

# PLEASE NOTE

The following comments were submitted outside of the establish processed (sent in email to Ann Pitsnogle rather than to the established [sipp@srhd.org](mailto:sipp@srhd.org) email) or where submitted after the deadline.

The BOH can decide whether to consider them or not.

**From:** [Joseph Baba](#)  
**To:** [Ann Pitsnogle](#)  
**Cc:** [Michael Thorn](#); [Joshua Baba](#); [Britney Thorn](#); [Angela](#); [Shaun D"Sylva](#); [Julie Anderson](#)  
**Subject:** Vaping in Public Places  
**Date:** Friday, February 5, 2016 10:18:45 AM

---

Good Morning (please pass this along to all board members and the medical officer too)

My name is Joe Baba and I am the Chair of the WA Vape Association, a non-profit advocacy company representing the vaping industry in Washington state. I have been actively involved working with the legislature in Olympia for 3 years in a row and have learned a lot about the political process in our state.

I have also been involved with local jurisdiction matters in Pierce, Snohomish and other counties as well. As tiring as this position can be, I also feel invigorated standing up for our industry and adult's rights to choose activities they desire to endeavor.

With that said, I am aware of the considerations your board is undertaking with respect to vaping in public places, etc. My goal here is to bring information to you so as you pursue this scenario, you will be able to make an informed decision on behalf of your constituents.

- The 2016 legislative session has been underway for several weeks now and 3 bills have been submitted pertaining to vaping. It is very likely that one or more of these bills will pass and become statewide law. In fact, our industry strongly supports one of these bills and will work hard with both branches of the legislature to help it pass. Doesn't it make sense to postpone your decision making process for a couple of months in order to see how this plays out? Why pass ordinances/rules in your county that may become obsolete or otherwise ineffective in just 5 or 6 weeks from now?
- Pierce County's Health District is currently being sued by a different group of vaping advocates focused in that county. I bring this up

because the results of this law suit will likely have a big impact on all other Health Districts across the state, including Spokane. Again, doesn't it make sense to wait and see how things develop with rulings, etc. before your Board makes sweeping changes or recommendations for new rules/ordinances?

Vaping is very controversial. Common thinking says, "if it looks like a duck, quack's like a duck and walks like a duck, then it must be a duck". Vaping looks so similar to smoking cigarettes that many people draw uninformed conclusions that are easily refuted when proper due diligence is applied. To date, there have been no scientific studies showing the vaping in "normal scenarios" produces anything toxic to the person vaping, and even less exposure to bystanders. Some studies, that use unrealistic scenarios/procedures did produce data that looked very concerning on the surface. The formaldehyde study is a perfect example of how data can be very misleading when all the facts are not discussed and analyzed.

Please keep an open mind; look at both sides of the issue, and again, I caution patience with your pursuit of rule making as there is a lot of logic in waiting just 2 or 3 short months to see how things settle in Olympia and what happens with the Pierce County law suit.

Feel free to contact me with any questions.

Regards,



Joe Baba

**Voter Legislative District # 1**

Precinct # 10154551 (Pond)

[www.wa-vape.org](http://www.wa-vape.org)

WA Vape Association

10 SE Everett Mall Way, Suite C

Everett, WA 98208

360-348-2029

**From:** [Joseph Baba](#)  
**To:** [Ann Pitsnogle](#)  
**Subject:** Re: Vaping in Public Places  
**Date:** Sunday, February 7, 2016 8:22:35 AM

---

Thanks Ann

I also have a great article I'd like to point out to them. Please pass along this link to the article as well, if it's ok:

<http://info-electronic-cigarette.com/the-truth-about-second-hand-vapor/>

Thanks for your help.

