Electronic Nicotine Delivery Systems Toolkit

-Not a harmless water vapor-

An educational guide of ENDS resources

Tobacco and Substance Use Prevention and Control Program
Maine Center for Disease Control and Prevention

Visit us online www.preventionforme.org
About the ENDS Toolkit
This toolkit was developed to provide a consolidated resource of evidence-based electronic nicotine delivery systems (ENDS) information to help educate the public. Information about ENDS is constantly emerging and we will work to update this toolkit as additional information is published. While this document can be printed, the optimal utility of this toolkit will be on one’s computer. Hyperlinks to further information have been embedded throughout the document and can be identified as the blue, underlined words. A list of the references that support the content are provided on pages 13-14.

How we talk about ENDS
There are many terms used to describe ENDS including vapes (vaping), vaporizers, vape pens, hookah pens, electronic cigarettes, e-cigarettes, electronic smoking devices, tank systems, mods, electronic vapor products, and e-pipes. Some people refer to ENDS by the brand such as JUUL or JUUL-ing. This document will use “ENDS” to refer to all of these products. It’s important to note that these products do not contain or create vapor at all, so the term “vaping” may be misleading. The emission from ENDS is an aerosol, which is a suspension of fine particles in a gas.

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Know the Facts

Terminology/Appearance

- There are many terms used when referencing ENDS such as: Vapes (vaping), vaporizers, vape pens, hookah pens, electronic smoking devices, electronic cigarettes (e-cigarettes, or e-cigs), tank systems, mods, e-pipes, e-hookah, electronic vapor products, and personal vaporizers.¹

- E-cigarettes can look like cigarettes, cigars, pipes, or other everyday items such as pen lighters, asthma inhalers, or flash drives.¹

Anatomy/How they work

- Despite variations in look and terminology, ENDS products generally have several components that include a flow sensor, aerosol generator, battery, and solution storage.⁶

- ENDS are battery operated devices that heat a liquid into an aerosol the user inhales into their lungs, simulating smoking

- ENDS can be disposable or reusable; the reusable ENDS products have a rechargeable battery.

E-Liquid

- ENDS solution containers vary widely, from prefilled cartridges to tank-style, large refillable cartridges.

- E-cigarette vapor isn’t harmless water vapor. The vapor contains many cancer-causing chemicals, metals, and nicotine.¹

- Nicotine content varies among products and may not deliver the content advertised on the label.

- E-cigarette devices can also be used to vape marijuana, essential oils, and other substances.

Regulations

- The Food and Drug Administration (FDA) is beginning to regulate E-cigarettes.³

- E-cigarettes are not approved by the FDA as a cessation method.²

- ENDS are noncombustible tobacco products and are defined as a tobacco product in Maine.⁴

Marketing

- The marketing done by ENDS companies influences youth to use ENDS.⁵

- E-liquid comes in many colors and candy-like flavors, such as bubble-gum, gummy bear, blueberry, etc. that appeal to youth. These flavored products are reversing efforts to reduce youth tobacco use by putting a new generation of young people at risk of nicotine addiction and the serious health harms that result from tobacco use.⁷

- Companies heavily market e-cigarettes to youth in retail stores. 68% of middle and high school students were exposed to e-cigarettes advertisements in 2016.²
Youth Use

The U.S. Surgeon General stated, “e-cigarette use among U.S. youth and young adults is now a major public health concern.”\(^1\) The Surgeon General has emphasized the importance of protecting our children from a lifetime of nicotine addiction and associated health risks by immediately addressing the epidemic of youth e-cigarette use through a recent advisory.\(^4\)

**ENDS**
- Are the most commonly used tobacco product by youth since 2014\(^1\)
- Pose a threat to an increasing number of Maine youth using these products.\(^1\)
- Can lead to an increase in youth smoking conventional cigarettes.\(^1\)
- Are marketed to youth. The more exposure youth have to ads, the greater chance they will try ENDS.\(^5\)

**State Level Data**
- 2015 was the first year the Maine Youth Integrated Health Survey questioned middle and high school on their use of E-cigarettes. This survey is conducted every other year on the odd year.
- 15.3% (8,125) of high school students and 3.8% (1,014) of middle students in Maine reported e-cigarette use in 2017.\(^2\)
- The 2019 survey data is anticipated to be released in the fall of 2019. We will then be able to determine current youth ENDS use prevalence based on survey findings.

