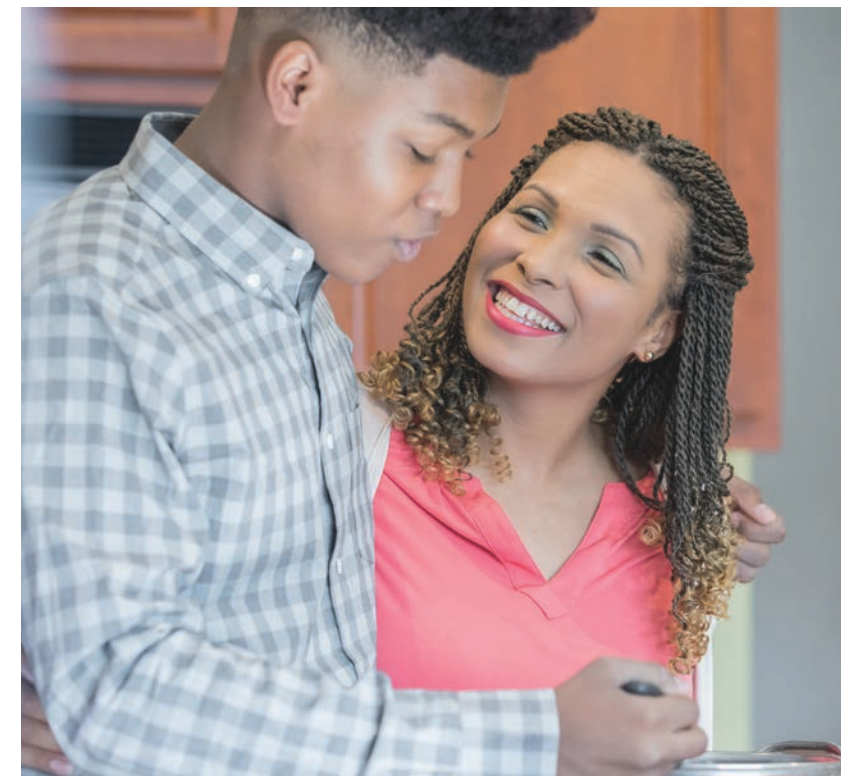




The **Younger** tobacco users are when they start, the more likely they are to become addicted to nicotine.¹

— U.S. Health and Human Services



“Even the tobacco industry agrees Raising the legal minimum age for cigarette purchase to 21 could gut our key young adult market...”

— Phillip Morris Report, 1986



The Dangers of E-Cigarettes

What are e-cigarettes?

Electronic cigarettes, or e-cigarettes, include “vapes”, hookah pens, or JUULs. They are battery-powered devices that heat an e-liquid sometimes called “e-juice” that often contains nicotine. E-cigarettes are inhaled like regular cigarettes and produce an aerosol cloud of nicotine or other substances. They are not proven to be a safer alternative to cigarettes.

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

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

What are the health risks of e-cigarettes?

- E-cigarettes contain chemicals that can cause irreversible lung damage and alter teen brains.

E-cigarettes contain harmful chemicals such as formaldehyde, which is known to cause cancer, and acrolein which is used as a weed killer and can cause irreversible lung damage.

- Nicotine is highly addictive and exposure during adolescence can harm the developing brain.

- Youth who use e-cigarettes are more likely to go on to use traditional cigarettes.

- In the short term, e-cigarette aerosol can irritate your lungs, throat and eyes. It can also make it more likely that you’ll catch colds or get the flu.

Aren’t e-cigarettes less harmful than combustible cigarettes? Isn’t it just water vapor?

- The aerosol produced by e-cigarettes isn’t water vapor and it isn’t harmless.

The aerosol inhaled from these products is often a mixture of harmful chemicals like nicotine, formaldehyde and acrolein.

- Virtually all e-cigarettes contain nicotine – even the ones labeled “nicotine free”. This is because there are no rules about how e-cigarettes or “e-juice” are made. There is no way to know exactly what is in an e-cigarette.

