

## APA Official Actions

# Position Statement on Vaping Products and Electronic Cigarettes

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“Policy documents are approved by the APA Assembly and Board of Trustees. . . . These are . . . position statements that define APA official policy on specific subjects. . . .” – *APA Operations Manual*

### Issue:

Electronic cigarettes, also commonly known as e-cigarettes, vaping, vape-pens, and electronic nicotine delivery systems (ENDS) are a newer class of products that can deliver either nicotine or cannabis, usually while aerosolizing other chemicals and additives. The effects of inhaling these solutions are still under investigation (including an outbreak of over 2,800 lung injury cases in 2019-2020).<sup>1,2,3</sup> It is known that nicotine is highly addictive and that people with mental illness are more impacted by combustible cigarettes than the general population; similar trends are emerging related to the safety and impact of electronic cigarette use on vulnerable populations with mental illness.<sup>4</sup> Furthermore, marketing strategies targeting youth have led to increasing popularity of e-cigarette and the Surgeon General declaring e-cigarette use an epidemic among youth (with detrimental effects on children’s health and brain development while increasing risk for the use of combustible cigarettes, cannabis, and development of nicotine dependence and other substance use disorders).

### APA Position:

- 1. Restriction on the use of electronic cigarettes and vaping products in youth under 21;**
- 2. Regulation of marketing of e-cigarettes and vaping products and, specifically, strategies that target youth such as advertising of flavored (including mint and menthol) products and electronic cigarettes; and,**
- 3. Ongoing research to enhance prevention, identification, and treatment of youth vaping and electronic cigarette use.**

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