

RESOLUTION

Subject: Addressing E-Cigarette Use Among Kentucky Youth

Submitted by: Greater Louisville Medical Society

Referred to: Reference Committee

WHEREAS, the Centers for Disease Control and Prevention (CDC) reports that 1.63 million middle and high school students in the United States used e-cigarettes in 2024, with flavored disposable vapes being the most common¹; and

WHEREAS, Kentucky has one of the highest youth vaping rates in the country, with 19.7% of high schoolers currently using e-cigarettes¹; and

WHEREAS, E-cigarettes contain high levels of nicotine, an addictive substance, which can interfere with adolescent brain development²; and

WHEREAS, there is growing evidence that e-cigarette aerosols contain harmful substances like heavy metals, ultrafine particles, and chemicals linked to lung injury and cardiovascular disease²; and

WHEREAS, despite these risks, many teens perceive vaping or smokeless tobacco as less harmful than traditional smoking, highlighting the need for stronger education and prevention strategies³; and

WHEREAS, the U.S. Food and Drug Administration (FDA) launched the Youth Tobacco Prevention Plan in 2024 to address youth access, education, and marketing restrictions for e-cigarettes and related products, reinforcing the urgency of coordinated state-level action⁴; and

WHEREAS, there is a growing market for “healthy” vapes including those containing essential oils, melatonin, caffeine, or vitamins that falsely claim health benefits, despite not being approved by the FDA⁵; and

WHEREAS, the current Kentucky law does not mandate tobacco or vaping cessation education curriculum and only recommends distribution of materials and resources; and

WHEREAS, current KMA policy does not recommend a mandated course in Kentucky public schools on the dangers of using electronic nicotine delivery systems, electronic non-nicotine delivery systems and associated products⁶; now, therefore, be it

RESOLVED, that KMA support efforts to educate Kentucky youth about the health risks of e-cigarettes, including those often marketed as “healthy” vapes and all other nicotine and tobacco products; and be it further

RESOLVED, that KMA advocate for the integration of vaping and tobacco and nicotine prevention education into Kentucky school health curriculum beginning in middle school and continuing through high school; and be it further

RESOLVED, that KMA encourage a mandatory, evidence-based course that is integrated into the Kentucky public school curriculum warning children of the health risks of smoking and/or using tobacco or nicotine products; and be it further

RESOLVED, that KMA continues to support policies to enforce stricter age verification and marketing regulations to restrict the sale of flavored vaping products.

References:

1. Centers for Disease Control and Prevention. Tobacco Product Use Among Middle and High School Students – United States, 2024. Accessed July 7, 2025. <https://www.cdc.gov/tobacco/e-cigarettes/youth>
2. American Academy of Pediatrics. Protecting Children and Adolescents From Tobacco Products. *Pediatrics*. 2023;151(5):e2023061804. Accessed July 7, 2025. <https://publications.aap.org/pediatrics/article/151/5/e2023061804/191066/Protecting-Children-and-Adolescents-From-Tobacco>
3. Kentucky Department of Education. 2023 Youth Risk Behavior Survey – High School Summary Tables. Accessed July 7, 2025. <https://www.education.ky.gov/curriculum/WSCC/data/Documents/2023%20High%20School%20Summary%20Tables.pdf>
4. U.S. Food and Drug Administration. FDA's Youth Tobacco Prevention Plan. Accessed July 7, 2025. <https://www.fda.gov/tobacco-products/youth-and-tobacco/fdas-youth-tobacco-prevention-plan>
5. U.S. Food and Drug Administration. E-Cigarettes, Vapes, and Other Electronic Nicotine Delivery Systems (ENDS). Accessed July 7, 2025. <https://www.fda.gov/tobacco-products/products-ingredients-components/e-cigarettes-vapes-and-other-electronic-nicotine-delivery-systems-ends>
6. Lexington Medical Society. KMA Resolution on E-Cigarettes. Published September 24, 2019. Accessed July 7, 2025. <https://www.lexingtondoctors.org/2019/09/24/kma-resolution-on-e-cigarettes/>