E-CIGARETTES & VAPING
Know the Facts

The e-cigarette industry targets youth.
E-cigarettes are currently the most used tobacco product among youth.1 In the last year, e-cigarette use has increased by 78% among high school students and 48% among middle school students.2

E-cigarettes and e-liquids come in over 15,000 flavors3, including Cotton Candy, Cupcake and Fruit Squirts.4

Youth who use e-cigarettes are more likely to start using conventional cigarettes and more likely to become daily smokers.5

What is JUUL?
The JUUL e-cigarette—which may contain as much nicotine as one pack of cigarettes6—has surged in popularity, increasing its sales by 600% in just one year.7

Drawn to the product for its flavored e-liquids and its sleek, USB stick-like design, more than 60% of youth and young adults who use JUUL were not aware of its high nicotine content.6

E-cigarettes are not safe.
Studies have found at least 60 different chemical compounds in e-liquids, some of which are known to be toxic, cancer-causing and/or linked to reproductive harm or respiratory and cardiac disease.8

Secondhand aerosol is not harmless water vapor. It can contain nicotine, ultrafine particles, heavy metals and cancer-causing chemicals.9

The highly addictive nicotine found in e-cigarettes slows brain development in youth and young adults.1

E-cigarettes do not help people quit smoking.
Although e-cigarettes are marketed as an alternative to conventional cigarettes, adult dual use of both products has actually become more prevalent.10 E-cigarettes are not approved by the Food and Drug Administration as a cessation device.11

More than half of adult e-cigarette users are also current cigarette smokers.15

Reference list available at: https://resphealth.org/reference-lists/