**E-cigarettes, “Vapes”, and JUULs**

**What Parents Should Know**

**Are e-cigarettes less harmful than cigarettes?**

*There is no FDA oversight of the manufacturing of these products – which means there is no oversight regarding potentially harmful ingredients.*

- E-cigarettes almost always contain harmful ingredients including nicotine.

- Acrolein, a known ingredient of many e-cigarettes, causes irreversible lung damage. Nicotine exposure during adolescence and can harm the developing brain.

- The most popular e-cigarette among teens is JUUL
  - All JUUL pods contain some nicotine – something many youth don’t realize.
  - According to the manufacturer, one JUUL pod may contain as much nicotine as a pack of cigarettes.

- No e-cigarette has been found to be safe and effective by FDA in helping smokers quit.

**Is there a difference between e-cigarettes and JUULing?**

- No. JUULs may look different, but they’re actually a type of e-cigarette.

- E-cigarettes are battery powered and deliver nicotine through a liquid which turns into an aerosol.

- The e-liquids come in fruit flavors that appeal to youth.

  **JUUL is more discrete and looks like a USB drive. Other e-cigarettes may look like phones.**

- Cartridge-based e-cigarettes like JUUL contain nicotine salts that do not produce vapor or visible emissions when the device is used and may make the product even more addictive.

- JUUL claims that some of its pods have roughly as much nicotine as an entire pack of cigarettes.

**How bad is the e-cigarette epidemic?**

Most common reasons youth use e-cigarettes:

- 39% Use by “friend or family member”
- 31% Availability of “flavors such as mint, candy, fruit, or chocolate”
- 17% Belief that “they are less harmful than other forms of tobacco such as cigarettes”

---

**Notes:**

Does the American Lung Association agree with the Food and Drug Administration that youth use of e-cigarettes has reached an epidemic?

- Yes, the American Lung Association agrees that e-cigarette use among youth has reached epidemic levels.
- American Lung Association has been asking the FDA to take action on e-cigarettes for a decade.
- E-cigarettes are the most commonly used tobacco products among youth and have been for several years now.
- Many youth don’t realize how they are harming their lungs and their brains by using e-cigarettes.

Several years ago, one study estimated there were about 7,700 flavors of e-cigarettes on the market at that time.

How is the American Lung Association helping your children?

- The American Lung Association urges the Food and Drug Administration to take meaningful action to crack down against products that target youth.
- The Lung Association and our partners filed a lawsuit against FDA for its delay of reviewing products currently for sale.
- The American Lung Association is working to implement proven effective policies that will reduce youth from e-cigarettes, including raising the minimum age of sale to 21 and increasing the price of products.
- Education programs available
  - Not on Tobacco (N-O-T) is the American Lung Association’s teen smoking cessation program and helps teens who want to quit, providing the tools, information and support to quit for good.
  - Alternative to Suspension program is offered as an option to students who face suspension for violation of school tobacco-use policy and is administered by an adult facilitator in either a one-on-one or group format in a school or community-based setting.

Contact

Lung HelpLine and Tobacco Quitline is a telephone support line available in over 200 languages, and is a free service allowing callers access to expert staff, including registered nurses, respiratory therapists, pharmacists and certified tobacco cessation specialists.

1-800-LUNG-USA (1-800-586-4872) or www.Lung.org/helpline.

Learn more about these and other programs at www.Lung.org.

Contact your local American Lung Association office for information on youth leadership groups and other youth tobacco initiatives. 1-800-LUNGUSA