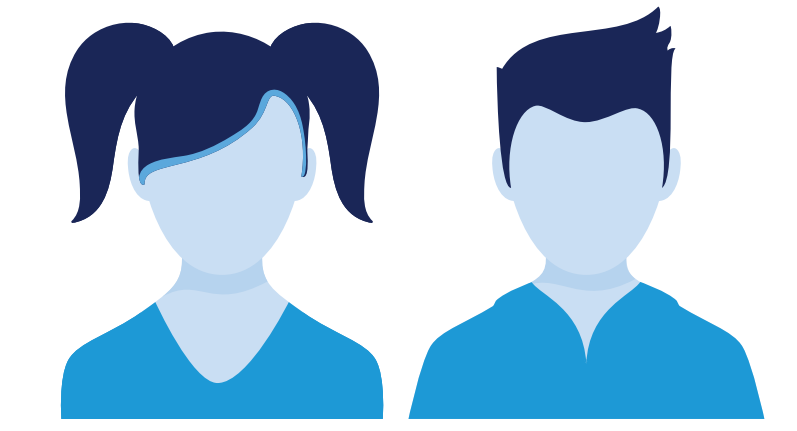
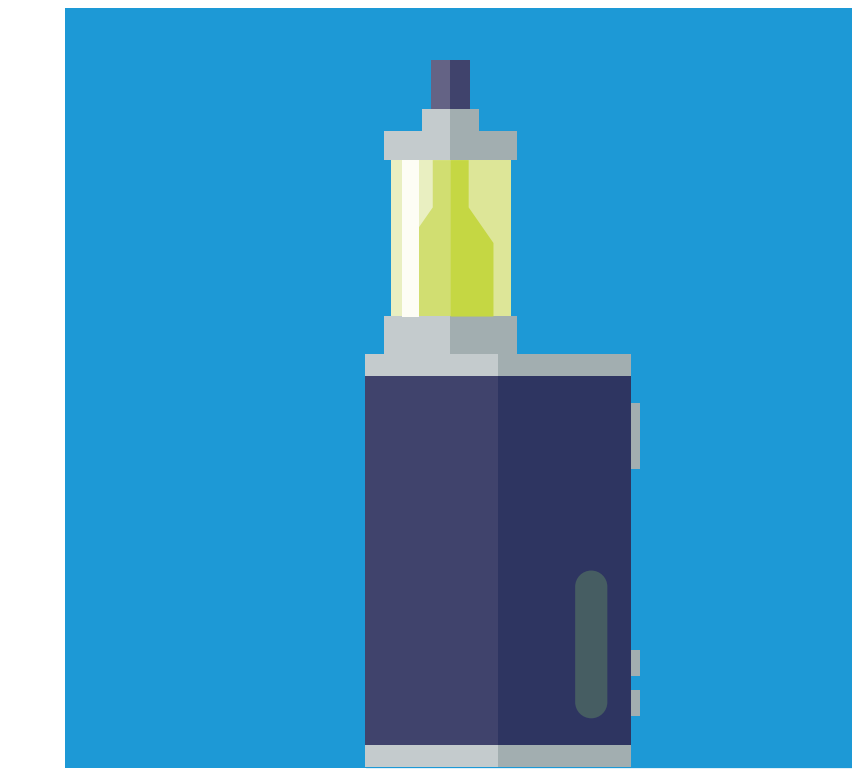
- “E-juice” and JUUL pods flavored like fruit or other treats carry the same health risks as the unflavored products. Also, the flavorings used are typically not safe to be inhaled into the lungs.

Is it legal for people to sell e-cigarettes to youth or for youth to buy or use them?

- In the United States, the minimum age of sale for e-cigarettes is 21.

In many states, it is illegal for retailers to sell youth e-cigarettes, and in some states it is also illegal for youth to possess e-cigarettes.

- The American Lung Association strongly supports applying policies to e-cigarettes that are proven effective in reducing tobacco use. In addition to meaningful oversight from the FDA, such policies include:
- Fully funding state tobacco prevention and education programs at levels recommended by CDC
- Including e-cigarettes in comprehensive smokefree air laws
- Raising the tax on e-cigarettes to parity with cigarettes and other tobacco products



Tobacco Use Decreased **42%** among high school students during 2018 to 2019.⁵

— Centers for Disease Control and Prevention.

