



**AMERICAN COUNCIL
ON SCIENCE AND HEALTH**
Science. Not Hype.

1995 Broadway, Suite 202 • New York, New York 10023-5860
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To:

Connecticut Committee on Children

From:

The American Council on Science and Health
Elizabeth M. Whelan, President
Gilbert L. Ross, M.D., Medical Director

To the members of the Connecticut Committee on Children:

The American Council on Science and Health (ACSH), a public health education and consumer advocacy nonprofit devoted throughout our 35 year history to the promotion of sound science in public health policy, urges the Connecticut Committee on Children to promote the benefits of e-cigarettes as a method of Tobacco Harm Reduction (THR) in helping smokers quit, and support the proposed S.B. 24 as it is currently drafted. It is wise to ban sales of "electronic nicotine delivery systems" to minors without making these life-saving products less accessible or affordable to adult consumers. Doing so would effectively lead to a reduction in the availability of e-cigarettes to Connecticut's addicted smokers. Given the low risks of e-cigarette use, there is no reason for the state to do anything to make e-cigarettes less accessible, affordable, or attractive to adult consumers who are choosing to use e-cigarettes as a safer alternative to smoking.

Our own research on this subject¹ published in a peer-reviewed academic journal, as well as many other studies and epidemiological data, support our assertion that the methodologies comprising THR — the substitution of low-risk tobacco and nicotine-delivery products for lethal cigarettes — have significant potential benefits in terms of reducing the tragic toll of cigarette smoking by supplying addicted smokers with the substance they crave — nicotine — but at a much reduced cost in terms of adverse health effects.

Those who support the concept of tobacco harm reduction, including ACSH, urge you to rely on the readily available scientific and empirical evidence to recommend policies promoting THR and e-cigarettes, which is this:

- The benefits from electronic cigarettes for Connecticut's public health are supported by a growing mountain of scientific and empirical evidence, which over the past five years consistently indicates that e-cigarettes:

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- are approximately 99% less hazardous than cigarettes
- are consumed almost exclusively (i.e. > 99%) by smokers and former smokers who quit by switching to e-cigs
- have helped several million smokers quit and/or sharply reduce cigarette consumption
- have contributed to the historic declines in sales of cigarettes over the past two years

The most important piece of supporting evidence for the use of e-cigarettes to help smokers quit is this:

“While many smokers, the public, and even many physicians, believe that nicotine is a toxic component of cigarette smoke, in fact the toxic chemicals reside amongst the thousands of other chemicals in the tar and the gas phase. The nicotine is the primary (but not the sole) addictive agent— *smokers smoke for the nicotine, but they die from the smoke.*”

Furthermore, studies have indicated that levels of the contaminants that e-cigarette users are exposed to are far below any levels that would pose a health risk. And, the exhaled vapor poses no risk to bystanders. If the proposed S.B. 24 is amended to include anything which would present obstacles for desperate smokers trying to quit, electronic cigarettes will become black market items or sold by Big Tobacco companies, eager to snap up the currently vibrant small businesses in the e-cigarette stream of commerce. The most popular vapor products on the market would become inaccessible to addicted smokers, and not just to the minors to which this bill should be directed.

Making e-cigs inaccessible to desperate smokers by this needless measure will send smokers this message: *Keep on smoking*. While no tobacco product is free of health risks, vapor products are a noncombustible alternative to traditional cigarettes. Legislation should not create hurdles or discourage cigarette smokers from switching to non-combustible products such as vapor products.

The World Health Organization predicts **one-billion** prematurely dead from cigarettes this century if current trends continue. That must not be allowed to happen. While some agenda-driven opponents of e-cigarettes warn: “We just don’t know what might happen with e-cigarettes,” we at The American Council on Science and Health respond, “We surely do know what will happen with the real ones: almost a half-million dead American smokers, each year.”



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Thank you for your consideration.

Elizabeth M. Whelan, Sc.D., M.P.H., President, ACSH
Gilbert L. Ross, M.D., Medical Director, ACSH

References:

1. <http://acsh.org/2012/02/helping-smokers-quit-the-science-behind-tobacco-harm-reduction/>
2. Goniewicz:
<http://tobaccocontrol.bmj.com/content/early/2013/03/05/tobaccocontrol-2012-050859.abstract>
3. Burstyn:
<http://publichealth.drexel.edu/~media/Files/publichealth/ms08.pdf>

Links to ACSH's own publications on tobacco harm reduction and most recently, nicotine.

<http://acsh.org/2012/02/helping-smokers-quit-the-science-behind-tobacco-harm-reduction/>

<http://acsh.org/2014/01/effects-nicotine-human-health/>

Supporting Studies:

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Le Houezec J, McNeill A, Britton J.
<http://www.ncbi.nlm.nih.gov/pubmed/21375611>

Contrasting snus and NRT as methods to quit smoking. an observational study

Janne Scheffels¹, Karl E Lund, and Ann McNeill
<http://www.harmreductionjournal.com/content/9/1/10>

Recent op-ed's by ACSH's Dr. Gilbert Ross

FORBES:

<http://www.forbes.com/sites/realspin/2013/12/17/michael->



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[bloombergs-attack-on-e-cigarettes-will-drive-ex-smokers-back-to-the-real-thing/](#)

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Eureporter:
<http://www.eureporter.co/world/2013/12/04/opinion-eu-bureaucrats-plan-to-protect-cigarette-and-drug-markets-while-killing-smokers/>

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<http://www.american.com/archive/2013/november/smoking-kills-and-so-might-e-cigarette-regulation>

NPR: <http://acsh.org/2013/10/dr-gilbert-ross-on-npr-cleveland/>

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Washington Examiner: <http://washingtonexaminer.com/calling-the-fdas-bluff-and-saving-smokers/article/2504143>

Spectator: <http://spectator.org/articles/34413/deadly-crusade-against-e-cigarettes>

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“Can e-cigarettes help you give up smoking?” (Interviews of Mike Siegel and ACSH's Gil Ross b staff writer Lori Newman), *Lifescript Healthy Living for Women*, 2/3/2013

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