

11 MUST KNOW FACTS ABOUT VAPING, E-CIGS AND “JUULING” AMONG YOUTH AND YOUNG ADULTS

1. E-cigarettes are available in a wide variety of flavors, including many that are especially appealing to youth. More than 85% of e-cigarette users ages 12-17 use flavored e-cigarettes, and flavors are the leading reason for youth use. More than 9 of 10 young adult e-cigarette users said they use e-cigarettes flavored to taste like menthol, alcohol, fruit, chocolate, or other sweets.

2. E-cigarettes are battery-powered devices that heat a liquid into an aerosol that the user inhales.

3. E-cigarette products can also be used as a delivery system for marijuana and other illicit drugs.

4. The liquid usually has nicotine, which comes from tobacco; flavoring; and other additives.

5. E-cigarettes are now the most commonly used tobacco product among youth, surpassing conventional cigarettes in 2014. E-cigarette use is strongly associated with the use of other tobacco products among youth and young adults, including cigarettes and other burned tobacco products.

6. In 2015, more than 3 million youth in middle and high school, including about 1 of every 6 high school students, used e-cigarettes in the past month. More than a quarter of youth in middle and high school have tried e-cigarettes.

7. Young people have been found to believe that e-cigarettes deliver “harmless water vapor” and may not realize the products can contain nicotine. Many e-cigarettes contain nicotine, which is highly addictive.



LEARN HOW TO COMBAT VAPING ON YOUR CAMPUS



Learn how to identify vaping devices, understand what products are being used inside these devices, how to discern between legal and illegal usage of these devices, what are the associated dangers and more. Visit Campus Safety HQ's Action Plan ["Managing the Vaping Trend: Are Drugs Being Used in Plain Sight?"](#)

For more training resources, visit [Campus Safety HQ](#).

8. Youth believe that e-cigarettes are safer than other tobacco products, especially conventional cigarettes. More than 3 of 5 American teens believe that e-cigarettes cause little or only some harm as long as they are used sometimes but not every day. Nearly 1 of 5 young adults believe e-cigarettes cause no harm.

9. The effects of nicotine exposure during youth and young adulthood can be long-lasting and can include lower impulse control and mood disorders.

10. The nicotine in e-cigarettes and other tobacco products can prime young brains for addiction to other drugs, such as cocaine and methamphetamine.

11. The brain is the last organ in the human body to develop fully. Brain development continues until the early to mid-20s. Nicotine exposure during periods of significant brain development, such as adolescence, can disrupt the growth of brain circuits that control attention, learning, and susceptibility to addiction.

Source citation:

U.S. Department of Health and Human Services, E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General—Executive Summary. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016.

