



Module 1: The Basics of an e-Cigarette

Required Resources: E-Cigarette Backgrounder (enclosed)
Various Types of e-Cigarettes (enclosed)
Diagram of an E-Cigarette (enclosed)
Hand-out: Types of E-Cigarettes (enclosed)

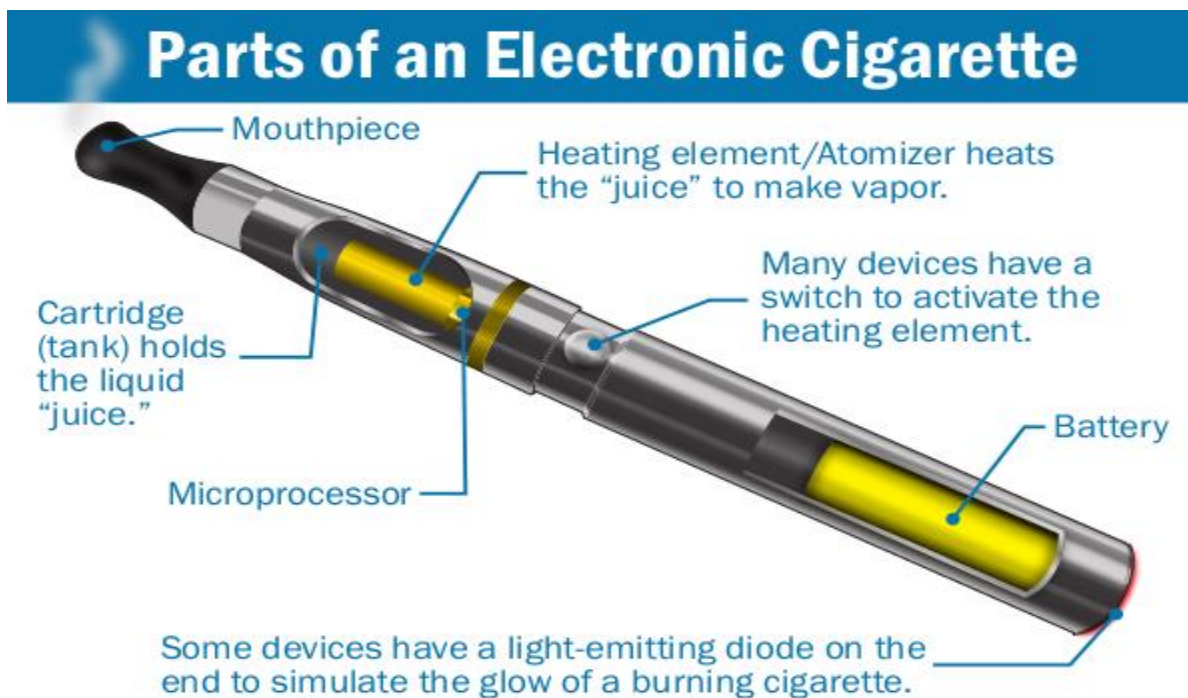
Time: 20 minutes

Group Size: Any

Objective: Begin a general discussion about the basics of electronic cigarettes.

Activity: You should examine and read out or summarize the background information below to get the group familiar with electronic cigarettes. Use the enclosed diagram of an e-cigarette to discuss the various parts of an e-cigarette.

After you have discussed the material below, hand out the sheet entitled "Types of e-Cigarettes" and have each member of the group identify which one(s) of the various types they've seen, and where. Give the group a few minutes then collect the sheets and discuss the findings with the group. Please leave the completed sheets in the folder for our own information.

