

E-cigarettes

The Idaho AAP is committed to tobacco free kids

Electronic vape products are the #1 tobacco product used by teens in Idaho. In 2019, 1 in 5 HS teens reported they had used a vape product in the past 30 days. Nicotine is highly addictive! The earlier someone uses nicotine products as a child, the more difficult it is to quit. Children who use e cigs are more likely to use traditional cigarettes as adults.

Idaho Spotlight: Data, Legislation and Advocacy

- How many children use tobacco products in Idaho?
State specific data about tobacco use in teens
[Home Research and resources Tobacco use in Idaho 2020](#)
- What are Idaho's Tobacco Laws?

[State Legislated Actions on Tobacco Issues \(SLATI\)](#)
- How does the American Lung Association grade Idaho legislation?
 1. Funding for State Tobacco Prevention Programs – Grade F
 2. Strength of Smokefree Workplace Laws – Grade C
 3. Level of State Tobacco Taxes – Grade F
 4. Coverage and Access to Services to Quit Tobacco – Grade C
 5. NEW! Ending the Sale of All Flavored Tobacco Products - Grade F

Source: [State of Tobacco Control Idaho 2021](#)

- [The Toll of Tobacco in Idaho](#)

- The legal age to purchase tobacco products in Idaho is 18 years, despite a federal law signed by President Trump in 2019 which increased the age to buy tobacco products to 21 years



Tobacco 21 Idaho Coalition seeks to raise the legal sale age for tobacco products and e-cigarettes from 18 to 21 years of age. By raising the legal sale age for these products, we aim to decrease the burden of tobacco-related illness and healthcare costs to the citizens of Idaho.

[FDA Tobacco 21](#)

[FDA Tobacco Education & Prevention Resources: Posters, Flyers, & More](#)

https://secure.fightcancer.org/site/SSurvey.jsessionid=00000000.app30103a?NONCE_TOKEN=FDE218F83A2D33CCA4E92E16FF9955AC&ACTION_REQUIRED=URI_ACTION_USER_REQUESTS&SURVEY_ID=36301

Resources for Practitioners

- Information from the *American Academy of Pediatrics* for physicians about e-cigarettes; including reproducible handouts to share with parents and teens, educational articles and videos

[AAP Richmond Center - Electronic Nicotine Delivery Systems](#)

- Project Filter (Idaho Quits Tobacco) a tool to help Health Professionals refer patients for tobacco cessation <https://projectfilter.org/hcp>

Resources for Parents

- [E-Cigarettes and Vaping: What Parents Need to Know](#)

Resources for educators and community members

- Tobacco prevention toolkit (stanford medicine)
- The real cost of vaping (scholastic)
- Catch my breath

Covid and vaping

- [Vaping multiplies risk of COVID-19 in teens and young adults](#)
- [Vaping vs Immune Systems | The Dr.'s In | truth](#) - video link

If you need help quitting, please know that you're not alone. Call 1-800-QUIT-NOW ([1-800-784-8669](tel:1-800-784-8669)) or visit [TheTruth.com](https://www.thetruth.com)