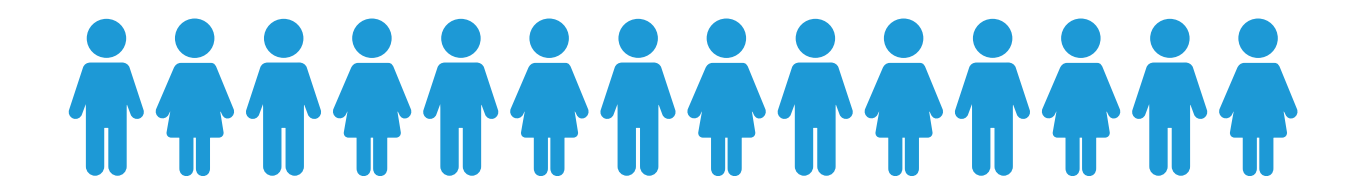
Adult and youth cigarette smoking rates are at historically low levels as a result of the tobacco control policies long called for in the “State of Tobacco Control” report.

E-cigarette Use Increased **78%** among high school students during 2017 to 2018.⁶

— Centers for Disease Control and Prevention.

However, e-cigarette use increased by a staggering 78 percent among high school students from 2017 to 2018, and more than 1 million additional kids began to use e-cigarettes in the past year!

This alarming increase led the U.S. Surgeon General to declare youth e-cigarette use an epidemic in December 2018. It could set the stage for another generation of Americans addicted to tobacco products and ultimately more tobacco-caused death and disease. More aggressive action by our country’s federal and state policymakers is urgently required.



Resources

1. Guide to U.S. Surgeon General’s Report on Smoking and Health, 50th Anniversary. U.S. Surgeon General. <https://www.surgeongeneral.gov/library/reports/50-years-of-progress/consumer-guide.pdf>
2. State of Tobacco Control, 2018. American Lung Association. <https://www.lung.org/our-initiatives/tobacco/reports-resources/sotc/state-grades/?setstate=PA>
3. The Toll of Tobacco in Pennsylvania. Campaign for Tobacco-Free Kids. <https://www.tobaccofreekids.org/problem/toll-us/pennsylvania>
4. State of Tobacco Control, 2019. American Lung Association <https://www.lung.org/assets/documents/tobacco/state-of-tobacco-control.pdf>
5. Notes from the Field: Use of Electronic Cigarettes and Any Tobacco Product Among Middle and High School Students—United States, 2011–2018. <https://www.cdc.gov/mmwr/volumes/67/wr/mm6745a5.htm>

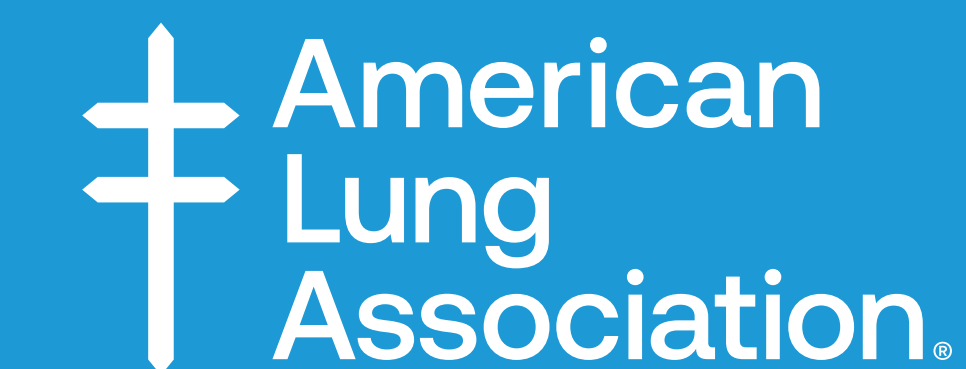


No matter how it’s delivered, nicotine is **addictive & harmful** for youth and young adults.³

— U.S. Surgeon General

Teens who vaped had a **3X** higher concentration of toxins than teens who did not vape.

— Pediatrics Journal



For Help Quitting:

Visit [Lung.org/e-cigs](https://lung.org/e-cigs) or Call 1-800-LUNGUSA