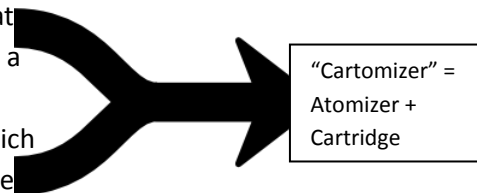


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https://www.usfa.fema.gov/downloads/pdf/publications/electronic_cigarettes.pdf

E-Cigarette Backgrounder

The electronic cigarette, also known as an e-cig, a personal vaporizer (PV) or, more formally, an electronic nicotine delivery system (ENDS), is an electronic device that mimics the act of smoking a traditional cigarette by heating a liquid to produce a vapour. The essential components of an e-cigarette are:

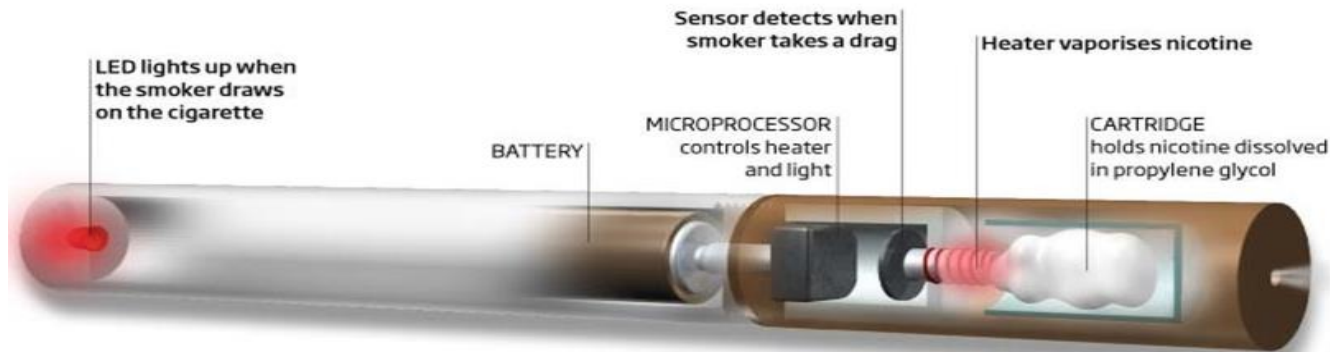
- 1) The **battery**, usually rechargeable via USB, which provides the power to atomizer and also to the LED or indicator light (if the tip of the e-cigarette lights up when used);
- 2) A **microprocessor** or logic board, often combined with the battery, which controls the e-cigarettes features, including the operation of the atomizer, LED and any special features;
- 3) The **atomizer**, the central mechanical feature of any e-cigarette, draws the liquid from the cartridge through a wick and heats that liquid with a metal heating element to the point that it becomes a vapour and can be inhaled; and
- 4) The tank or **cartridge**, in which the liquid is held and through which the vaporized liquid is inhaled by means of an attached mouthpiece or simply through a hole at the end of the e-cigarette.



There are many variations on the mechanism, but the basic process is the same. The microprocessor senses a change in pressure when the user inhales on the end of the e-cigarette. On this cue, the microprocessor instructs the atomizer to activate the heater and vaporize the liquid, which the smoker inhales through the mouthpiece.

Sometimes, the cartridge is combined with the atomizer to create what is called a “cartomizer” (or a “clearomizer” if the cartridge is transparent).

Upon inhalation the heater known as the atomiser vaporises the nicotine solution turning it into vapour. The user in turn inhales this to get the similar nicotine hit as a normal cigarette, and a real smoking satisfaction.



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<https://www.transportation.gov/fastlane/electronic-cigarettes-safety-issue-aircraft>



Various Types of E-Cigarettes

There is a vast array of different e-cigarettes, some of which are disposable and others which are re-fillable. Some appear thin like cigarettes, others look like large fountain pens or cigars, and yet others look like pipes. There are even some more wild variations and “mods”, such as i-Phone cases or pop cans.

Although continuously changing and evolving, with some brands covering numerous types, in general the categories of electronic cigarettes are:

- 1) **Disposable.** These are cigarette-shaped e-cigarettes in which the battery, cartridge, atomizer and liquid are all integrated into a single, sealed unit. These e-cigarette are intended to be used until the liquid runs out, at which point they are to be discarded. They are non-rechargeable. The liquid in disposables may or may not contain nicotine. Brand names include NJOY, OneJoy, Aer disposables and Flavor Vapes.



