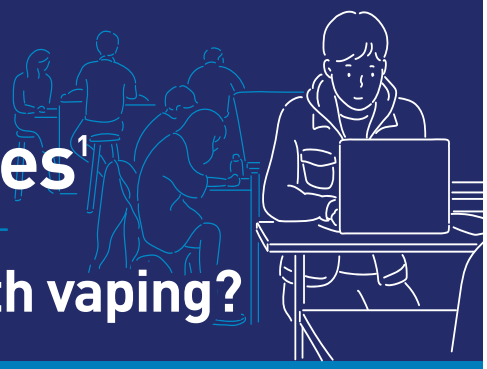
2022

More than 2.5 million U.S. youth are using e-cigarettes[1]



How much do you know about youth vaping?

Youth use of **e-cigarettes**, also known as **vaping**, remains a serious public health concern.

E-cigarettes are the most commonly used tobacco product among both middle and high school students.[17] Disturbingly high rates of frequent and daily e-cigarette use suggest many teens have a strong dependence on nicotine.[1]

Learning more about the different types of e-cigarette products is an important first step in addressing youth vaping.

DID YOU KNOW:

E-cigarettes come in a variety of shapes and sizes and may not look like a tobacco product, which can make them hard to spot.[2]

Some devices popular among teens are as small as a USB flash drive and even look like one.[2,16]

Certain products emit very low amounts of aerosol, which makes them easier to use discreetly than combustible cigarettes.[9,11]

Most e-cigarettes contain nicotine, the same highly addictive drug in cigarettes. Some e-cigarettes[5] may contain as much nicotine as a pack of 20 regular cigarettes.[3]

A Small Device... A BIG PROBLEM

In 2022, approximately

1 in 7 high school students

— and —

1 in 30 middle school students currently used e-cigarettes.[1]

CENTER FOR TOBACCO PRODUCTS

Source: Cooper, et al. MMWR 2022

Note: All numbers presented here are estimates.

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Many teens have dangerous misperceptions that lead them to believe that vaping is harmless.[9]

Important facts to share with youth

Vape aerosol can contain harmful chemicals

Vaping can expose the user's lungs to harmful chemicals like formaldehyde, acrolein, and acetaldehyde, which are known to cause irreversible lung damage.[4,5]

There can be danger behind the flavor

Vapes get their flavors from chemicals. While these flavorings are safe to eat in food, they're not safe to inhale. Inhaling flavor chemicals can harm your lungs.[6]

Most vapes contain nicotine, which is highly addictive

Vaping delivers nicotine to the brain in as little as 10 seconds.[7] A teen's brain is still developing, making it more vulnerable to nicotine addiction.[8,14] Nicotine exposure during the teen years can disrupt normal brain development.[9,14]

Vapers could be inhaling metal particles into their lungs

Vape aerosol could be delivering metal particles like chromium, nickel, lead, tin and aluminum right into your lungs. Some of these metals are toxic.[10,11]

FDA's Efforts to Curb Youth E-Cigarette Use

FDA is committed to protecting youth from the dangers of e-cigarettes, including preventing illegal sales to anyone under 21 and holding retailers and manufacturers accountable for marketing practices. Also, in addition to our national peer-to-peer public education campaign called "The Real Cost," FDA is providing teachers and school administrators with the resources they need to educate their students about e-cigarettes.

We've created **free lesson plans, activities and videos** for teachers to educate their students on the health risks of e-cigarette use. Please visit the Vaping Prevention and Education Resource Center at www.fda.gov/youthvapingresources to access these resources.

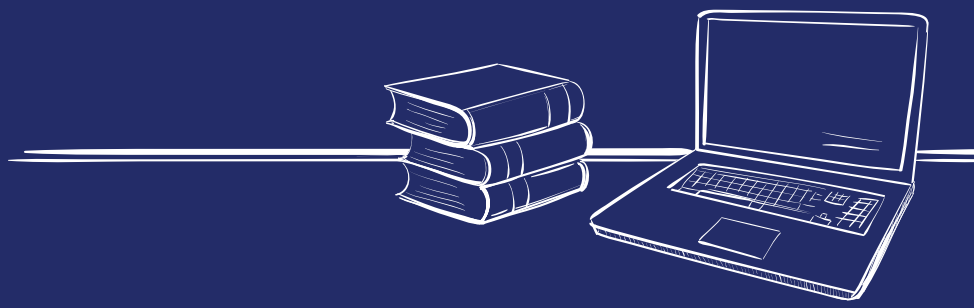
Quitting Help Is Available

There is an urgent need to share quitting resources with teens who are addicted to e-cigarettes. If you identify teens using e-cigarettes at school, it is critical to share resources with them to help them quit.

Resources for Teens

- Ask a trusted adult or friend for support
- Talk to a doctor about treatment options
- Visit smokefree.gov and teen.smokefree.gov/quit-vaping
- Call 1-800-QUIT-NOW
- Text DITCHJUUL to 88709

References



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