



Statement of Support for the Valley City Flavor Restriction Ordinance

WHEREAS, whether teens had no experience using e-cigarettes or showed signs of dependence, the percentage of teens who were susceptible to using e-cigarettes was significantly lower when the flavor available was restricted¹.

WHEREAS, as of 2017, researchers had identified more than 15,500 unique e-cigarette flavors available online². A study found that 80.8% of 12–17-year-olds who had ever used a tobacco product, initiated tobacco use with a flavored product and that for each tobacco product, at least two-thirds of youth reported using these products “because they come in flavors I like³.”

WHEREAS, research done by the Truth Initiative found that, 43.1% of 15- to 20-year-old current e-cigarette users obtained their devices from retail sources. Young people who get their e-cigarettes from retail sources report that they are getting e-cigarettes primarily from vape shops (22%) and gas station/convenience stores (15.9%). More than half (51.4%) of current e-cigarette users between 18-20 years and over a quarter of 15- to 17-year-olds (28.3%) obtained e-cigarettes from retail sources⁴.

WHEREAS, North Dakota’ state and federal tax burden from smoking-caused government expenditure for each household in North Dakota is 836 dollars per year. For Valley City households, that totals up to over 2.6 million dollars a year. That does not include health care costs caused by secondhand smoke, smoking-caused fires, or productivity losses⁵.

WHEREAS, the aerosol that users inhale and exhale from e-cigarettes can potentially expose both themselves and bystanders to other harmful substances, including heavy metals, volatile organic compounds, and ultrafine particles that can be inhaled deeply into the lungs⁶.

WHEREAS, nicotine can worsen anxiety symptoms and amplify feelings of depression. Trace metals found in vape liquid may play a role in the potential link between vaping and depression⁷.

WHEREAS, e-cigarette aerosol is not harmless. Most e-cigarettes contain nicotine, an addictive drug. Nicotine exposure during adolescence can harm the developing brain – which isn’t done developing until around the age 25. Nicotine exposure during adolescence can impact learning, memory, and attention⁸.

THEREFORE, be it resolved, _____

believes that Valley City’s ordinance that restricts the sale of flavored e-liquids used for vaping should be unaltered from its current language. Further, our city leadership should remain undeterred by unsubstantiated claims of missing profits, prioritizing the protection and health of our youth.

Name of Organization

Signature of Organization Representative

Date

¹ Sharrilyn Helgertz, PhD, John Kingsbury, PhD, Teens Less Susceptible to Vaping When Restricted to Tobacco-Flavored E-cigarettes: Implications for Flavored Tobacco Policies, *Nicotine & Tobacco Research*, 2022;, ntac272, <https://doi.org/10.1093/ntr/ntac272>

² Zhu, S-H, et al., "Evolution of Electronic Cigarette Brands from 2013-2014 to 2016-2017: Analysis of Brand Websites," *Journal of Medical Internet Research*, 20(3), published online March 12, 2018.

³ Ambrose, BK, et al., "Flavored Tobacco Product Use Among US Youth Aged 12-17 Years, 2013-2014," *Journal of the American Medical Association*, published online October 26, 2015.

⁴ Do EK, Aarvig K, Donovan EM, Schillo BA, Vallone DM, Hair EC. Underage Youth Continue to Obtain E-Cigarettes from Retail Sources in 2022: Evidence from the Truth Continuous Tracking Survey. *Int J Environ Res Public Health*. 2023 Jan 12;20(2):1399. doi: 10.3390/ijerph20021399. PMID: 36674152; PMCID: PMC9859475.

⁵ To make all of the cost data more comparable, some figures have been adjusted to 2018 dollars. CDC, Best Practices for Comprehensive Tobacco Control Programs, 2014. See also, CDC, *Data Highlights 2006*; CDC's Smoking Attributable Mortality, Morbidity and Economic Costs (SAMMEC); Shrestha, SS, et al., "Cost of Cigarette Smoking—Attributable Productivity Losses, U.S., 2018," *AJPM*, July 27, 2022. State Medicaid program expenditures are before any federal reimbursement. State and federal tax burden equals state residents' federal & state tax payments necessary to cover all state government tobacco-caused costs plus the residents' pro-rated share, based on state populations, of all federal tobacco-caused costs. See Xu, X et al., "U.S. healthcare spending attributable to cigarette smoking in 2014," *Preventive Medicine*, 2021, with other state government tobacco costs taken to be 3% of all state smoking-caused health costs, as in CDC, "Medical Care Expenditures Attributable to Smoking—United States, 1993," *MMWR* 43(26):1-4, July 8, 1994.

⁶ Office of the Surgeon General. E-cigarette Use among Youth and Young Adults: A Report of the Surgeon General. Washington, DC: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; 2016.

⁷ *Colliding crises: Youth Mental Health and nicotine use*. Truth Initiative. (n.d.). Retrieved February 10, 2023, from <https://truthinitiative.org/research-resources/emerging-tobacco-products/colliding-crises-youth-mental-health-and-nicotine-use>