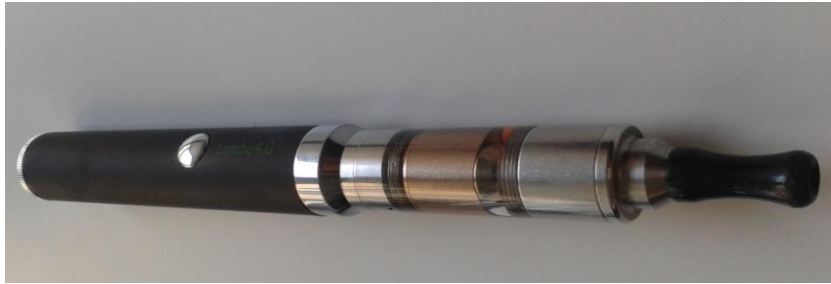
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- 2) **Cigarette Rechargeable.** These e-cigarettes, like the disposables, may closely resemble cigarettes, sometimes even coming with an LED at the tip which lights up when you inhale. They are rechargeable and you can purchase pre-filled replacement cartridges, which may or may not contain nicotine. Brand names include Blu, Halo, Greensmoke and EonSmoke.



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- 3) **Pen Rechargeables.** Pen rechargeables, or mid-size e-cigarettes, are larger than cigarette rechargeables and look more like a large pen or a small cigar than a cigarette. They can hold more liquid than the cigarette-shaped e-cigarettes and you can fill the cartridge yourself rather than purchasing pre-filled cartridges. The battery is rechargeable and possibly replaceable. Brand names include V2 and Ruyan.



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- 4) **Tanks.** Tanks are large e-cigarettes, with a rechargeable battery and a large, refillable cartridge. They are also considered easier to modify. Brands include Vaporzone, Aspire and eClear.



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- 5) **Mods.** There is almost no limit on the types of e-cigarettes; all that is required is space to put a battery, heater, a cartridge and a mouthpiece. Unique or modded e-cigarettes include i-Phone cases, working pens, styli, laser pointers, coca-cola cans and USB memory sticks. These may be unique, modded e-cigarettes, or they may be branded products such as the VapeCase or Potent.



Credited to Lindsay Fox: ecigarettereviewed.com

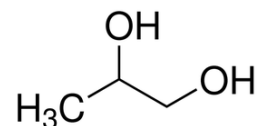


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Module 2: Tastes too Good to be true

The Skinny on Propylene Glycol and E-Juice



Required Resources: Propylene Glycol Backgrounder (below)
Vial of Propylene Glycol (enclosed)
Tastes Good Like a Cigarette ... Shouldn't Exercise Sheet

Time: 20 minutes

Group Size: Any. Recommended for high school age and above.

Objective: Learn about the nature and risks associated with propylene glycol and understand the appeal that some of the flavours of e-juice has for children/youth.

Activity: Read the backgrounder below or summarize for the group and pass around the vial of propylene glycol so they can get an idea about the nature of the liquid propylene glycol.

One of the concerns of health professionals about electronic cigarettes is their appeal to minors. Read through the exercise sheet about e-juice flavours and ask the group in plenary to imagine themselves as manufacturers of electronic cigarettes and e-juices. If your specific intention was to get children/youth (minors) hooked on your addictive product, what flavours might you use to entice kids to try it? Now have a look at the list of some of the flavours actually available at retail and discuss whether this is morally acceptable. If you think it's a good time, you can then incorporate Module 6 and begin asking about whether Government should intervene and start regulating e-cigarettes and e-juice.

Propylene Glycol Backgrounder



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The design and purpose of an electronic cigarette is to vapourize a liquid. The base liquid used for electronic cigarettes, commonly referred to as "e-juice" or "e-liquid", is usually propylene glycol,



perhaps with some vegetable glycerin and/or polyethylene glycol 400. Different brands vary in their primary ingredient, but propylene glycol is the predominant favourite. Usually propylene glycol concentration ranges from 80-92% of the liquid. Added to this base are any flavor additives and varying quantities of nicotine.

Propylene glycol is a clear, odorless, colourless liquid. A type of mineral oil, propylene glycol is an alcohol produced through fermentation of yeast and carbohydrates. It is found in many household products including pharmaceuticals, cosmetics, shampoo and shaving products. It is also used extensively as a humectant (moisture preservative) for human foods, pet food and tobacco.

