

HEALTH NEWS VOL. 3

E-CIGARETTE USE



What is an e-cigarette?

- An e-cigarette is used to breathe in an aerosol. It usually has nicotine with flavorings. Other chemicals are often found in the aerosol.
- E-cigarettes can look like regular tobacco cigarettes. They may also look like cigars and pipes. Some may look like everyday items such as pens or USB memory sticks.
- Common names for e-cigarettes are:
 - e-cigs
 - e-hookahs
 - hookah pens
 - vapes
 - vape pens
 - customizable mods

Background

The FDA does not approve of using e-cigarettes as a method to quit smoking.

In Alaska, more adults are starting to use e-cigarettes. Usage is up from 1% in 2010 to 7% in 2014.

Now, Alaska Native Peoples are being exposed to e-cigarettes.

NSHC Tobacco Cessation

Help to quit smoking is available at NSHC.

CAMP at (907) 443-3365

At the beginning of the study, people were asked about their health and background. They were also asked about use of tobacco:

RESULTS

- 30% reported having used an e-cigarette.
- 38% of men and 22% of women reported having tried an e-cigarette.
- People who have used an e-cigarette were likely to be younger.
- 3% of people reported daily e-cigarette use.
- Having tried an e-cigarette was not related to wanting to quit smoking or heart related complications. Nor was it related to lung disease or a cancer diagnosis.
- People heard about e-cigarettes most frequently on TV and from friends. E-cigarettes were also seen in stores, promotions.