**National Level Data**

**Monitoring the Future Survey:**\(^6\)
- January 2017-January 2018, the percentage of 12\(^{th}\) graders who reported vaping nicotine during the past 30 days nearly doubled from 11% to 21%.
- January 2017-January 2018 the percentage of 10\(^{th}\) graders who reported vaping nicotine during the past 30 days increased from 8.2% to 16.1%.
- These are the biggest one-year increases ever seen for any substance in the 43-year history of the survey.

**National Youth Tobacco Survey, 2018**
- More than 3 million (20.8%) high school and 570,000 (4.9%) middle school students identified as current users of e-cigarettes in 2018 (NYTS, 2018).\(^3\)

**JUUL**
- **A JUUL** is a device used among youth. It looks like a USB flash drive and is easy to hide.\(^7\)
- The JUUL is the top-selling e-cigarette brand in the U.S.
- A single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.
- A 2018 study found nearly one-fifth of youth (ages 12-17) surveyed reported having seen JUUL used in their school.
- JUUL pods come in a variety of flavors and have interchangeable cartridges.

**Youth Access**
- There are more than 460 brands of ENDS, which vary in price, quality, and design.
- Youth can gain access to these devices by borrowing from peers, asking a person of legal age to purchase, taking or using from someone else, or purchasing at a store or even online. (**Internet sales are not legal in Maine**).\(^5\)
Adult Use

Quick Facts

• E-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products.¹

• E-cigarettes have the potential to benefit adult smokers who are not pregnant if used as a complete substitute for regular cigarettes and other smoked tobacco products.¹

• While e-cigarettes have the potential to benefit some people and harm others, scientists still have a lot to learn about whether e-cigarettes are effective for quitting smoking.¹

• If you’ve never smoked or used other tobacco products or e-cigarettes, don’t start.¹

• Additional research can help understand long-term health effects.¹

State Level Data

• 2012 was the first year the Maine Behavioral Risk Surveillance System (BRFSS) questioned the adult population on their use of E-cigarettes. This survey is conducted every year.²

• 4.2% (8,125) adults in Maine reported e-cigarette use in 2012.²

• The 2016 survey data is anticipated to be released in the spring. We will then be able to determine current adults ENDS use.

National Level Data

BRFSS 2016:³

  o 4.5% (10.8 million adults) use e-cigarettes in the United States.
  o More than half the current e-cigarette users (51.2%) were younger than 35 years.
  o The prevalence of e-cigarette use varied widely among states, with estimates ranging from 3.1% in South Dakota to 7.0% in Oklahoma.
  o The prevalence of current e-cigarette use was highest among persons aged 18 to 24 years, 9.2% to 9.8% (8 million users).³
Health Effects

Research on the long-term health risks of e-cigarettes and related products is still ongoing. However, current evidence documents the existence of several dangerous chemicals in the aerosols produced by heated e-cigarettes. 7

Some of the toxic chemicals and other substances contained in ENDS aerosols have the potential to go deep into the lungs and may pose risk for diseases not usually seen in smokers. 7

ENDS aerosol is NOT harmless water vapor.
- Some aerosols contain propylene glycol which can cause respiratory irritation and bronchial constriction.1 This is a concern for people with chronic obstructive pulmonary disease or asthma.
- ENDS aerosol can pose a risk for decreased lung development, breathing difficulties, lower defense against bacterial and viral pathogens, and vaping-induced inflammatory reactions that can mimic metastatic cancer. 7
- E-cigarette vapor contains diacetyl (an ingredient in microwave popcorn butter flavor). This chemical can cause serious and irreversible lung disease known as bronchiolitis obliterans, commonly referred to as “Popcorn Lung.” 2
- Secondhand Smoke exposure to the aerosolized liquid can cause harm.3

E-liquid often contain nicotine – a highly toxic and addictive substance.4
- Nicotine negatively affects brain development in youth.
- Nicotine use during adolescence has been associated with lasting cognitive and behavioral impairments, including effects on working memory and attention.
- Nicotine content varies among products and may not deliver the content advertised on the label.
- E-liquid can be purchased at varying levels of nicotine, ranging from 0-50 mg/mL.
- Some e-cigarettes marketed as containing zero percent nicotine may actually contain nicotine.