Given the increasing popularity of e-cigarettes, the question has arisen about the effects of inhaling vaporized propylene glycol. Although propylene glycol has a low chronic oral toxicity and has been categorized by the U.S. Food and Drug Agency as “Generally Recognized as Safe”, the effects of long-term inhalation of propylene glycol vapor is not well known. Vaporized propylene glycol has been shown to be an irritant to the eyes, nose and throat¹. It is also strongly suggested that airborne propylene glycol may increase the risk of asthma, allergic reactions, rhinitis and eczema.²

There have been a few studies examining exposure to propylene glycol vapour. The earliest and longest study was back in 1947.³ This study exposed rats and monkeys to high levels of propylene glycol vapours for 12-18 months and then conducted autopsies. The researchers found that the lungs, kidneys, livers and spleens and bone marrow were all normal. The conclusion was that exposure to vapourized propylene glycol is harmless.

A more recent study⁴, attempted to discern whether administering a drug in a propylene glycol vapour to lung transplant patients, was a safe and effective method of delivery. The researchers exposed rats and dogs to a propylene glycol vapour with the drug for 28 days. The researchers concluded that there were no respiratory or systemic effects of high doses of vapourized propylene glycol.

Even if vapourized propylene glycol is safe to inhale, which is still an open debate, other ingredients in e-cigarette liquid may not be safe. The dangers of some of the other additives can be seen under the next module about risk profile of e-cigarettes.

¹ Wieslander et al. (2001) Experimental Exposure to Propylene Glycol Mist in Aviation Emergency Training: Acute Ocular and Respiratory Effects. *Occupational Environmental Medicine* 58: 649-655.

² Choi, H. et al. (2010) Common Household Chemicals and the Allergy Risks in Pre-School Age Children. *PLoS ONE* 5 (10): e13423.

³ Robertson, O.H. et al. (1947) Tests for the Chronic Toxicity of Propylene Glycol and Triethylene Glycol on Monkeys and Rats by Vapor Inhalation and Oral Administration. *The Journal of Pharmacology and Experimental Therapeutics* 91: 52-76.

⁴ Wang, T., S. Noonberg et al. (2007) Preclinical Safety Evaluation of Inhaled Cyclosporin in Propylene Glycol. *J Aerosol Med* 2007 Winter; 20(4); 417-28.



Module 3: Risky Business – A Primer on E-Cigarette Risks



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Required Resources: Risky Business – a Primer on E-Cigarettes and Risk Backgrounder (enclosed)
Diagram of an “E-Cigarette with Risks” (enclosed)
Statement cards (laminated) on the risks of electronic cigarettes, plus TRUE and FALSE heading cards

Time: 20 minutes

Group Size: Any. Recommended for middle and high school ages

Objective: To educate students that electronic cigarettes may not be as safe as previously thought.

Activity: You should examine and read out or summarize the background information below to get the group familiar with electronic cigarettes. Use the enclosed diagram of an electronic cigarette to discuss the potential risks. This exercise may be used to quash some stereotypes that using e-cigarettes is a harmless activity. It is true that electronic cigarettes do not contain the same number of 4000 substances or chemicals as conventional cigarettes have. However, the devices are NOT risk free. This exercise should open eyes of the students to this reality.

Once you’ve read through the enclosed backgrounder and shown the diagram to the group, tape or stick the “TRUE” heading on one side a wall and “FALSE” on the other side. Shuffle and hand out the enclosed statements to the group and ask each group member one at a time (without the use of Google) to place his or her statement under “TRUE” if they believe it is true, or under “FALSE”, meaning they believe it is a false.

