

# HEALTH FACT SHEET

November 2018

## TRENDS IN YOUTH TOBACCO USE: E-CIGARETTES AND VAPING

### WHAT ARE E-CIGARETTES? WHAT IS VAPING?

**E**-cigarettes are devices that allow users to inhale an aerosol which typically contains nicotine, flavorings, and other additives or chemicals. E-cigarettes are sometimes called “e-cigs”, “e-cigars”, “e-pipes”, “e-hookas”, “mods”, “tank systems”, and most commonly, “vape pens” or “vapes”, the use of which is commonly called “vaping”.<sup>1</sup>

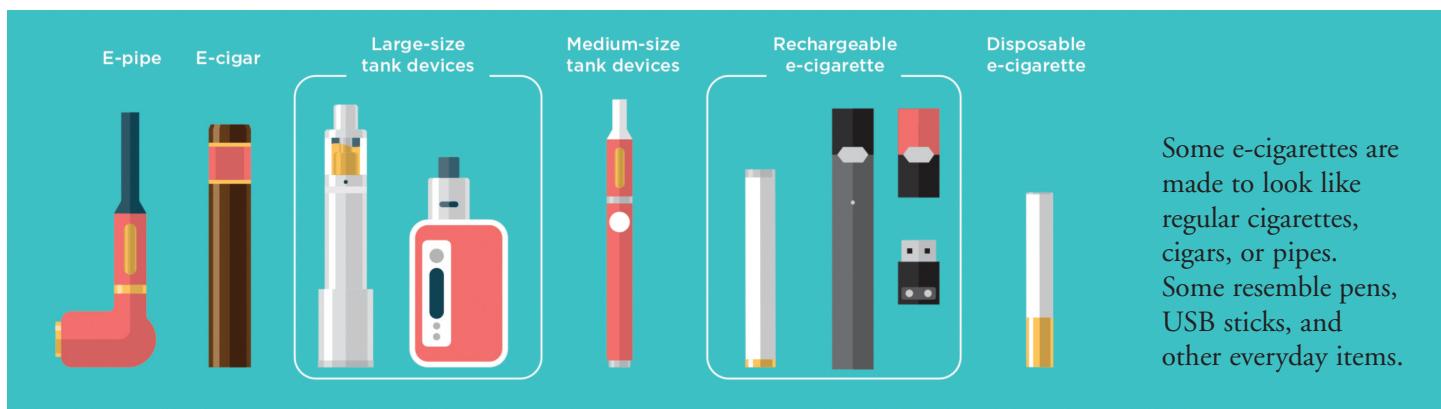
An increasingly popular e-cigarette device is marketed under the brand “JUUL”. JUUL has been available for sale since 2015 and is now the top-selling e-cigarette brand in the United States. A JUUL device has a sleek design which looks similar to a USB drive and is used to deliver the liquid nicotine in a cartridge called a “JUULpod” available in multiple flavors. The use of a

JUUL is sometimes called “JUUL – ing” and has been popularized on social media.<sup>2</sup> Nationally, middle and high school students report the top reasons they use e-cigarettes are because a family member or friend uses, for the flavors such as mint, candy, fruit, or chocolate, and the belief that they are harmless.<sup>3</sup>

E-cigarettes contain fewer toxic chemicals than regular cigarettes, however, e-cigarettes are not harmless and have been found to contain heavy metals such as nickel, tin, and lead, diacetyl, which has been linked to lung disease, and other cancer-causing chemicals.<sup>4,5,6</sup> E-cigarettes contain nicotine which can lead to addiction and can cause harm to developing adolescent brains.<sup>7</sup>