There are risks associated with ENDS.
- ENDS contain harmful chemicals such as formaldehyde, benzene, lead, and nickel (all cancer-causing agents).
- Nicotine poisoning can happen by swallowing the e-juice, inhaling the vapor, or absorbing the juice through skin contact. Learn more from New England Poison Center. 5
- ENDS can explode and seriously injure people.6

Additional resources:
American Heart Association: E-Cigarettes and Public Health
American Lung Association: E-Cigarettes and Lung Health
Food and Drug Administration: Understanding the Health Impact and Dangers of Smoke and 'Vapor'

For any questions or additional support, please email dhhs.tsup@maine.gov
ENDS and Pregnancy

The use of ENDS during pregnancy is not a safe alternative for smoking cigarettes.\(^1\) Aerosols produced by heated e-cigarettes contain nicotine, and other harmful additives.\(^2\) Evidence identifies many health risks that adversely affect pregnant women and their fetus.

**Health risks for pregnant women include\(^2,3\):**

- Ectopic pregnancy (a pregnancy outside of the uterus)
- Early placenta separation
- Early water breaking

**Health risks for the baby include\(^2,3\):**

- Delayed growth
- Higher chance of getting born too early
- Higher risk of stillbirth
- Smaller size at birth
- Damage the baby’s brain development and lungs

**Looking to quit?**

Talk with your healthcare provider or call the Maine Tobacco Helpline to receive free education, and behavioral intervention, first-line treatment for pregnant women as recommended by the US Preventive Task Force.\(^4\)

The Maine Tobacco Helpline is available for counseling and quit planning support.

For any questions or additional support, please email dhhs.tsup@maine.gov
State Laws/Regulations

Definition
- Maine has enacted into law E-Cigarette Regulations.\(^1\)
- Maine’s Tobacco Product definition includes ENDS.
- ENDS have a State definition.

Use
- ENDS use is not allowed at the same locations smoking isn’t allowed.
- ENDS use is not allowed in certain indoor public spaces including day care/babysitting facilities.
- ENDS use is not allowed at certain outdoor areas.
- ENDS are not allowed near beaches, state parks, and historic sites.

Sales
- A tobacco retail sales license is needed to sell ENDS.
- ENDS cannot be sold/distributed to persons under age 21 (unless the person has attained 18 years of age as of July 1, 2018).
- ENDS cannot be purchased by persons under age 21 (unless the person has attained 18 years of age as of July 1, 2018).
- Nicotine liquid containers cannot be sold/distributed unless in child-resistant packaging.
Federal Regulations

Federal Overview

In August 2016, the U.S. Food & Drug Administration (FDA) passed regulations that affect the manufacturing, distribution, and sales of vapor products and ENDS.¹

The FDA will:

- Review new ENDS products not yet on the market.
- Help prevent misleading claims by ENDS product manufacturers.
- Evaluate the ingredients of ENDS products and how they are made.
- Communicate the potential risk of ENDS products.
- Set standards to govern the content of tobacco products.
- Restrict vending machine sales to adult-only facilities.
- Require all tobacco products containing nicotine to have warning labels.
- Require disclosure of ingredients.

The FDA prohibits:

- Underage sales and requires retailers to verify age for over-the-counter sales.
- Free samples.
- Manufacturers must provide the FDA with scientific evidence before claiming a tobacco product is less harmful.
- The FDA must review and permit the introduction of new or changed tobacco products.