Regards,



Joe Baba

Voter Legislative District # 1

**Precinct # 10154551 (Pond)**

**[www.wa-vape.org](http://www.wa-vape.org)**

WA Vape Association

10 SE Everett Mall Way, Suite C

Everett, WA 98208

360-348-2029

---

**From:** Ann Pitsnogle <[lpitsnogle@srhd.org](mailto:lpitsnogle@srhd.org)>  
**Date:** Friday, February 5, 2016 at 10:45 AM  
**To:** Joseph S Baba <[joe.baba@wavape.com](mailto:joe.baba@wavape.com)>  
**Subject:** RE: Vaping in Public Places

Good Morning Joseph,

I will make sure the Board of Health members and the health officer receive your email.

**Lalonna Ann Pitsnogle** | Executive Assistant | Spokane Regional Health District | Administration  
509.324.1512 | 509.981.6161 cell | 509.324.1507 fax | [lpitsnogle@srhd.org](mailto:lpitsnogle@srhd.org)



## The Best Electronic Cigarette Guide for 2016

Your Ultimate Source For News, Reviews,  
and Recommendations

### The Truth About Second Hand Vapor

by Amber Whaley | Blog, [E-Liquid](#) [E-Juice Info](#), [Health & Safety](#), [News](#), [Research](#) | [1 comment](#)



This question seems of even more importance lately, as more and more counties, cities and now National Parks are banning the use of e-cigarettes, even before really examining their secondhand effect. That is why several research teams have begun to analyze the effect of secondhand vapor, if any, in order to better understand their place in society and acceptance in public places.

#### What we know about Secondhand Vapor

Several studies have shown that we are beginning to understand a lot about the potential effects of second hand vapor. It is important to remember that scientifically you cannot ethically test humans for second hand exposure; nor is there a way to determine long term effects, since e-cigarettes only hit the market back in 2007. You can however analyze the vapor that is emitted in an attempt to determine the potential health effects that may exist.

The overwhelming consensus is that second hand vapor is not only safer, but some believe that it is even, for all intents and purposes, nonexistent. Varying studies have come up with different benchmarks to analyze vapor, but still most continue to confirm that the aerosol emitted in the action of vaping is not particularly harmful.

Most studies you find will agree, that there is a general benign quality with e-cigarette aerosol, or vapor, especially in the secondhand sense. A January 2014 study, published in [BMC Central](#) confirmed these belief when examining the idea of second hand exposure on the workplace and beyond. In their findings they share that, "There was no evidence of potential for exposures of e-cigarette users to contaminants that are associated with risk to health at a level that would warrant attention." In fact they predicted that secondhand exposures would be less than 1% of the threshold limit value that is placed on workplace air quality. While this study sees little harm in vapor, they still advise that more research should be done on first hand exposure. The researchers conclude by reaffirming the safety of second hand vapor emission, "Current state of knowledge about chemistry of liquids and aerosols associated with electronic cigarettes indicates that there is no evidence that vaping produces inhalable exposures to *contaminants* of the aerosol that would warrant health concerns."

Later in 2014, another study published in the [International Journal of Environmental Research and Public Health](#) more specially looked at the [phenolic](#) and [carbonyl](#) compounds that are found in e-cigarette vapor. Both of these chemical compounds can cause health problems in users who are overexposed to them, however they do not seem to be a concern for second hand exposure, finding that, "exhaled e-cigarette aerosol does not increase bystander exposure for phenolics and carbonyls above the levels observed in exhaled breaths of air."

Another study published in the journal [Nicotine & Tobacco Research](#), looked specifically at the effects of secondhand e-cigarette vapor and their findings also suggest that secondhand vapor really shouldn't be an

issue. They actually criticize the idea of outdoor e-cigarette bans stating: “There is a large body of evidence suggesting that e-cigarettes are relatively harmless to the people who use them, making claims about the dangers of second-hand exposure even more spurious — especially in well-ventilated outdoor spaces where people can easily move away from someone using the product.”



