



## TESTIMONY IN FAVOR OF HB 2450

January 22, 2020

Chairman Fred Patton and Members of the House Judiciary Committee,

The Kansas Chapter, American Academy of Pediatrics (KAAP) represents over 90% of the practicing pediatricians in the state. The KAAP has the fundamental goal that all children and adolescents in Kansas have the opportunity to grow safe and strong. It is with this goal in mind that we want to share our support of HB 2450 amending the Clean Indoor Air Act to include Electronic cigarettes (e-cigarettes) and vaping in the definition of smoking.

E-cigarettes are now the most common tobacco product used by teens. In Kansas, 10.6 percent of the state's high schoolers use e-cigarettes. Tobacco use is the leading cause of preventable death, killing more than 4,400 Kansans yearly. It also causes roughly 28.6 percent of all cancer deaths in Kansas.

E-cigarette aerosol is not harmless. Long-term health effects on users and bystanders are still unknown. E-cigarette solutions contain toxic and carcinogenic substances in addition to nicotine. Nicotine is highly addictive and has neurotoxic effects on developing brains of Kansas children and teens. Beyond that, animal data shows that exposure to secondhand e-cigarette vapor harms lung growth and function. Use of these products involuntarily exposes others to these hazardous substances.

In December 2016, the U.S Surgeon General released a report concluding that e-cigarette aerosol is not harmless, and second-hand vapors contain "nicotine; ultrafine particles; flavorings such as diacetyl, a chemical linked to serious lung disease; volatile organic compounds such as benzene, which is found in car exhaust; and heavy metals, such as nickel, tin, and lead." Twenty-seven states and the District of Columbia have added e-cigarettes to their smoke-free laws.

It is imperative that policy makers in Kansas take action to protect children from secondhand smoke exposure to nicotine and other potentially harmful chemicals in e-cigarette aerosol. Comprehensive smoke-free laws protect everyone's right to breathe smoke-free air, reduces exposure to secondhand smoke and lessens the acceptability of smoking. By making it socially unacceptable to smoke, fewer people are likely to start smoking, which is especially true among youth. Current smokers are also more likely to quit.

Kansas pediatricians ask that you take this critical public health action and expand smoke-free laws to include e-cigarettes.



# KANSAS CHAPTER

AMERICAN ACADEMY OF PEDIATRICS

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Thank you for your time and attention. We welcome any questions you might have and are happy to serve as your resource on all pediatric issues. Please let us know if we can provide further information, education, or resources.

Respectfully submitted,

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Legislative Coordinator  
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## References:

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2. **The Toll of Tobacco in Kansas.** *Campaign for Tobacco Free Kids*. Updated January 15, 2020. [tobaccofreekids.org](http://tobaccofreekids.org)
3. **Yellowstone County proposes rule to expand smoke-free air law to include electronic cigarettes.** *American Cancer Society*. Cancer Action Network. June 21, 2017. [fightcancer.org](http://fightcancer.org)
4. **Smokefree Air Laws.** *American Lung Association*. Last updated March 8, 2019. [lung.org](http://lung.org)
5. **Public health consequences of e-cigarettes.** *National Academies of Sciences, Engineering, and Medicine*. 2018. Washington, DC: The National Academies Press. [nationalacademies.org/eCigHealthEffects](http://nationalacademies.org/eCigHealthEffects) doi: <https://doi.org/10.17226/24952>.
6. **E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General.** *US Department of Health and Human Services* (2016). Atlanta, GA. US 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

# E-Cigarettes and Vaping: What Parents Need to Know

E-cigarettes have become very popular. These devices (also called e-cigs, vape pens, e-hookah, e-cigars, mechanical mods, and pod systems) are not a safe alternative to cigarette smoking. The American Academy of Pediatrics (AAP) supports actions to prevent children and youth from using or being exposed to the vapor from e-cigarettes. This fact sheet offers facts and tips for parents to help address e-cigarette use and exposure.



Common types of e-cigarettes

## **Health Harms**

- The solution and vapor from e-cigarettes contain harmful chemicals, some of which cause cancer
- The nicotine in e-cigarettes is addictive and can harm brain development
- E-cigarettes are not recommended as a way to quit smoking
- In some cases, e-cigarettes have exploded, causing burns or fires
- Exposure to secondhand vapor from e-cigarettes is harmful to growing lungs
- Long-term health effects on users and bystanders are still unknown
- E-cigarettes can be used to smoke or “vape” marijuana, herbs, waxes, and oils

## **Dangers to Youth**

- E-cigarettes are the most commonly-used tobacco product among teens: in 2019, over 25% of high school students reported having used e-cigarettes in the last 30 days
- Youth are uniquely vulnerable to the nicotine in e-cigarettes because their brains are still developing
- Youth who use e-cigarettes are more likely to smoke traditional cigarettes in the future
- Children are exposed to e-cigarette advertising in the media, online, and in magazines and billboards
- E-cigarettes come in flavors, which are appealing to children
- Although it is illegal for e-cigarettes to be sold to youth under age 21, they can be ordered online

## **Risk of Poisoning**

- E-cigarette solutions can poison children and adults through swallowing or skin contact
- A young child can be killed by very small amounts of nicotine: less than half a teaspoon. Because of this, liquid nicotine is required to be sold in childproof packaging
- Symptoms of nicotine poisoning include sweating, dizziness, vomiting, and increased heart rate.
- Calls to poison control centers related to e-cigarettes have skyrocketed in the last 5 years
- If exposure to liquid nicotine occurs, call the local poison center at 1-800-222-1222

## **Recommendations for Parents**

- The best way to protect your children is to never smoke or vape in the house, in the car, or in places that children spend time. Talk with your doctor about ways to help you quit tobacco products
- Talk to your children about the dangers of e-cigarettes, and make sure you can identify them
- If you are an e-cigarette user, always keep e-cigarettes and liquid nicotine locked and out of the reach of children. Protect your skin if handling e-liquid

For more information about these devices, including statistics and citations, please visit

<http://www2.aap.org/richmondcenter/ENDS.html>

Visit the AAP Richmond Center online at: [www.richmondcenter.org](http://www.richmondcenter.org)