Risky Business – A Primer on E-cigarettes and Risk Background

- Heavy metals end up in the vapour from the metal coils and solder in e-cigarettes
 - <http://www.scientificamerican.com/article/smoke-screen-are-e-cigarettes-safe/>
 - <http://articles.mercola.com/sites/articles/archive/2014/09/17/e-cigarette-second-hand-smoke-effect.aspx>
- Inconsistent nicotine delivery
 - http://apps.who.int/gb/fctc/PDF/cop6/FCTC_COP6_10-en.pdf?ua=1
- Lack of labeling or warning labels required
 - <http://www.ctri.wisc.edu/Smokers/ecigs/cpht.pdf>
 - <http://www.forbes.com/sites/greatspeculations/2014/11/14/why-e-cig-makers-put-up-large-warnings-on-their-packs/>
- Modeling smoking behavior (renormalization the behaviour of smoking)
 - http://www.nsra-adnf.ca/cms/file/files/E-Cig_Fact_Sheet_NSRA_17Oct13_final.pdf
- Lack of clarity, lack of regulation and social conflicts between non-smokers and e-cigarette smokers
 - <http://www.cbc.ca/news/canada/edmonton/lack-of-bylaws-cause-businesses-to-enact-own-e-cigarette-bans-1.2784787>
 - <http://www.nsra-adnf.ca/cms/file/files/e-cig%20Brochure%20FINAL.pdf>
- Lack of quality control and manufacturing standards
 - <http://www.toronto.ca/legdocs/mmis/2014/hl/bgrd/backgroundfile-72511.pdf>
- Risk of poisoning. E-juice with nicotine might get ingested (swallowed), inhaled or absorbed via the eyes or skin. Calls to the poison centres in the USA jumped from 1 per month (2010) to 215 per month (2014)
 - <http://www.cdc.gov/media/releases/2014/p0403-e-cigarette-poison.html>
- E-juice, if swallowed, can severely harm or kill an adult or child
 - <http://www.cnn.com/2014/04/03/health/ecigs-nicotine-poisoning/>
 - <http://www.kpbs.org/news/2014/mar/28/e-cigarette-overdose-how-much-liquid-nicotine-woul/>
- Some of the ingredients may cause cancer
 - <http://www.cancer.org/myacs/eastern/areahighlights/cancernynj-news-ny-ecig-health-vote>
 - <http://articles.mercola.com/sites/articles/archive/2014/09/17/e-cigarette-second-hand-smoke-effect.aspx>
- Nicotine can cause damage to your heart. It increases the risk of heart disease and build-up of plaque. Nicotine is the addictive agent in electronic cigarettes (see module 4 for more information about nicotine)



- <http://health.clevelandclinic.org/2014/09/e-cigarettes-tobacco-free-but-your-heart-may-still-be-at-risk/>
- Electronic cigarettes have caused fires at home, especially while being charged
 - <http://www.bbc.com/news/uk-26958397>
- Although a very rare occurrence, electronic cigarettes have been known to explode or catch fire during use, causing burns or other injuries, probably because of the lack of quality control and manufacturing standards
 - <http://www.cbsnews.com/news/electronic-cigarette-explodes-in-mans-mouth-causes-serious-injuries/>
 - <http://www.nbcchicago.com/investigations/Exploding-E-Cigarettes-229183561.html>
- Millions of disposable e-cigarettes (which contain a battery), broken e-cigarettes, used cartridges and batteries have ended up in landfills. However, there are many new recycling programs starting up that do accept cartridges and batteries. Check on-line.
 - <http://ecigone.com/e-cigarette-basics/recycle-e-cigarettes/>
- Electronic cigarettes have not been proven by any long-term studies to help people quit smoking. However, they have helped increase the odds of quitting by up to 60% according to one British study released May 2014.
 - <http://www.cbc.ca/news/health/e-cigarettes-boost-smokers-quit-successes-1.2648110>
 - <http://www.livescience.com/48305-e-cigarette-nicotine-replacement-therapy.html>
- Dual Usage – some people who take up electronic cigarettes to quit smoking end up smoking both traditional cigarettes AND e-cigarettes, thereby assuming the risks of both.
 - <http://www.nsra-adnf.ca/cms/page2292.cfm>
- Electronic cigarettes may in fact lead to young people taking up smoking (“gateway to smoking”) and undermine efforts to make no smoking the social norm (“denormalization”)
 - <http://www.nsra-adnf.ca/cms/page2292.cfm>
 - <http://tobaccofree.ucsc.edu/pdf-only/E-Cigs%20%20conv%20cigs%20Orig%20Study%20Mar%202014.pdf>
- The tobacco industry has moved into the electronic cigarette business in a huge way. Electronic cigarettes are another way that BIG TOBACCO tries to hook you in.
 - <http://nymag.com/daily/intelligencer/2014/07/e-cigarettes-are-pulling-an-uber.html>
 - <http://www.reuters.com/article/2013/06/13/us-ecigarettes-factbox-idUSBRE95C0FG20130613>
- Electronic cigarettes have been linked to asthma, diabetes, stroke, and heart disease
 - <https://www.sciencenews.org/article/health-risks-e-cigarettes-emerge>



