

January 2, 2019

Dear Colleague:

We are sending you this letter to alert you to a serious issue of the use of e-cigarettes in the

is available from the New York State Center for School Health (NYSCSH), a contracted technical resource center for the NYSED. Their resources include a webinar and educational materials for health educators, school nurses, students and families. The webinar can be accessed on the [NYSCSH Professional Learning Page](#) and the [NYSCSH E-Cigarettes Resource Page](#) can be accessed at <http://www.schoolhealthny.com>

You likely have heard a lot about e-cigarettes in the news, but they are not just the latest teen fad. In fact, the U.S. Food and Drug Administration (FDA) has declared youth e-cigarette use an epidemic. In just two years, e-cigarette use by high schoolers in our state has doubled. E-cigarettes and similar vapor products are the most commonly used form of tobacco among NYS youth and, like all tobacco products, they are unsafe for youth¹

E-cigarettes are electronic devices that heat a liquid (“e-liquid”) to produce an aerosol that users inhale and exhale, colloquially referred to as “vaping.” E-cigarettes and similar vapor products come in many shapes and sizes, and are known by different names, including “e-cigs,” “vape pens,” “mods,” and “tank systems.” The most popular e-cigarette brand among youth is JUUL, whose products closely resemble a common USB flash drive. JUULs emit an almost odorless aerosol, are small, and can be used discreetly virtually anywhere, including in classrooms and school bathrooms. JUUL e-liquid is contained in small pods, with each pod containing the nicotine equivalent of a pack of 20 cigarettes. JUUL e-cigarettes are so ubiquitous that “JUULing” has become synonymous with vaping.

Nicotine is highly addictive, particularly for young people, and most e-liquids contain nicotine. Studies find the most susceptible youth can become nicotine dependent after only one or

¹ New York State Department of Health [Use of Electronic Cigarettes and Similar Devices among NYS Youth 2014-2016](#) StatShot Vol. 10, No. 5, December 2017

² U.S. Department of Health and Human Services, [E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General](#), Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016

two exposures. · Nicotine can impair adolescent and young adult brains, which develop until about the age of 25.² Brain exposure to nicotine in young people can lower impulse control, lead to mood disorders, disrupt attention and learning, and increase the risk for addiction to other drugs.² Most e-liquids contain fruit and candy flavorings, and thousands of the more than 15,000 available flavors are a major draw to unsuspecting youth.²

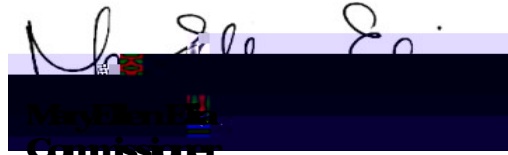
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Should you have further questions or concerns, please contact Halan Juster, PhD, at 518 474 1515 or Halan.Juster@health.ny.gov

Sincerely,



Howard A. Zucker, MD, JD
Commissioner
New York State Department of Health



Mary Kay E. Lyons
Commissioner
New York State Education Department