

E-cigarettes and Vaping

E-cigarette use, also known as vaping, poses a significant – and avoidable – health risk to young people in the United States.

"I am officially declaring e-cigarette use among youth an epidemic in the United States."

-U.S. Surgeon General Jerome Adams

Today, more middle and high school students use e-cigarettes than regular cigarettes.

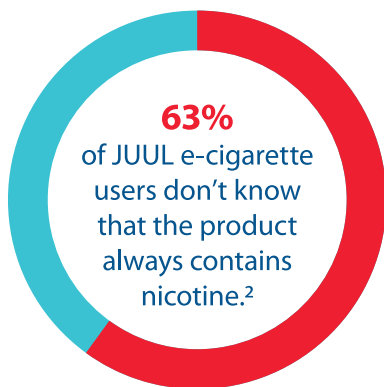
The use of e-cigarettes is higher among high school students than adults.

Those who vape are 4x more likely to start smoking cigarettes.¹

Most adult smokers started before the age of 18.

WHAT IS AN E-CIGARETTE?

- E-cigarettes operate by heating a liquid solution to produce an inhalable aerosol (vapor). The most recent devices resemble a USB flash drive and include a rechargeable battery, a charger and a pod containing liquid.
- They are sometimes called "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," "tank systems," and "electronic nicotine delivery systems (ENDS)."
- Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB sticks and other everyday items.
- Many e-cigarette liquids contain youth-friendly flavors.
- E-cigarette liquid most often contains Nicotine.
- E-cigarette liquid can also be laced with THC. THC is the main mind-altering compound in marijuana that gives the high sensation.

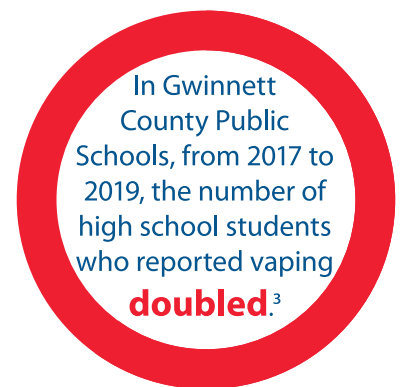


BY THE NUMBERS:

In 2018, more than **3.6 million** US middle & high school students used e-cigarettes in the past 30 days including:

1 in 20 Middle School Students

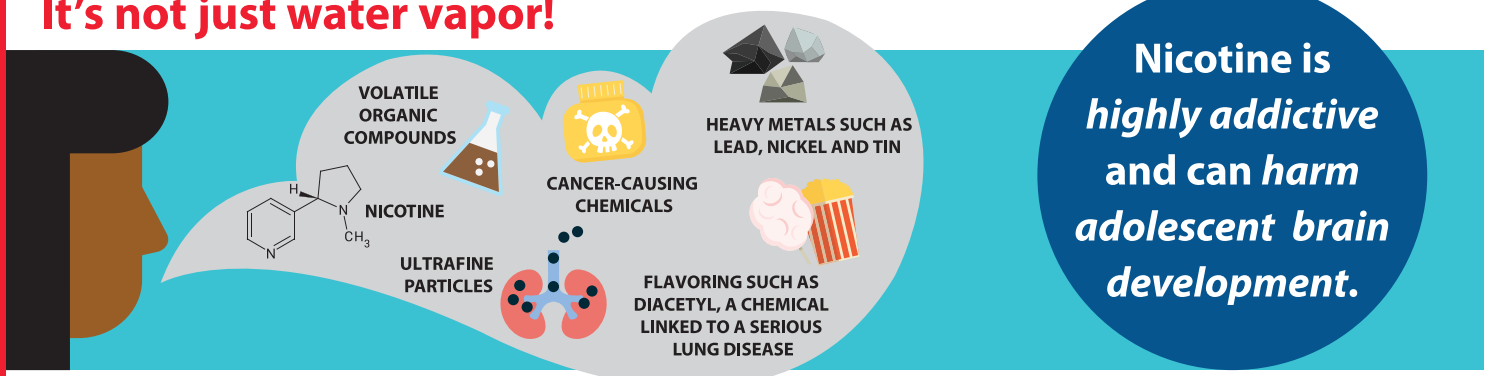
1 in 5 High School Students



WHAT IS IN E-CIGARETTE AEROSOL?

