

E-Cigarettes & Teens



What are e-cigarettes?

E-cigarettes are the most commonly used nicotine product by teens. They are electronic devices that change a liquid "juice" into a chemical aerosol that is inhaled by the lungs.

They are also known as: Electronic Nicotine Delivery Systems (ENDS) *E-devices * E-pens * E-hookahs * Vape pipes * Vape pens * Dab Pens * Dab Rigs * JUULs * Mods * Pod Mods * Cigalikes

E-cigarette aerosol is **NOT** just "water vapor"



Prop 65* Chemicals in Vapor ⁵

Acetaldehyde
Formaldehyde
Isoprene
Toluene
Lead
Nickel
Nicotine
N-Nitrosornicotine



Metals in Vapor ⁵

Aluminum
Chromium
Copper
Iron
Manganese
Nickel
Lead
Antimony
Tin
Zinc



Carcinogens Found in the Urine of People Who Vape ⁹

Acrylonitrile
Acrolein
Propylene Oxide
Acrylamide
Crotonaldehyde



Flavor Danger ^{2,11}

Diacetyl
Acetyl propionyl
Acetoin
2,3 Pentanedione

*these chemicals in
flavoring can damage
the lungs*

* Proposition 65 (Prop 65) is the State of California's Safe Drinking Water and Toxic Enforcement Act of 1986, which requires the California to publish a list of chemicals known to cause cancer or birth defects or other reproductive harm.

Sifting
Through
the
Smoke

Poisoning ⁴

Adults and children can be poisoned by vape juice by swallowing, breathing, or absorbing the liquid through skin and eyes.

Labeling Problems ¹⁰

Some products labeled as 0% nicotine actually had nicotine in them when tested in a lab.

Higher Nicotine Absorption ³

E-cigarettes are made to get more nicotine into the bloodstream, with less irritation, than regular cigarettes.

Long-Term Health Effects of Nicotine ³

Nicotine use by teens can lead to problems with attention and learning, mood disorders, impulse control, and addiction.

Watch a demo that shows the aerosol is not water vapor

Could YOUR teen be vaping?

The number teens in the United States who have vaped at least once.⁷

8th Graders



1 out of 4
(23.7%)

10th Graders



3.9 out of 10
(38.7%)

12th Graders



4.4 out of 10
(44.3%)

RECOMMENDATIONS



Talk to your doctor or trusted health professional.



Text "quit" to
(202) 804-9884
for free support.



Seek professional help from a therapist, health coach, or tobacco specialist.



Contact your local PEHSU.



Enroll in a smoking cessation program.



Search online resources below.

If you have concerns or if someone has ingested nicotine, especially a child, call the Poison Help hotline immediately at **1-800-222-1222**

- Pediatric Environmental Health Specialty Unit (PEHSU) www.pehsu.net
- Healthy Children; American Academy of Pediatrics www.healthychildren.org
- American Lung Association www.lung.org
- SmokeFree Programs www.smokefree.org
- National Institute on Drug Abuse www.drugabuse.gov
- Centers for Disease Control and Prevention (CDC) www.cdc.gov/tobacco
- American Association of Poison Control Centers <https://aapcc.org/prevention/tobacco-liquid-nicotine>
- Truth Initiative <https://truthinitiative.org>

Learn More

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