The FDA and Nicotine Replacement Therapy (NRT)

- Examples of NRT are: nicotine gum, patches, and lozenges.
- ENDS are not approved by the FDA as NRT
- NRT are not currently approved for people under 18 years of age.²
- The FDA advises that if you are under age 18 and want to quit smoking, talk to a health care professional about whether you should use nicotine replacement therapies.³
For any questions or additional support, please email dhhs.tsup@maine.gov

Tobacco Retail Sales
(“Tobacco 21”)

Providing tobacco (including ENDS) to a person under the age of 21 is illegal.

- Maine retail tobacco sales law changed on July 1, 2018, to state that a person may not sell, furnish, or give away a tobacco product to anyone under the age of 21.

The law has an exemption

- The law allows the sale of tobacco products for those who obtained 18 years of age as of July 1, 2018.
- The City of Portland has an ordinance that exceeds state law, that does not permit the sale of tobacco products to anyone under 21 years of age.

Definition of Tobacco Retailer

- Tobacco retailer or “retailer” means a person located within or outside the State who sells tobacco products (includes ENDS) to a person in the State for personal consumption.
- A tobacco retailer must have a license in order to sell tobacco products including tobacco accessories in Maine.

Tobacco product (includes ENDS) and accessory definition

- “Tobacco product” means any product that is made or derived from tobacco, or that contains nicotine that is intended for human consumption or is likely to be consumed whether smoked, heated, chewed, absorbed, dissolved, inhaled, or ingested.
- Tobacco products and accessories include electronic smoking device, cigarette, cigar, hookah, pipe tobacco, chewing tobacco, snuff or snus, rolling papers, filters, pipes, and liquids used in electronic smoking devices whether or not they contain nicotine.

Retailers must verify buyers age before selling

- Tobacco products may not be sold at retail to any person who has not attained 30 years of age, unless the seller first verifies that the person’s age by means of reliable photographic identification containing the person’s date of birth.

Tobacco Retail Employees

- Employees must be at least 17 years of age to sell tobacco products.
- Additionally, if an employee’s age is between 17 and 21, he or she may only sell tobacco products (including ENDS) in presence of supervisor at least 21 years old.
School Policies and Resources

School tobacco and ENDS policies must be consistent with state and local laws. Maine School Management Association, maintains a policy template that meets State law, and includes the prohibition of electronic products. School policies can send a message to users that ENDS will not be tolerated on school grounds regardless if it is a student, teacher, other staff, or visitor.

Policies that prohibit tobacco and e-cigarette use on school property require education and access to cessation programs. Schools are allowed to exceed State law with their policy. This would include the implementation of communication and enforcement efforts, which are necessary for a policy to be effective.

Policies should:

- Educated everyone (students, visitors, and staff) about the policy.
- Post signs on school grounds indicating no tolerance.
- Create and implement an alternative to suspension strategy.
- Incorporate information on ENDS in health education classes and curriculum.

Resources for Schools

Sample policies

- Maine Sample Tobacco School Policy
  - Additional resources, such as signs, are available when utilizing Maine templates.
  - Other services available, including youth peer training and ENDS presentations.
  - For more information, please visit the community section on page 12.
- California’s Tobacco-free policies and regulations.
- Public Health Law Center Kansas schools Tobacco-free environment policy model.
- Seattle Public Schools Marijuana initiative and tobacco policy.
- 10 reasons to include e-cigarettes in your tobacco-free campus policy.

Youth and Parents facing materials

- E-cigarette U.S. CDC Fact Sheet for parents, educators, and healthcare providers.
- Electronic cigarettes: “What is the bottom line” U.S. CDC Fact Sheet.
- Northern New England Poison Control Center (NNEPC), Nicotine.

Take Action

- Learn about the different types of ENDS so you can recognize them.
- Develop, implement, and enforce tobacco-free school policies and prevention programs that are free from tobacco industry influence, and address all types of tobacco products.
- Engage students in discussions about the dangers of ENDS use.

For any questions or additional support, please email dhhs.tsup@maine.gov
Nicotine Addiction Treatment Options

Someone under 18 years of age, who is seeking tobacco treatment help, should talk to their health care provider to discuss the best options to quit.

By phone: The Maine Tobacco Helpline provides a range of free tobacco treatment (cessation) services, including counseling, nicotine replacement therapy, and self-help materials to qualifying callers. Telephone quitlines have proven to be effective in helping tobacco users quit using tobacco. Call the Maine Tobacco Helpline: 1800-207-1230.

