

**Bio:**

**Vicki Porter, 51. Lake Mills, WI  
Graduate Beloit College, '90, BA, Sociology  
Employed at iHeart.**

**I am a 23 year smoker who tried to quit smoking many times. Nothing worked until e-cigarettes/vaping. I've been invited to share my personal experience. I do not represent any group. I represent only myself.**

## Truth in Testimony Disclosure Form

In accordance with Rule XI, clause 2(g)(5)\*, of the *Rules of the House of Representatives*, witnesses are asked to disclose the following information. Please complete this form electronically by filling in the provided blanks.

Committee: Oversight and Reform



Subcommittee: Economic & Consumer Policy



Hearing Date: September 24, 2019

Hearing Subject:

E-cigarettes

Witness Name: Vicki Porter

Position/Title: witness

Witness Type: ☐ Governmental ☒ Non-governmental

Are you representing yourself or an organization? ☒ Self ☐ Organization

If you are representing an organization, please list what entity or entities you are representing:

none.

If you are a **non-governmental witness**, please list any federal grants or contracts (including subgrants or subcontracts) related to the hearing's subject matter that you or the organization(s) you represent at this hearing received in the current calendar year and previous two calendar years. Include the source and amount of each grant or contract. *If necessary, attach additional sheet(s) to provide more information.*

none.

If you are a **non-governmental witness**, please list any contracts or payments originating with a foreign government and related to the hearing's subject matter that you or the organization(s) you represent at this hearing received in the current year and previous two calendar years. Include the amount and country of origin of each contract or payment. *If necessary, attach additional sheet(s) to provide more information.*

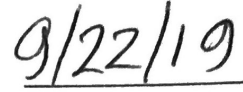
none.

## False Statements Certification

Knowingly providing material false information to this committee/subcommittee, or knowingly concealing material information from this committee/subcommittee, is a crime (18 U.S.C. § 1001). This form will be made part of the hearing record.



Witness signature



Date

If you are a non-governmental witness, please ensure that you attach the following documents to this disclosure. Check both boxes to acknowledge that you have done so.

- ☒ Written statement of proposed testimony
- ☐ Curriculum vitae

\*Rule XI, clause 2(g)(5), of the U.S. House of Representatives provides:

(5)(A) Each committee shall, to the greatest extent practicable, require witnesses who appear before it to submit in advance written statements of proposed testimony and to limit their initial presentations to the committee to brief summaries thereof.

(B) In the case of a witness appearing in a nongovernmental capacity, a written statement of proposed testimony shall include a curriculum vitae and a disclosure of any Federal grants or contracts, or contracts or payments originating with a foreign government, received during the current calendar year or either of the two previous calendar years by the witness or by an entity represented by the witness and related to the subject matter of the hearing.

(C) The disclosure referred to in subdivision (B) shall include—

- (i) the amount and source of each Federal grant (or subgrant thereof) or contract (or subcontract thereof) related to the subject matter of the hearing; and
- (ii) the amount and country of origin of any payment or contract related to the subject matter of the hearing originating with a foreign government.

(D) Such statements, with appropriate redactions to protect the privacy or security of the witness, shall be made publicly available in electronic form not later than one day after the witness appears.

**COMMITTEE ON OVERSIGHT AND REFORM  
U.S. HOUSE OF REPRESENTATIVES  
116<sup>TH</sup> CONGRESS**

**NOTICE OF APPEARANCE OF COUNSEL**

**Counsel submitting:** \_\_\_\_\_

**Bar number:** \_\_\_\_\_ **State/District of admission:** \_\_\_\_\_

**Attorney for:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone:** (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Pursuant to Rule 16 of the Committee Rules, notice is hereby given of the entry of the undersigned as counsel for \_\_\_\_\_ in (select one):

- ☐ All matters before the Committee
- ☐ The following matters (describe the scope of representation):

\_\_\_\_\_  
\_\_\_\_\_

All further notice and copies of papers and other material relevant to this action should be directed to and served upon:

**Attorney's name:** \_\_\_\_\_

**Attorney's email address:** \_\_\_\_\_

**Firm name (where applicable):** \_\_\_\_\_

**Complete Mailing Address:** \_\_\_\_\_

\_\_\_\_\_

**I agree to notify the Committee within 1 business day of any change in representation.**

\_\_\_\_\_  
**Signature of Attorney**

\_\_\_\_\_  
**Date**

Chairman Krishnamoorthi, members of the committee, thank you for inviting me to testify before this committee and for allowing me to share my story--and my experience as a former cigarette smoker--and how e-cigarettes helped me finally quit smoking once and for all.

My name is Vicki Porter from Lake Mills, Wisconsin. I am 51 years old. I started smoking cigarettes in college. I even remember the evening I started smoking. I had just gotten dressed to go out--and was listening to jazz records, drinking Irish Coffee. I spotted a pack of Benson and Hedges Ultra Lights on my desk a friend had left behind. Feeling invincible, I took out one of those cigarettes--and lit it. What goes better with whiskey and jazz than a cigarette? In just a few weeks, I was addicted--and began a lifestyle of smoking that lasted for 23 years.