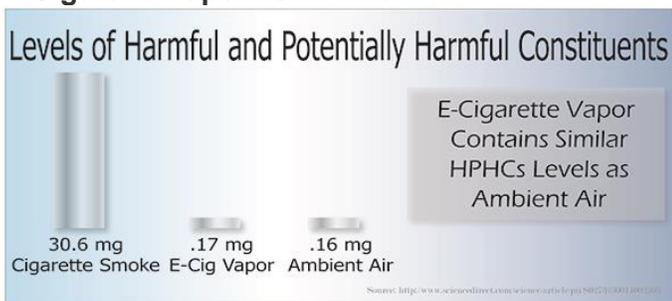
### E-Cigarette Vapor vs Tobacco Smoke

In a 2014 study published in the *British Journal of Medical Practice* researchers from University College London acknowledged the use of electronic cigarettes as replacements for traditional combustible cigarettes, and theorized about the potential benefit for the public health community. The researchers found that “the vapor contains nothing like the concentrations of carcinogens and toxins as cigarette smoke. In fact, toxin concentrations are almost all well below 1/20th that of cigarette smoke.”

In fact, the byproducts that are measured in e-cigarette vapor are across the board miniscule, especially in comparison to traditional cigarettes. Back in 2012, [another study](#) looked to determine the effect of e-cigarette vapor on indoor air quality. “For all byproducts measured, electronic cigarettes produce very small exposures relative to tobacco cigarettes. The study indicates no apparent risk to human health from e-cigarette emissions based on the compounds analyzed.”

In addition, one of the greatest benefits when it comes to cutting back on second hand emissions is electronic cigarettes do not give off any standing emissions. [Dr. Neal Benowitz](#) is an MD and a former member of the FDA’s Tobacco Products Scientific Advisory Committee. He is not a staunch e-cigarette supporter, but he is quick to point out this very important fact. All of the second hand exposure from e-cigarettes comes from the [user’s exhaled breathe](#), which is, in most cases, considerably less than what was inhaled in the first place. Cigarettes, by contrast, pollute the atmosphere and others’ lungs in a continuous stream. [According to Dr. Benowitz](#), “seventy-five percent of the smoke generated by cigarettes is side stream smoke, and that goes into the environment.” Even if e-cigarette aerosol was as dangerous as cigarette smoke, which we have seen it is nowhere near, just the sheer difference in amount of emissions would make a huge dent in our overall public health.

### E-Cigarette Vapor vs. Ambient Air

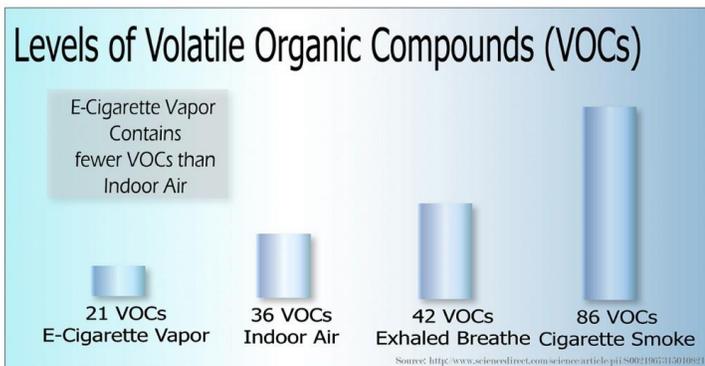


Even with there being so little concern about second hand e-cigarette vapor, it isn’t really fair to continue to compare it to cigarette smoke. Of course vapor is going to be better than smoke, but let’s face it cigarettes don’t exactly set the bar that high. How e-cigarette vapor compares to the air we breathe everyday may be a better way to determine if it truly is safe for nonusers to be around.

[One study](#), published in the journal *Regulatory Toxicology and Pharmacology* looks at several popular American and British brands of e-cigarettes to compare the vapor in e-cigarette aerosol against what we breathe in our regular air every day. For the analysis the researchers studied three flavors of Blu eCigs, which account for approximately 50 percent of the U.S. market, and two flavors of SKYCIGS, which represent around

30 percent e-cigarettes sold in the U.K. They compared the output of these products with different air samples as well as with the smoke generated by several brands of traditional cigarettes.