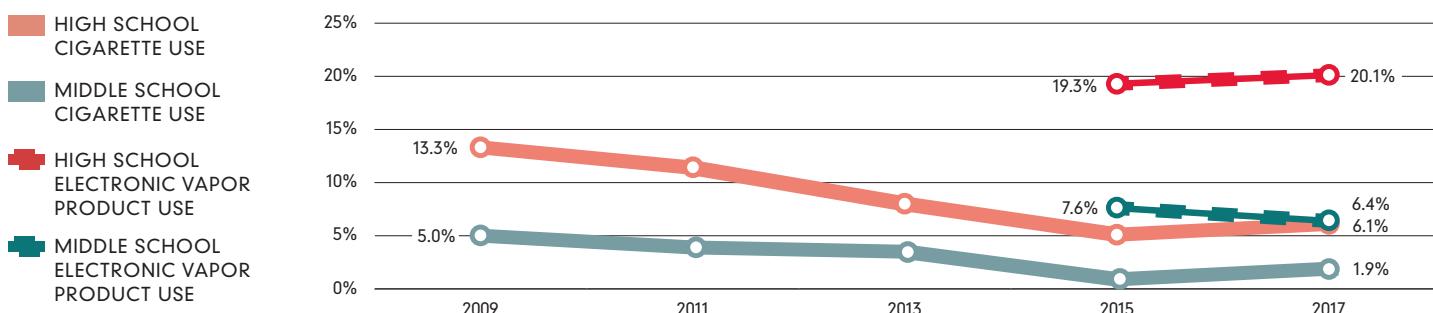
### FAST FACTS

- Although e-cigarettes pose less risk to an individual than traditional cigarettes, e-cigarettes are harmful to youth.<sup>8,9</sup>
- E-cigarettes contain nicotine, a highly addictive chemical that can harm brain development which continues through the teens and into the early to mid 20's.<sup>10</sup>
- Some e-cigarette pods can have up to as much nicotine as a pack of traditional cigarettes.<sup>11</sup>
- Some e-cigarette products that market themselves as having zero nicotine have been found to contain nicotine.<sup>12</sup>
- Young people who use e-cigarettes may be more likely to transition to regular cigarettes and increase the frequency and amount of cigarette smoking in the future.<sup>13,14</sup>
- Bystanders can breathe in exhaled, or “secondhand”, aerosols from an e-cigarette user.<sup>15</sup>
- E-cigarette products can be used to inhale other drugs such as cannabis (marijuana).<sup>16</sup>
- Some defective batteries in e-cigarettes have caused explosions and fires resulting in serious injuries.<sup>17</sup>



## BOTH MIDDLE AND HIGH SCHOOL STUDENTS REPORT USING E-CIGARETTES AT MUCH HIGHER RATES THAN TRADITIONAL CIGARETTES

### YOUTH CIGARETTE AND ELECTRONIC VAPOR PRODUCT USE\*, MIDDLE AND HIGH SCHOOL STUDENTS, RHODE ISLAND, 2009-2017



Source: Rhode Island Department of Health, Youth Risk Behavior Survey, 2009-2017.

Notes: \*Use is defined as currently smoking cigarettes or an electronic vapor product at least one day during the 30 days before the survey. \*\*Electronic Vapor Use was not asked on the YRBS survey before 2015.

## WHAT ADULTS CAN DO TO PREVENT AND REDUCE YOUTH E-CIGARETTE USE

- **LEARN** about e-cigarettes including the types and shapes of devices, the health risks posed by using them, and the policies surrounding e-cigarette use in your school district.

CATCH My Breath, a free, online, evidence-based youth e-cigarette and JUUL prevention program, includes tools for parents and teachers to learn the basics about e-cigarettes and JUUL. You can download it for free at:  
[www.catchinfo.org/cmbpresentation](http://www.catchinfo.org/cmbpresentation)

- **TALK** to youth about the health risks associated with e-cigarette use and explain expectations and school policies surrounding e-cigarettes.

Tobacco-Free RI provides examples of local e-cigarette school policies at:  
[www.tobaccofree-ri.org/electronic-delivery-systems.htm](http://www.tobaccofree-ri.org/electronic-delivery-systems.htm)

- **BE A ROLE MODEL** and set a positive example by being tobacco- and e-cigarette-free.

The Rhode Island Department of Health offers free tobacco and e-cigarette cessation support through an evidence-based smokers' helpline: 1-800-QUIT-NOW (1-800-784-8669)

## References

<sup>1,5,7,8,16</sup> *E-cigarette use among youth and young adults: A report of the Surgeon General - Executive summary.* (2016). Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention.

<sup>2</sup> Huang, J., et al. (2018). Vaping versus JUULING: How the extraordinary growth and marketing of JUUL transformed the US retail e-cigarette market. Retrieved October 15, 2018, from <http://tobaccocontrol.bmjjournals.org>

<sup>3</sup> Tsai, J., et al. (2018) Reasons for electronic cigarette use among middle and high school students – National Youth Tobacco Survey, United States, 2016. *National Academy of Sciences*, 67(6),196-200.

<sup>4,9,13</sup> *Public health consequences of e-cigarettes.* 2018. Washington, DC: The National Academies of Sciences, Engineering, and Medicine.

<sup>6,10,11,15,17</sup> Centers for Disease Control and Prevention. (2018). *Quick facts on the risks of e-cigarettes for kids, teens, and young adults.* Retrieved October 17, 2018, from [www.cdc.gov](http://www.cdc.gov)

<sup>12</sup> Goniewicz, M., et al. (2015). Nicotine levels in electronic cigarette refill solutions: A comparative analysis of products from the United States, Korea, and Poland. *Int J Drug Policy*, 26(6),583–588.

<sup>14</sup> Barrington-Trimis, J., et al. (2016). E-cigarettes and future cigarette use. *Pediatrics*, 138. (1), e20160379.



Rhode Island KIDS COUNT  
One Union Station  
Providence, RI 02903

Phone: 401-351-9400  
[rikids@rikidscount.org](mailto:rikids@rikidscount.org)  
[www.rikidscount.org](http://www.rikidscount.org)



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