E-cigarette aerosol is not harmless. It can contain more than 60 chemical compounds and other harmful ingredients. Bystanders can also breathe in this aerosol when the user exhales into the air.

It's not just water vapor!



Nicotine is highly addictive and can harm adolescent brain development.

JUUL

E-cigarette Use:

It's an EPIDEMIC!

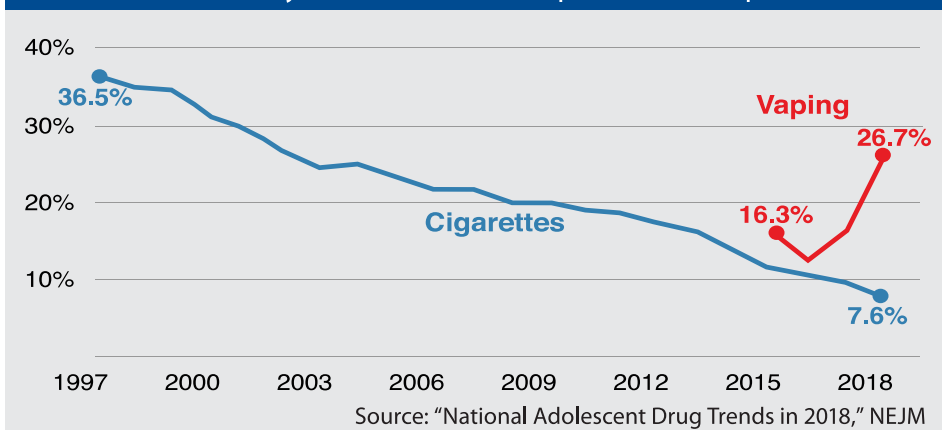
JUUL is the top-selling e-cigarette brand on the market.

It is popular with youth because it is:

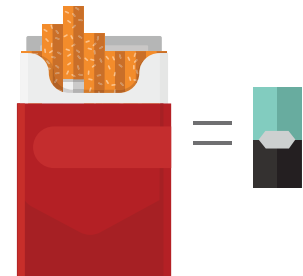
- similar in shape to a flash drive with vapor that has little smell, making it easier to use undetected.
- conveniently charged by plugging into a USB port of a laptop or computer.
- able to be personalized with various sweet flavors and decorative "skins."

In just two years the JUUL e-cigarette has managed to reverse nearly two decades of progress in reducing teenage addiction to nicotine. News outlets and social media sites report widespread use of JUUL by students in schools, including in classrooms and bathrooms.

Teen E-Cigarette Use (Vaping) is Surging
12th Graders – Nearly Two Decades of Improvement Wiped Out



**1 JUUL pod
=
20 cigarettes
worth of nicotine⁴**



What Parents Can Do:

- Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use for young people.
- Talk to your children about the risks of e-cigarette use among young people. Express firm expectations that your children do not use e-cigarettes or tobacco products.
- Do not buy any e-cigarettes or tobacco products for your teen.
- Set a positive example by not using e-cigarettes or tobacco products.
- Support raising the legal age to buy e-cigarettes or tobacco products to 21. Visit tobacco21.org.

Text QUIT to 202-899-7550 / Georgia Tobacco Quit Line: 1-877-270-STOP (7867)



SOURCES:

Information in this flyer is from the CDC: Centers for Disease Control <https://www.cdc.gov/e-cigarettes> and the Office of the U.S. Surgeon General <https://e-cigarettes.surgeongeneral.gov> unless otherwise indicated.

1. JAMA: The Journal of the American Medical Association - <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2723425>
2. Truth Initiative - <https://truthinitiative.org/press/press-release/juul-e-cigarettes-gain-popularity-among-youth-awareness-nicotine-presence>
3. Georgia Student Health Survey 2.0 - <https://www.gadoe.org/schoolsafetyclimate/GSHS-II/Pages/Georgia-Student-Health-Survey-II.aspx>
4. JUUL.com