

Life is too precious to go up in smoke



Jamaica Coalition for Tobacco Control

28 Beechwood Avenue, P.O. Box 338, Kingston 5
Tel: (876) 926-4378, 929-3195 • Fax: (876) 754-6441
email: jctc@heartfoundationja.org

Member Organizations:

Association of General Practitioners of Jamaica • Caribbean College of Family Physicians, Jamaica Chapter
Caribbean Public Health Association • Diabetes Association of Jamaica • Jamaica Cancer Society • Jamaica Dental Association
Nurses Association of Jamaica • The Heart Foundation of Jamaica • The Medical Association of Jamaica

JCTC Statement on E-Cigarettes

The Jamaica Coalition for Tobacco Control recommends the banning of E-Cigarettes

BACKGROUND

The vision of the Jamaica Coalition for Tobacco Control (JCTC) is for a tobacco free Jamaica. Our mission, is to denormalise the consumption of tobacco and all nicotine products, including cigarettes, smokeless tobacco products, heated tobacco products, and electronic cigarettes.

Electronic or e-cigarettes, are a type of electronic nicotine delivery system (ENDS), which do not burn or use tobacco leaves, but vapourise a solution that is then inhaled. The solution in e-cigarettes may contain nicotine and other toxic chemicals, propylene glycol, glycerol, and flavouring agents¹.

E-cigarette use, also known as vaping, is now more common among Jamaican adolescents 13-15 years old than conventional cigarette use. According to the 2017 Global Youth Tobacco Survey, 11.7% of students aged 13-15 years currently use e-cigarettes, as compared to 11.2% of those who currently smoke cigarettes². The 2017 Global School-based Student Health Survey also revealed that 19.4% of students aged 13-17 currently used tobacco products other than cigarettes, such as beadies or hookah pipes, as compared to 14.9% who currently smoked cigarettes³.

IMPACT ON HEALTH

The total impact on health of e-cigarettes is unknown, but e-cigarette use is associated with lung disease and death⁴. Studies show dangerously high levels of the carcinogen pulegone in menthol-flavoured e-cigarettes⁵. Nicotine is a highly-addictive substance which can affect the heart, hormones and gastrointestinal system⁶. Illness associated with e-cigarettes has been associated with flavoured e-cigarettes and vaping liquid mixed with marijuana.

Second-hand exposure to vaping may also prove harmful, as vaping aerosol may contain flavourings such as chemical diacetyl, which is linked to serious irreversible lung disease; the cancer-causing chemical formaldehyde, and ultrafine particles that can be inhaled deep into the lungs⁷.

The Public Health (Tobacco Control) Regulations 2013 prohibits the use of e-cigarettes in public places as it does conventional tobacco products⁸. The Centers for Disease Control (CDC) in the United States notes that all tobacco products, including e-cigarettes, carry a risk and recommends that adults who do not currently use tobacco products do not start using e-cigarettes and that people not use e-cigarettes that contain THC⁹.

Life is too precious to go up in smoke



Jamaica Coalition for Tobacco Control

28 Beechwood Avenue, P.O. Box 338, Kingston 5
Tel: (876) 926-4378, 929-3195 • Fax: (876) 754-6441
email: jctc@heartfoundationja.org

Member Organizations:

Association of General Practitioners of Jamaica • Caribbean College of Family Physicians, Jamaica Chapter
Caribbean Public Health Association • Diabetes Association of Jamaica • Jamaica Cancer Society • Jamaica Dental Association
Nurses Association of Jamaica • The Heart Foundation of Jamaica • The Medical Association of Jamaica

JCTC POSITION ON E-CIGARETTE USE

The JCTC notes that e-cigarettes have been deemed as a cessation tool or safer than cigarettes. E-cigarettes with flavourings, including chocolate and bubble gum, are seen as marketed towards children and teenagers¹⁰. The evidence of e-cigarettes being an effective tool for cessation is low¹¹. Research shows that e-cigarettes are often a transitional item for non-smokers, and persons who would not have smoked begin using conventional cigarettes after trying e-cigarettes¹². There is also not enough research to quantify the safety of e-cigarettes over that of combustible tobacco products.

In light of reported deaths and major lung diseases associated with the use of e-cigarettes, the JCTC believes that smokers will obtain the maximum health benefit by complete cessation of all tobacco and nicotine.

E-cigarettes are not safe and may cause irreversible lung damage and lung disease.

Suriname (2013) has a tobacco control law which bans the importation, distribution and sale of e-cigarettes, and Antigua and Barbuda's Tobacco Control Law (2017) prohibits the manufacture, import, wholesale distribution or sale of flavoured tobacco products^{13, 14}.