By Web: Become an Ex provides web based support including quit plan development, texts, advice, and a supportive community of tobacco users who have quit.

Take Action for youth:

- Talk with youth about why ENDS are harmful, encourage them to quit, and share these resources.
- Be an example for youth by having the environments they live in be smoke/tobacco free.
- Work to ensure school and community tobacco-free policies include ENDS and are enforced.

Online: Enroll for Maine Tobacco Helpline services online at thequitlink.com/

Youth and young adults:

By Text: The Truth Initiative offers free text message programs for youth and young adults who want to quit vaping or smoking. It tailors content by age group to give appropriate advice about quitting. It is also a resource for parents looking to help their children.

- Text Quit to 202-804-9884 to leave JUUL or your e-cig.
- Text QUITNOW to 202-759-6436 to quit cigarettes.

Adults:

By Web: Become an Ex provides web based support including quit plan development, texts, advice, and a supportive community of tobacco users who have quit.

Take Action for youth:

- Talk with youth about why ENDS are harmful, encourage them to quit, and share these resources.
- Be an example for youth by having the environments they live in be smoke/tobacco free.
- Work to ensure school and community tobacco-free policies include ENDS and are enforced.

For any questions or additional support, please email dhhs.tsup@maine.gov
Marijuana and Vapor Use – The Laws

Maine State Law

- It is illegal for anyone under 21 years of age to buy, possess, or use non-medical marijuana.  Sec.A-6 28-B MRSA
- Teens can be convicted of a felony, face jail time, and be fined for selling.

Marijuana Use:

- Can lead to addiction.
- May affect brain development, especially if used before a person reaches their mid-20’s.
- Is linked to academic failure.¹
- Affects coordination and reaction time which causes impaired driving, a decrease in sports performance, and can increase other risk-taking behaviors.¹
- Can change brain chemistry affecting mood and motivation.
- When used regularly, is associated with higher risk of anxiety disorders, paranoia, depression and psychosis, and even increased risk of occurring suicidal thoughts.¹

Parents talk to your kids
Talk with your kids about marijuana. It can help keep them from using.
These tips can help you get started.

To learn more about vaporizing marijuana at the following resources:

- Maine Prevention Store.  Good to Know.  https://goodtoknowmaine.com
Take Action

Everyone can play an important role in protecting our state’s young people from the risks of ENDS.

What you can do!

- Utilize this resource to increase knowledge regarding ENDS.
- For any questions or additional support, please email dhhs.tsup@maine.gov
- Reference the Surgeon General’s Fact Sheet on ENDS. (Fact Sheet in Spanish.)
- Visit the Surgeon General’s website on ENDS. “Know the Risks, E-Cigarettes and Youth.”
- Set a good example by being tobacco-free. If you use tobacco products, it’s never too late to quit. Talk to a healthcare professional about quitting all forms of tobacco product use. For free help, visit www.thequitlink.com or call the Maine Tobacco HelpLine 1-800-207-1230.
- Take the Smoke-Free Home Pledge. Be an example for youth, and create smoke/ENDS-free environments.
  - Not only are young people watching behaviors or others as an example, but they are also at risk for exposure to nicotine and other chemicals that can be harmful to their health.
  - Talk to your child/teen about why ENDS are harmful for them. It’s never too late.
  - Utilize this parent’s tips sheet from the Surgeon General for support. (Parent’s tips sheet in Spanish.)
- Institute and Enforce School Policies. Work to ensure schools have tobacco and smoke-free policies that include ENDS, and that the policies are enforced.
- Institute and Enforce Community Policies. Work to ensure communities have tobacco and smoke-free policies that include ENDS, and that the policies are enforced.

Policy Support from a Leader in Your Community

District Tobacco Prevention Partners (DTPPs) across the State of Maine implement objectives around: prevention of youth initiation, reducing exposure to secondhand smoke, and promoting tobacco treatment through the Maine Tobacco HelpLine. DTPPs cover each community in Maine and can provide technical assistance in addressing tobacco use and exposure in key environments.