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https://commons.wikimedia.org/wiki/File:Tabak_9290019.JPG

Module 4: A Poison By Any Other Name - Nicotine and Its Effects

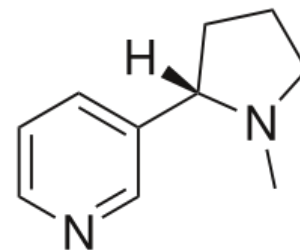
Required Resources: Nicotine Backgrounder (enclosed)
Bag of Potato Chips (Doritos work well. Sorry, not included. We ate them.)

Time: 10-20 minutes

Group Size: Any

Objective: Learn about nicotine, its uses and its effects.

Activity: Read or summarize the Nicotine Backgrounder below. For the exercise, open the bag of Doritos, explain that these chips are considered unhealthy for you, and give each person a *single* chip. Then ask for a show of hands as to who would like a second chip. That desire for more chips, even knowing that it is unhealthy, is likely quite strong. Now explain how this desire for another chip is merely a “craving”, not an addiction. Ask the group to imagine the nature of a physical, pharmacological addiction, like nicotine addiction.



A Poison By Any Other Name – Nicotine and Its Effects

“Nothing is more pitiable than the way some men of my acquaintance enslave themselves to tobacco.”⁵

Nicotine is derived from only one source: the tobacco plant or *Nicotiana tabacum*, and derives its name from the plant. Here are a few things you should know about nicotine:

- The tobacco plant from which is derived comes from the nightshade family of plants.
- Nicotine can be delivered to the body through smoking, chewing or sniffing tobacco in its many forms, by inhaling the vapour of an e-juice containing nicotine, or trans-dermally should the nicotine e-juice get on your skin. Those mixing e-juices on their own run the risk of nicotine poisoning should they get the nicotine concentrate on their skin.
- Nicotine is a stimulant and raises the heart and respiratory (breathing rate) of those who consume it.
 - <http://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products>
- Nicotine is the addictive element of tobacco. Very addictive. As addictive as heroin, cocaine and alcohol. It creates a pharmacological, physical addiction that can be triggered by as little as a single cigarette.
 - <http://www.nytimes.com/1987/03/29/magazine/nicotine-harder-to-kickthan-heroin.html>
 - <http://www.drugabuse.gov/publications/research-reports/tobacco/nicotine-addictive>
 - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1282455/>
- Nicotine hits the brain within 10 seconds of inhalation.
 - <http://www.drugabuse.gov/publications/research-reports/tobacco/nicotine-addictive>
- Nicotine is toxic and has been used as an insecticide for decades. There is also new evidence pointing to nicotine-based insecticides as being responsible for the worldwide bee population declines.
 - <http://www.acs.org/content/acs/en/pressroom/presspacs/2010/acs-presspac-october-27-2010/tobacco-and-its-evil-cousin-nicotine-are-good-as-a-pesticide.html>
 - <http://www.toxipedia.org/display/toxipedia/Nicotine+-+Introduction+and+History>
 - <http://www.law360.com/articles/327606/harvard-study-links-nicotine-based-pesticide-to-bee-deaths>

⁵ *My Lady Nicotine: A Study in Smoke* by J.M. Barrie. 1928. For full text, see the Project Gutenberg EBook of My Lady Nicotine by J. M. Barrie. EBook #18934. <http://www.gutenberg.org/files/18934/18934-h/18934-h.htm>

