

How safe is VAPING for teens?

Data as of December 2018

over
44%
OF US TEENS
have tried an electronic vaping-type product⁴

Nicotine Comparison¹

1 JUUL cartridge
equals
20 cigarettes*
equals
200 puffs

numbers may vary by brand* and user

99%
of all e-cig
products sold in
the US contain
nicotine^{5,3}

ALSO

when tested, some
products labeled
as **0%** nicotine
actually
DO contain
nicotine¹⁰

50%

of current adolescent
smokers have tried to
quit smoking without
success⁷

31%

of teens who vape start smoking
cigarettes, cigars, and hookahs
within 6 months.⁷

51% of teens think they are only vaping "flavoring"³

In 2014, **63.2%** of online vendors did
not utilize effective age verification
services.¹¹

63% of JUUL users did not know
this product contains nicotine⁷

"The concentration of nicotine in JUUL is more than twice the amount found in other e-cigarettes"¹²

Sifting
Through
the
Smoke
and
Mirrors

Addiction

"Nicotine addiction is similar to addiction to alcohol, cocaine, and heroin."⁸

Poisoning

Adults and children can be poisoned by e-cig juice by swallowing, breathing, or absorbing the liquid through skin and eyes.¹⁰

Vaping in schools

Almost one-fifth of middle and high school students have SEEN a JUUL used in school¹

Long Term Effects

Nicotine exposure in adolescents and young adults can harm brain development.¹⁰

E-cigarette aerosol is NOT just "water vapor"



Prop 65* Chemicals in Vapor²

Acetaldehyde
Formaldehyde
Isoprene
Toluene
Lead
Nickel
Nicotine
N-Nitrosornicotine



Metals in Vapor²

Aluminum
Chromium
Copper
Iron
Manganese
Nickel
Lead
Antimony
Tin
Zinc



Carcinogens Found in the Urine of Vapers⁹

Acrylonitrile
Acrolein
Propylene Oxide
Acrylamide
Crotonaldehyde



Withdrawal Symptoms⁶

Cravings
Anxiety
Tingling
Nausea
Cramps
Weight Gain
Insomnia
Mood Disorders
Depression

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

RECOMMENDATIONS

Contact
your
primary
healthcare
provider

Teens
talk to a
trusted
adult

Contact
your local
PEHSU

Enroll in a
smoking
cessation
program or
text "quit" to
(202) 804-9884

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

RESOURCES TO LEARN MORE

- **Pediatric Environmental Health Specialty Unit (PEHSU)** www.pehsu.net
- **Healthy Children, American Academy of Pediatrics** www.healthychildren.org
- **Youth Tobacco Cessation Collaborative** www.youthtobacco cessation.org
- **American Lung Association** www.lung.org
- **SmokeFree** www.smokefree.org
- **National Institute on Drug Abuse** www.drugabuse.gov
- **Centers for Disease Control and Prevention** www.cdc.gov/tobacco
- **Tips for talking to your child.** www.e-cigarettes.surgeongeneral.gov
- **More tips for talking with your child about vaping** www.e-cigarettes.surgeongeneral.gov
- **Free digital quit programs, such as This Is Quitting and BecomeAnEx**
www.truthinitiative.org/quite-cigarettes

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