For help with your comprehensive approach to addressing ENDS, including policy adoption and implementation, contact your local District Tobacco Prevention Partner.

For any questions or additional support, please email dhhs.tsup@maine.gov
References

Know the Facts


Youth Use


For any questions or additional support, please email dhhs.tsup@maine.gov


### Adult Use


### Health effects


For any questions or additional support, please email [dhhs.tsup@maine.gov](mailto:dhhs.tsup@maine.gov)
ENDS and Pregnancy


State Laws/Regulations

Federal Regulations


Marijuana and Vapor Use

For any questions or additional support, please email dhhs.tsup@maine.gov
ENDS: Electronic Nicotine Delivery Systems

What are ENDS?
Electronic Nicotine Delivery Systems, or ENDS, are battery operated devices that heat a liquid, almost always containing nicotine, into an aerosol that the user inhales into their lungs, simulating smoking.

ENDS are defined as a tobacco product in Maine therefore, included in tobacco policies.

ENDS are known as:
- E-cigarettes
- Vaporizers
- Vape Pens
- E-hookahs
- E-Cigars
- Tank Systems
- Mods

Some people may also reference their ENDS use by the brand, such as, JUUL or JUUL-ing or refer to their use as vaping.

A Comprehensive Approach to Addressing ENDS
Combined, these steps are intended to prevent further youth from initiating use of electronic products and better arm schools with the tools they need to educate their staff and students, and address violations.

In 2017, one in three Maine High School students reported having ever used an electronic vapor product.

National data from 2018 demonstrated a 78% increase in recent use of ENDS devices by high school students.

“Harmless Water Vapor®

1) Update tobacco policy (ADC and ADC-R) to include the prohibition of all tobacco products, including the prohibition of electronic products such as JUUL.
2) Educate parents, students and staff about electronic products, including the dangers of vaping.
3) Incorporate information on electronic products into health education classes and curriculum.
4) Treatment resources - help appropriate school personnel, such as nurses and substance abuse counselors, understand available treatment resources.
5) Provide youth engagement and empowerment training and opportunities.

For help with your comprehensive approach to addressing ENDS, contact your local District Tobacco Prevention Partner.

For more information and other ENDS resources, visit: www.ctmaine.org/resources
Model Tobacco Policy as a Foundation

Policy Framework
- Maine School Management Association, MSMA, maintains a policy template that meets State law, and includes the prohibition of electronic products.
- The MaineHealth Center for Tobacco Independence maintains different levels of policies rating along a spectrum of “Good/Better/Best” in terms of comprehensiveness.
- Schools are allowed to exceed State law with their policy. This would include the implementation of communication and enforcement efforts, which are necessary for a policy to be effective.

Meeting “Good” allows for the provision of high quality signs free of charge.

The “Best” level policy incorporates non-punitive measures for things such as use and possession on school grounds.

For assistance in creating, implementing or communicating your tobacco policy, contact your Tobacco Prevention Partner.

Maine’s Tobacco 21 Law

Purchasing
In 2017, the Legislature passed a law that allowed Maine to become the fourth State to increase the age to purchase tobacco products to 21 - though it included a grandfathering clause to consider individuals who were 18 at the time the law became active (July 1, 2018).

Evidence-based strategy to decrease youth initiation.

Possession
Increasing the legal age to purchase tobacco products is an evidence based strategy to decrease youth initiation.

Removing penalties associated with youth possession is also an evidence based strategy to focus punitive aspects on those who provide youth with the products.

No punitive penalties for youth possession of tobacco products

Evidence-based strategy to decrease youth initiation.

For more information on the law as well as how it affects schools, please see the following resources:
- Campaign for Tobacco-Free Kids
- CTI T21 for Schools

Addressing Youth Possession

Recently there has been a significant focus on how Maine’s Tobacco 21 law has affected school’s enforcement capacity for student possession and use.

Namely, the law removed the capacity of law enforcement to file a civil violation against a student for possessing tobacco products on school grounds. The evidence-based framework of T21 sought to penalize those who sell/provide tobacco products to underage youth - and decrease access.