It is the JCTC's position that the importation and sale of e-cigarettes in Jamaica should also be banned. The JCTC urges the public not to use e-cigarettes.

The members of the Jamaica Coalition for Tobacco Control (JCTC) will:

1. Sensitise the public on the risks associated with e-cigarette usage.
2. Support and promote activities geared towards reduction and prevention of e-cigarette usage.
3. Support measures geared towards rehabilitation, in order to attain and maintain a healthier lifestyle for all Jamaicans.

Yours Truly,

Aggrey Irons
Chairman
The Jamaica Coalition for Tobacco Control

Life is too precious to go up in smoke



Jamaica Coalition for Tobacco Control

28 Beechwood Avenue, P.O. Box 338, Kingston 5
Tel: (876) 926-4378, 929-3195 • Fax: (876) 754-6441
email: jctc@heartfoundationja.org

Member Organizations:

Association of General Practitioners of Jamaica • Caribbean College of Family Physicians, Jamaica Chapter
Caribbean Public Health Association • Diabetes Association of Jamaica • Jamaica Cancer Society • Jamaica Dental Association
Nurses Association of Jamaica • The Heart Foundation of Jamaica • The Medical Association of Jamaica

Life is too precious to go up in smoke



Jamaica Coalition for Tobacco Control

28 Beechwood Avenue, P.O. Box 338, Kingston 5
Tel: (876) 926-4378, 929-3195 • Fax: (876) 754-6441
email: jctc@heartfoundationja.org

Member Organizations:

Association of General Practitioners of Jamaica • Caribbean College of Family Physicians, Jamaica Chapter
Caribbean Public Health Association • Diabetes Association of Jamaica • Jamaica Cancer Society • Jamaica Dental Association
Nurses Association of Jamaica • The Heart Foundation of Jamaica • The Medical Association of Jamaica

References

1. World Health Organization. 2015. Electronic cigarettes (e-cigarettes) or electronic nicotine delivery systems. [Online]. Available at: https://www.who.int/tobacco/communications/statements/electronic_cigarettes/en/.
2. Ministry of Health. 2017. Global Youth Tobacco Survey. [Online]. Available at: <https://extranet.who.int/ncdsmicrodata/index.php/catalog/473>.
3. National Council on Drug Abuse. 2017. Global School-based Student Health Survey. https://www.who.int/ncds/surveillance/gshs/Jamaica_2017_GSHS_FS.pdf.
4. Centres for Disease Control. 2019. Initial State Findings Point to Clinical Similarities in Illnesses among People Who Use E-cigarettes or "Vape". [Online]. Available at: <https://www.cdc.gov/media/releases/2019/p0906-vaping-related-illness.html>.
5. Sairam V., Jabba, DVM, Jordt, SE. 2019. Risk Analysis for the Carcinogen Pulegone in Mint- and Menthol-Flavored e-Cigarettes and Smokeless Tobacco Products. *JAMA Intern Med.* [Online]. Available at: DOI: 101001/jamainternmed.2019.3649.
6. Felman, A. 2018. Everything you need to know about nicotine. [Online]. Available at: <https://www.medicalnewstoday.com/articles/240820.php>.
7. CNET. 2019. Secondhand vaping: The latest vaping health risk. [Online]. Available at: <https://www.cnet.com/news/secondhand-vaping-the-new-health-risk-you-didnt-even-know-was-an-issue>.
8. Ministry of Health and Wellness. 2019. Tobacco Control. <https://www.moh.gov.jm/programmes-policies/tobacco-control/>.
9. Centers for Disease Control. 2019. Smoking and Tobacco Use. For the public: What you need to Know. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease/need-to-know/index.html
10. Truth Initiative. 2018. <https://truthinitiative.org/research-resources/tobacco-industry-marketing/4-marketing-tactics-e-cigarette-companies-use-target>
11. Kulik MC, Lisha NE, Glantz SA. E-cigarettes associated with depressed smoking cessation: a cross-sectional study of 28 European Union countries. *Am J Prev Med.* 2018; 54:603–609. [CrossrefMedlineGoogle Scholar](#)
12. Bhatnagar, A., Payne, T.J., and Robertson, R.M. 2019. Is there a Role for E-cigarettes in Tobacco Cessation? <https://doi.org/10.1161/JAHA.119.012742>Journal of the American Heart Association. 2019;8:e012742.
13. Global Tobacco Control. 2019. E-cigarette policy scan Suriname. <https://www.globaltobaccocontrol.org/e-cigarette/suriname>.
14. Antigua Tobacco Control Bill. 2017. http://legalaffairs.gov.ag/pdf/bills/TOBACCO_CONTROL_ACT_2017_Update.pdf