The researchers measured eight kinds of harmful and potential harmful constituents (HPHC): carbon monoxide, carbonyls, phenolics, volatiles, metals, tobacco-specific nitrosamines, polyaromatic amines, and polyaromatic hydrocarbons. When combined, the weight of all the HPHC found in the e-cigarette vapor was less than 0.17 milligram. Ambient air is estimated to have 0.16 milligrams of HPHCs. This shows us that breathing in second hand vapor is virtually the same as inhaling the air that most of us breathe every day. For comparison's sake, cigarettes produce a whopping 30.6 milligrams of HPHCs—180 times as much as the e-cigarettes tested. Still that's just the average. The highest level of HPHC was found in Marlboro Gold brand cigarettes which generated 3,357 milligrams of HPHCs. The study states that on average, "mainstream cigarette smoke delivered approximately 1500 times more harmful and potentially harmful constituents tested when compared to e-cigarette aerosol or to puffing room air."



An even more recent study, published in *Journal of Chromatography A* measured levels of 156 different volatile organic compounds (VOC) that is found in indoor air, as well as smoke of tobacco cigarettes, exhaled tobacco smoke and exhaled e-cigarette vapors. It should be noted, that not all of the VOCs in question are toxic, they are just simply what they are, volatile organic compounds. The results were surprising. In the two e-cigarettes tested, they found 17 VOCs in one and 25 VOCs in the other. Not surprising, cigarette smoke contained a whopping 86 VOCs. Indoor air tested for 36 VOCs and normal, exhaled breathe itself contains 42. Again, not all VOCs are toxic, but the numbers point out that e-cigarette vapor is likely still fairly harmless, that is presuming it is safe to breathe the air as it is now. In fact, some carcinogenic compounds that were found in exhaled breath, aren't even present in the vapor.

### What About Nicotine?

[Nicotine isn't in all electronic cigarettes](#), but it is in most. Nicotine is a fairly safe substance to the human system, except for the fact that it is so addictive. [Researchers](#) believe that even though e-cigarette vapor appears to be for all intents and purposes harmless to nonusers, people could still, unintentionally, be exposed to nicotine. According to the study, using an e-cigarette in indoor environments, "may involuntarily expose nonusers to nicotine but not to toxic tobacco-specific combustion products." Still no one wants to be exposed to nicotine, even if it is in scope much more harmless. The study also points out that the [level of nicotine emitted in vapor](#) is still about 10 times less than any nicotine emitted in cigarette smoke.

### Conclusion

There's already a lot of news out there regarding whether or not e-cigarettes are safe. No one can answer the question of their safety definitively just yet but whether they are or not what they do is stand a chance at making a significant difference in our overall public health. Based on the given evidence, there is no doubt that people will be healthier if those around them make the decision to vape instead of smoke, not to mention most vapers report feeling healthier too.

Currently new bans are going up all over the place, and now in National Parks, but the reality is, the big RV that's driving through Yellowstone, will be harming the air you breathe far more than anyone who is using an electronic cigarette. Yes, we know e-cigarettes are safer for the environment (not to mention how much less trash is created and fewer trees cut down) but in the second hand sense, they are even less harmful than what you breathe when you are parked in traffic, or pumping gas into your car.

This doesn't mean that vapers have the right to blow their puffs in everyone's face, or even to do it anywhere they want, especially until more research is done, but in the meantime the fact that the e-cigarette aerosol seems fairly benign should be a comfort to those who are worried about the potential for harmful outcomes of second hand exposure.

Every year an estimated 53,800 people die from secondhand smoke exposure. Even if e-cigarettes were harmful to the user itself, the lives they would save simply by eliminating cigarettes would be enough to warrant their widespread acceptance. The truth is most people who use electronic cigarettes are trying to improve their health for the better. Even more important to most, however, is their own family and friends. When people choose to vape instead of smoking, whether they know it or not, they are making a decision to help not just their life, but the lives of everyone around them.