

# E-cigarettes & Vaping



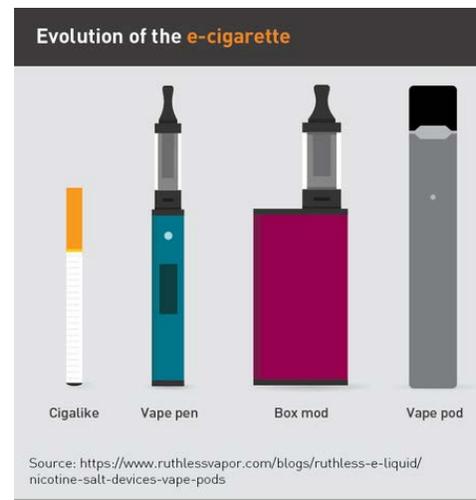
**Clean Indoor Air Act** In 1975, Minnesota was the first state to enact a Clean Indoor Air Act. Since then, the act has been through several updates, most recently on August 1, 2019. As of August 1, the Clean Indoor Air Act expanded to include the use of e-cigarettes (e-cigs, also known as vapes), which are now subject to the same restrictions as other tobacco products in restaurants, bars, and most indoor workplaces and public places. This is an important change because even though the use of combustible cigarettes has declined in many populations, the use of e-cigs has risen dramatically.

**What is an e-cigarette?** An e-cigarette is a battery-powered device that heats a liquid to form a vapor that the user inhales. The liquid contains nicotine, flavorings, and other chemicals. E-cig smoke contains harmful substances such as ultrafine particles and heavy metals (e.g., nickel, tin, and lead)

Almost all e-cigarettes contain nicotine, which is highly addictive. While some people have used e-cigs to help them quit tobacco cigarettes, they often end up using *both* cigarettes and e-cigs. In the United States, e-cigarettes and e-liquid are not regulated by the FDA and are not considered an approved cessation device.

E-cig use has become a special concern for youth and young adults. According to the 2018 Minnesota Adults Tobacco Survey, e-cigarette use among 18- to 24-year-olds increased from 13 percent in 2014 to 22 percent in 2018.

In early August 2019, the Minnesota Department of Health (MDH) began investigating reports of severe lung injury potentially related to vaping and e-cigarette use among teens and adults. The latest information can be found on the [MDH website](#).



## Ideas for wellness coordinators

**Consider reviewing and revising your policy.** While the Clean Indoor Air Act now covers most workplaces, it is still important for your workplace policy to include restrictions on e-cigs and vapes. If you need support for drafting policy language, [check out this article](#) and/or reach out to BE WELL staff.

### Other ideas to support your workplace policy:

- Establish and communicate enforcement protocols
- Set up e-cig and tobacco-free workplace signage
- Include coverage of over-the-counter and prescription quit medications with no (or minimal) copay or deductibles in your pharmacy/health care benefits
- Communicate the availability of tobacco-cessation resources (through your health plan, or through [QUITPLAN® Services](#) for uninsured and underinsured Minnesotans)
- Offer onsite cessation support groups (such as [American Lung Association](#) Freedom from Smoking options)

### Most tobacco cessation resources now also offer support for quitting e-cigs and vapes. Here are a few resources to share with your employees:

- [QUITPLAN® Services](#) or 1-888-354-PLAN (7526) – for uninsured and underinsured Minnesotans
- [Quitting Tobacco](#) – resources from the Minnesota Department of Health
- [Quitting E-cigarettes](#) – Truth Initiative® resources for teens and young adults who want to quit e-cigs (or their parents who want to help)
- [BecomeAnEX®](#) – free online support developed in partnership with the Mayo Clinic
- <https://smokefree.gov/>

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## For more information on e-cigs and vaping:

- [CDC – Electronic cigarettes](#)
- [MDH – E-cigarettes and vaping](#)

## Employee Newsletter:

### *E-cigarette and Vaping Basics*

To read this quarter's newsletter for your employees, [click here](#) or visit [http://www.blueearthcountymn.gov/DocumentCenter/View/4817/Handout\\_201912\\_Employees\\_ecigarettes-and-vaping](http://www.blueearthcountymn.gov/DocumentCenter/View/4817/Handout_201912_Employees_ecigarettes-and-vaping).

To share this newsletter with your employees, download and save the document to your computer. Add your logo in the bottom left corner. Then distribute. Some ideas for distribution include:

- Email the document to your staff as an attachment
- Print the document once you've added your logo and post it in a common area in your workplace
- Copy and paste the text into your organization's newsletter

*This handout is based on materials compiled by Hennepin County Public Health. For more information about how BE WELL partners with worksites to create healthy work environments, contact us at (507) 304-4411 or find us at [www.BlueEarthCountyMN.gov/BeWellatWork](http://www.BlueEarthCountyMN.gov/BeWellatWork).*