The absence of civil violation does not limit what schools can do with the policies that they set. School policy can exceed State law and districts can develop and implement measures that go beyond what is currently allowed under law.

For example, schools could choose to prohibit possession by all students regardless of age.
Prevention Resources - ENDS

Maine-based Resources

District Tobacco Prevention Partners (DTPPs)
Through the Maine Prevention Services initiative, the Maine CDC funds local level tobacco prevention efforts to support schools in making/adopting steps of the comprehensive approach to addressing ENDS.

To connect with a tobacco prevention partner in your area, you can:

- email us at tobaccopreventionservices@mainehealth.org
- locate them here: https://ctimaine.org/dtpp

District Tobacco Prevention Partners

- Assist in creating and passing school policy
- Presentations
- Youth Empowerment

DTPPs can assist in creating and passing school policies with best practice communication and enforcement mechanisms; including high-quality signs that include the prohibition of vaping and parent communication templates.

DTPPs can provide presentations that can be tailored to educate staff, parents and students.

DTPPs can provide Sidekicks training for youth to equip them with the skills to have non-confrontational, respectful conversations with peers about tobacco use, vaping or other risky behaviors.

National Resources

There are many great resources available nationally, including some that are geared towards health education and curriculum needs.

The following websites are great places to start for prevention purposes:

- Surgeon General’s Report on ENDS
- FDA Real Cost Campaign
- Stanford Curriculum
- CATCH
- Know the Risks

Partners for Drug Free Kids has a comprehensive Vaping Guide for Parents

More Resources to Come

We want to acknowledge there are still many unmet needs for schools to adequately address e-cigarette use within their student population, and are committed to learning more about what is needed before further resources are developed.

In late Spring, the Maine CDC and MaineHealth Center for Tobacco Independence will be hosting forums across the State to solicit school and community input on additional resource needs.

Additionally, information can be provided through email and will be consolidated into findings from the forums. For more information, contact us at Tobaccopreventionservices@mainehealth.org

For more information and other ENDS resources, visit: www.ctimaine.org/resources
The Maine Tobacco Helpline is a free, telephonic counseling service for people looking to become tobacco and nicotine-free. The helpline can also be a resource for school personnel such as school nurses who may be looking for support for students interested in quitting.

To connect with the Maine Tobacco Helpline online, visit TheQuitLink.com. This website contains data, resources, facts about tobacco use, a click-to-call option and online enrollment opportunities for the Maine Tobacco Helpline.

The Truth Initiative supports innovative and free text message programs, and tailors content by age group to give teens and young adults appropriate recommendations about quitting. It also serves as a resource for parents looking to help their children who now vape.

Available Resources

To access the new e-cigarette quit program, users can text “QUIT” to (202) 864-9884

This is Quitting-Text to Quit

BecomeAnEx

More Resources to Come

We want to acknowledge there are still many unmet needs for schools to adequately address e-cigarette use within their student population, and are committed to learning more about what is needed before further resources are developed.

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Additionally, information can be provided through email and will be consolidated into findings from the forums. For more information, contact us at Tobaccoprevention@mainehealth.org

For more information and other ENDS resources, visit: www.ctimaine.org/resources
E-CIGARETTES

These battery powered products heat a liquid that contains nicotine and other chemicals.

E-Cigarettes are also known as Electronic Nicotine Delivery Systems (ENDS). Other types of ENDS can include vaporizers, vape pens, hookah pens and e-pipes.

Nicotine liquids for ENDS are flavored, which may increase use by youth.

The long term health effects of these products are not known.

Nicotine is addictive in any form and poisonous in high doses.

ENDS are made to look like cigarettes, cigars, pipes, pens and flashlights.

The vapor can release nicotine and cancer-causing chemicals.

ENDS are NOT APPROVED as a quit aid by the U.S. Food & Drug Administration (FDA).

BREATHE EASY

REDUCING SMOKE EXPOSURE IN MAINE

Learn more at: BreatheEasyMaine.org

MAINE PREVENTION SERVICES

Maine Center for Disease Control & Prevention Department of Health and Human Services