Here's what the math looks like on that--it means that in 23 years, I smoked approximately 8,396 packs of cigarettes, or 167,900 cigarettes. In today's dollars, using Wisconsin's average retail price, the cost of those cigarettes would be \$64,389. That's only the purchase price- the price of my teenage idea of cool in today's dollars. The real cost, as you well know, is much higher.

After a few years of this "smoking lifestyle", I realized it wasn't cool. It was revolting and embarrassing--and deadly. But quitting smoking is very hard.

Over the years, I tried to quit many times, using many techniques: I tried cold turkey, nicotine gum, nicotine patches; I tried two FDA approved drugs, even trying one drug twice. I tried hypnosis--twice. I tried some hocus pocus called laser acupuncture. All failures. I was 40 years old, and I figured I would just have to learn to be content to live--and die--a smoker, probably gasping for air like my grandmother and mom, who died of lung cancer.

In around 2008, a coworker introduced showed me an online ad for e-cigarettes. The promise was "smoking without the harm--or smell. My coworker thought I would get a kick out of the ad. Instead of being amused, I ordered one of the very first types of e-cigarettes--because, I thought: what if it's REAL?

As it turns out, it was very real. And although I had to try a few different types of the e-cigarettes before finding one that worked for me, in 2010, I found one. It literally changed...and saved.. my life.

I vape now and never look back. My lungs are healthy. I can climb stairs without being winded. I exercise 4x/ a week. I can walk for miles. I can do things now that haven't done since before my lungs became overwhelmed with the filth and deadly toxicity of cigarettes. Vaping--is a health MIRACLE to me, because without vaping, I would probably be on my way to a lung cancer diagnosis.

Two main reasons why e-cigarettes work: first, the inhalation of the far less harmful nicotine vapor mimics the inhalation of a cigarette--and provides a satisfying nicotine dose similar to smoking--without the deadly toxins caused by burning tobacco. And second, and this is critically important: FLAVORS. Flavors matter to me --an adult former smoker. . Flavors are a USER-driven-innovation in the e-cigarette marketplace. Big tobacco didn't come up with the idea of flavors. Consumers --adult smokers like me did. The tobacco flavors of the early e-cigarettes were AWFUL. Those flavors tried to mimic the taste of a cigarette--and were poor imitations of the cigarettes we actually liked to smoke. It was the introduction of non-tobacco flavors that were the real game changer. We don't WANT our vapor to taste like the cigarettes we were trying to quit. We want something that TASTES good--that

makes us want to KEEP vaping. Flavors keep us vaping. Flavors keep us NOT smoking.

I took a survey on my Facebook page of ex-smokers-turned-vapers...about 150 people left comments sharing their vaping story. At last count, 90% use flavors other than tobacco. These are middle age and senior age ex smokers. These flavors are demanded by adults, sold by adults and consumed by adults.

We're not alone. According to a recent survey of more than 69,000 vapers, 92% preferred non-tobacco flavors.

Much has been made of lung illnesses tied to vaping. But it is manifestly dishonest blame e-cigarettes and nicotine liquid for these illnesses. All available information overwhelmingly suggests that the lung diseases being diagnosed have exactly nothing to do with nicotine vapor products and everything to do with illicit and adulterated street drugs, notably oil-based THC products.

E-cigarettes are a public health miracle that America is about to squander based on mis-information or dis-information. So let me remind the committee members of a few points.

The FDA and local agencies, communities and parents need to do a better job of enforcing existing laws and obligations to see to it that kids don't use e-cigarettes. But you don't need to ban the product to make progress on that mission.

In 2018, the UK's Royal College of Physicians published a comprehensive scientific report which that concluded that vaping nicotine can eliminate almost ALL the harm from smoking cigarettes--and recommended PROMOTING the use of e-cigarettes to smokers as widely as possible.

The report also indicated that vaping nicotine is at least 95% less harmful than smoking.

Public Health England concurs.

Just last week, in an interview with CBS This Morning, Dr. David Abrams, NYU College of Global Public Health said the panic over e-cigarettes is "ruining the best public health opportunity in 120 years".

Even the American Cancer Society is beginning to understand the promise of tobacco harm reduction, stating that e-cigarettes are "likely to be significantly less harmful for adults than smoking regular cigarettes.", and encourage adults who failed other FDA approved methods to switch to e-cigarettes

E-cigarettes were the ONLY thing that worked for me to quit smoking. This product probably saved my life. And in this way, at least, I'm not unique. Vaping has helped more than 8 million adult smokers quit smoking completely when all other options failed for them. This is incredible! On behalf of former smokers, as well as those who I hope will see through the war on vaping, I encourage you to proceed with these comments in mind. Thank you for your consideration.