- Nicotine stimulates the brain to release dopamine and dopamine triggers the brain's limbic system, which is the brain's pleasure and reward circuit. Hence, smokers often feel some pleasure from nicotine consumption. However, now flooded with dopamine, the brain reacts by cutting its natural dopamine production and reducing the number of dopamine receptors. So nicotine users soon need nicotine just to maintain the normal levels of dopamine. This is the same way heroin and cocaine hooks users.
 - <http://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products>
- The obvious physical effects of nicotine – including physical stimulation and release of dopamine - last for between 5 minutes and two hours. Therefore, to avoid unpleasant withdrawal symptoms (i.e. a drop in dopamine levels), a tobacco user must regularly provide his or her body with nicotine, further strengthening the addiction.
 - <http://www.drugabuse.gov/publications/research-reports/tobacco/nicotine-addictive>
- 50-60 mg. of nicotine is considered sufficient to kill an adult human.
 - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3880486/>
- Nicotine is the substance in tobacco which creates and maintains the addiction, but nicotine itself is not cancer-causing. However, nicotine consumption may impede your body's ability to fight cancer.
 - http://www.treatobacco.net/en/page_62.php
- The process of quitting smoking or tobacco is really a process of quitting NICOTINE. Ideally, you quit nicotine altogether, not just tobacco. By moving to electronic cigarettes, you may be reducing some of the harms associated with smoking, but you're introducing new ones, and you've not quit your addiction. You've switched your nicotine delivery device.



Module 5: What's the Law?



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Required Resources: Backgrounder on Electronic Cigarettes and the Law (enclosed)
Blackboard or flip chart
Self-addressed stationery and envelopes

Time: 20 minutes

Group Size: Any

Objective: Learn about the various laws in Canada related to electronic cigarettes.

Activity: Read the backgrounder enclosed or summarize for the group. After providing this background, begin a facilitated discussion about what message the students would want to tell their political leaders about electronic cigarettes. If they had the ear of the BC Premier or Prime Minister of Canada, what would they say? Are laws needed here? If so, what would those laws be? As a hint, laws may cover such aspects as:

- display bans;
- minimum age restrictions;
- no sales with nicotine;
- restrictions on where e-cigs can be used.

Two formats for the exercise are available:

1. A full plenary, and participants/students should shout out their responses to the teacher/facilitator, and these get captured on blackboard or flip chart; or
2. The participants/students write an actual short letter (1-2 paragraphs) to their Premier or the Prime Minister on the enclosed stationery. The letter, once reviewed by the teacher or facilitator, may be posted to the Premier or the Prime Minister using the envelopes enclosed.



Backgrounder on Electronic Cigarettes and the Law

WHAT'S THE LAW?

CANADA

Currently, in Canada there is no law federally that prevents the sale of electronic cigarettes without nicotine to under 19 years of age. There is no law that prevents the display of electronic cigarettes, or the smoking (or vaping) of these devices.

It is, however, illegal to sell e-cigarettes that contain nicotine or the flavoured juice (e-juice) if it contains nicotine. However, there are many outlets on the internet, and on Vancouver Island that continue to sell these products.

What is new in Canada is that the provinces are starting to make tobacco laws that include e-cigarettes.

Nova Scotia has just passed a law (Oct. 24'14) that treats e-cigarettes similar to regular cigarettes. This means:

- no sale of e-cigarettes to under 19 years of age;
- no display of e-cigarettes;
- no promotion or advertising of e-cigarettes;
- no vaping permitted in public places.

<http://novascotia.ca/news/release/?id=20141024003>

Quebec is considering a ban on electronic cigarettes to anyone under 19 years old, and no smoking of these devices inside public spaces.

<http://www.cbc.ca/news/canada/montreal/quebec-on-e-cigarettes-no-sale-to-minors-no-vaping-in-public-1.2738537>

Ontario - As of May 13, 2015, debate commenced prior to the third reading of Bill 45. This bill includes the Making Healthier Choices Act, 2015, An Act to enhance public health by enacting the Healthy Menu Choices Act, 2015 and the Electronic Cigarettes Act, 2015 and by amending the Smoke-Free Ontario Act.

http://www.ontla.on.ca/web/house-proceedings/house_detail.do?Date=2015-05-13&Parl=41&Sess=1&locale=en#P45_2785

British Columbia - On March 5, 2015, the provincial government introduced amendments to the *Tobacco Control Act* to regulate electronic cigarettes. On October 2, 2014, Vancouver City Council unanimously voted in favour of preventing usage of e-cigarettes wherever traditional tobacco cannot be smoked (beaches, parks, and playgrounds, patios and within 6 metres of doors and windows). Retailers



may no longer display e-cigarettes, nor can the devices or e-juices be sold to minors. The date the law is to be enacted is still to be determined.

