E-cigarette use, also known as vaping, poses a significant – and avoidable – health risk to our nations young people.

"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. In fact, the use of e-cigarettes is higher among high school students than adults. This is concerning as we know those who vape are 4 times more likely to start smoking cigarettes.1

### WHAT IS AN E-CIGARETTE?
- E-cigarettes operate by heating a liquid solution to produce an inhalable aerosol or vapor. Devices 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. Others resemble pens, USB sticks, and other everyday items so they are easy for young people to hide.
- Many e-cigarette liquids contain youth-friendly flavors.
- E-cigarette liquid most often contains nicotine.
- E-cigarette liquid can be laced with THC, the main, mind-altering compound that gives the high sensation in marijuana.

### BY THE NUMBERS:
- In 2018, more than 3.6 million U.S. middle and high school students used e-cigarettes in the past 30 days, including:
- 63% of JUUL brand e-cigarette users don’t know that the product always contains nicotine.2
- 1 in 20 middle school students
- 1 in 5 high school students

### WHAT IS IN E-CIGARETTE AEROSOL?
E-cigarette aerosol is harmful. 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 is the top-selling e-cigarette brand on the market. It is popular with youth because:

- The tank is similar in shape to a flash drive, with vapor that has little smell, making it easier to use undetected.
- The device is conveniently charged by plugging into a USB port of a laptop or computer.
- JUUL can be personalized with various sweet flavors and decorative “skins,” and various sweet flavors are available.

In just two years, the JUUL e-cigarette has reversed 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.

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 vaping and 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.


If you or someone you know is ready to quit, 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.
3. Georgia Student Health Survey 2.0 - https://www.gadoe.org/schoolsafetyclimate/GSHS-II/Pages/Georgia-Student-Health-Survey-II.aspx
4. JUUL.com