

MINUTES
HOUSE HEALTH & WELFARE COMMITTEE

DATE: Wednesday, February 05, 2020
TIME: 9:00 A.M.
PLACE: Room EW20
MEMBERS: Chairman Wood, Vice Chairman Wagoner, Representatives Vander Woude, Gibbs, Blanksma, Kingsley, Zollinger, Christensen, Lickley, Remington, Chew, Rubel, Davis
**ABSENT/
EXCUSED:** Representative(s) Blanksma, Zollinger, Christensen, Chew
GUESTS: Ann Youts, Lincoln County; Al Lawrence, LSO

Chairman Wood called the meeting to order at 9:01 a.m.

Dr. Bonnie Halpern-Felsher, Professor, Division of Adolescent Pediatrics, Stanford Medicine, Founder, Executive Director, Tobacco Prevention Toolkit (TPT), presented information to the committee on what parents should know about vaping.

National 2019 data indicates less than 10% usage of cigarettes by high school, which is a dramatic decline. Unfortunately, e-cigarette use has risen from 20.8% in 2018 to 27.5% in 2019. Both students and educators report the numbers are under-reported. A 2019 survey shows 48% of Idaho's high school students have used e-cigarettes at least once.

The original product, introduced in 2007, looked like cigarettes, were disposable, and did not deliver much nicotine. The kids did not like and were not using them. The product's second generation were large, rechargeable pens and introduced e-liquids with flavors. Teens started to use the products.

The third generation of the product can be modified and has been nicknamed Mods. The Mods create a large aerosol plume. Teens used them, but not in record numbers.

The fourth generation products were pod based, high tech, high in nicotine, sleek, smaller, and easy to hide. This was more attractive to teens, whose use numbers began to rise significantly. These are called Juuls, after the main manufacturer.

The fifth generation e-cigarettes are disposable and use similar technology to pods or Juuls. They are small in size and offer a rainbow of flavors and colors. Concern has been raised regarding the environmental impact of these products.

When comparing e-cigarettes to cigarettes, it is important to note they are all tobacco products, contain nicotine, and are addictive. One pack of twenty cigarettes has 8mg of nicotine, with a yield of one and a half milligrams. One Juul pod contains 59mg per milliliter (ML) of nicotine with up to 41mg of nicotine during use, which is an 80% nicotine yield. PHIX and Suorin pods contain the nicotine equivalence of 75 to 90 cigarettes. The puff bar has one third milliliter of product and twice the amount of nicotine as a Juul.

Adolescents report using one or more pods a day or week; however, they are using them 24/7 and are unaware of the amount of nicotine within each pod. Teens using one to three pods a day are receiving the same amount of nicotine as one to six packs of cigarettes each day.

There are over 69 chemicals found in e-cigarettes, few of which are listed on the package. Some of the chemicals, when combined are extremely dangerous.

The chemicals found in vaping products rewire and change the brain. Adolescent brains continue developing until approximately twenty-five years of age. **Dr. Halpern-Felsher** said everyone is born with the ability to become addicted, especially when reinforced before turning 25 years of age. E-cigarette companies, knowing this fact, have targeted young people.

Research is showing a direct link between heart and lung disease or injuries with these products. E-cigarette, or Vaping, product use Associated Lung Injury (EVALI) has hospitalized approximately 2,700 people, with sixty confirmed deaths as of January 21, 2020. Teens are now coming to clinics presenting other conditions which are being linked to e-cigarette products.

The size of a quarter or small paperclip, the products are easy to hide from parents, schools, law enforcement, etc. Misleading product packaging does not reflect the actual nicotine amount. Teens are unaware of addiction and what nicotine does to their bodies.

There are currently 15,500 unique flavors, and counting. Research shows the teens are not interested in products without added flavors. Nicotine, as in cigarettes, has a painful hit when used, which is unappealing to teens. Juul and other products use salt-based nicotine to change the pH level and remove the harsh hit. The products produce aerosol, not vapor.

Product marketing has produced youth-focused pop-up advertisements on social media and online homework tools.

It is important to know where vape shops are and what they are doing. Some stores offer student discounts. Products cost less than cigarettes and disposables cost \$1 each. Legislation to keep the products away from youth until their brains develop must be enforceable at both local and state levels.

There is no good evidence to indicate switching to e-cigarette products helps adults quit smoking. For every adult who quits, 80 teens are getting addicted to nicotine. Regulation as a pharmaceutical product under the FDA is required to get the products out of the hands of kids.

The Federal Government required e-cigarette producers to file an authorization and none did. The FDA is banning flavored, cartridge-based, non-refillable e-cigarettes such as the Juul device. There has not been any legislation passed regarding disposables, freebase, or salt e-liquids.

Vape shops must be required to have enforceable permits. E-cigarettes need to be included in all tobacco policies. Because youth are price sensitive. Taxing e-cigarettes like all other tobacco products and equalizing price points will have an impact.

Answering questions, **Dr. Halpern-Felsher** said youth are giving or selling the products to their friends. Parents are purchasing the products for gifts, unaware of what they are doing.

ADJOURN:

There being no further business to come before the committee, the meeting adjourned at 9:42 a.m.

Representative Wood
Chair

Irene Moore
Secretary