<http://www.newsroom.gov.bc.ca/2015/03/legislation-enhanced-to-regulate-e-cigarettes.html>

<http://www.cbc.ca/news/canada/british-columbia/vancouver-ban-on-e-cigarettes-should-be-national-says-foundation-1.2786620>

<http://www.vancouversun.com/news/Vancouver+treat+cigarettes+like+tobacco/10257540/story.html>

IN THE UNITED STATES, there is also a lack of national law on electronic cigarettes. In April 2014, the Food and Drug Administration proposed some regulation, but nothing is currently in place.

<http://www.cnn.com/2014/04/24/health/fda-e-cigarette-regulations/index.html>

Against this backdrop, a handful of large cities have taken the lead and extended their own no smoking bylaws to include e-cigarettes or vaping. In Chicago, for example, no vaping is allowed inside government buildings, public places, shopping malls, recreational facilities, bars and restaurants, and within 15 feet of entrances to the above. Boston, New York City, Los Angeles and San Francisco have also become “vape-free” cities thanks to progressive action by the cities’ leaders.

http://www.cityofchicago.org/city/en/depts/cdph/supp_info/tobacco_alcohol_drug_abuse/smoke_free_illinoisact.html

<http://www.reuters.com/article/2014/03/05/us-usa-ecigarettes-california-idUSBREA2324920140305>



Additional Materials

In addition to the modules above, we are including several useful sources for further information and to assist you in presenting to a group on e-cigarettes or amending your organization's policies to include restrictions on e-cigarette use.

- 1. Island Health INFOSheet on Electronic Cigarettes. February 2014.**
Quick summary sheet providing details on the components of electronic cigarettes, their safety and the rules/legislation surrounding them.
- 2. Island Health Summary of Electronic Cigarettes. September, 2014.**
A 1-page summary of electronic cigarettes, their safety, and Island Health's position.
- 3. Electronic Cigarette Fact Sheet by Non-Smokers Rights Association. October, 2013.**
Quick summary sheet on health and safety risks associated with e-cigarettes, their legality, and whether they are effective cessation tools and undermine smoking reduction efforts.
- 4. World Health Organization - Conference of the Parties to the WHO Framework Convention on Tobacco Control. Report on Electronic Nicotine Delivery Systems. July 21, 2014.**
Report by WHO on e-cigarettes. Discusses health risks to users and non-users, efficacy as a cessation tool, interference with tobacco reduction efforts, and legislative treatment by nations.
- 5. Health Canada Notice Regarding Importing, Advertising, or Selling of Electronic Cigarettes. March 27, 2009.**
Directive from Health Canada prohibiting the importing, advertising or selling of e-cigarettes with nicotine or e-juice with nicotine in Canada without a market authorization from Health Canada (as of December 1, 2014, no market authorizations have been issued).
- 6. German Cancer Research Centre. Electronic Cigarettes – an Overview. 2013.**
An excellent and sophisticated report from Germany on electronic cigarettes' product characteristics, health effects, market, efficacy as a cessation tool and worldwide regulation.
- 7. Island Health PowerPoint presentation. February 2014 (USB Stick).**
This is a presentation prepared by Island Health on electronic cigarettes. If you need to present on e-cigarettes to a group, please feel free to copy this presentation to your own USB stick and edit as required.
- 8. Draft Policy for Organizations**
This is a sample draft of an anti-smoking policy that includes e-cigarettes. If your organization currently has a smoking policy, consider including "e-cigarettes, ENDS (electronic nicotine delivery



systems), or vaping” into the definition of “smoking” in existing policies that restrict smoking. Another option would be to create a new policy that restricts the “use of e-cigarettes and ENDS”.