or requiring additional information may contact the
Chenango County Health Department at **(607) 337-1660**.

Promoting and protecting health, safety, and the quality of life in Chenango County