

# Vaping: Our Youth at Risk



E-cigs, vapes, vape pens, e-hookahs, mods, electronic nicotine delivery systems (ENDS). These are some of the many names of what is formally known as e-cigarettes. They are becoming one of the most commonly used tobacco products among youth.

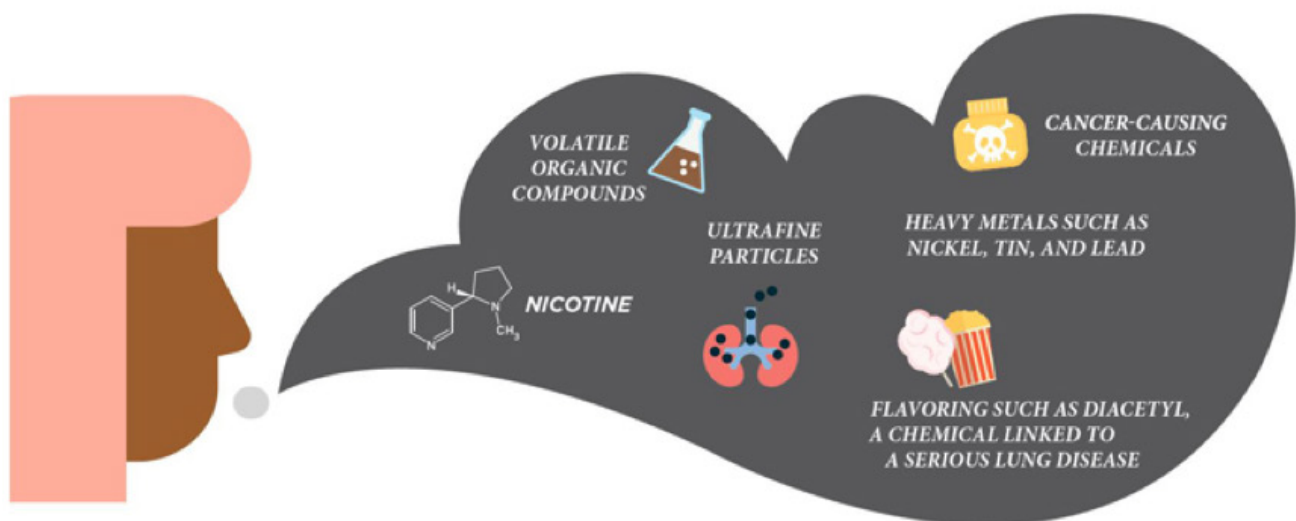
**3.6M+**  
Youth who used  
e-cigarettes in 2018

# So what exactly is an e-cig and what makes them so dangerous?

Most e-cigarettes are made up of a battery, a heating element, and a place to hold liquid. Most of the time this liquid (also known as e-juice) contains the addictive chemical nicotine, along with other chemicals and flavorings. In some cases, this liquid is replaced with some form of marijuana or other drugs. Once the liquid inside the e-cig is heated, an aerosol is produced that users inhale into their lungs.

## What makes up an Aerosol?

- Nicotine
- Ultrafine particles
- Cancer-causing chemicals
- Volatile Organic Compounds
- Heavy metals such as nickel, tin, and lead
- Flavorings such as Diacetyl, a chemical linked to lung disease



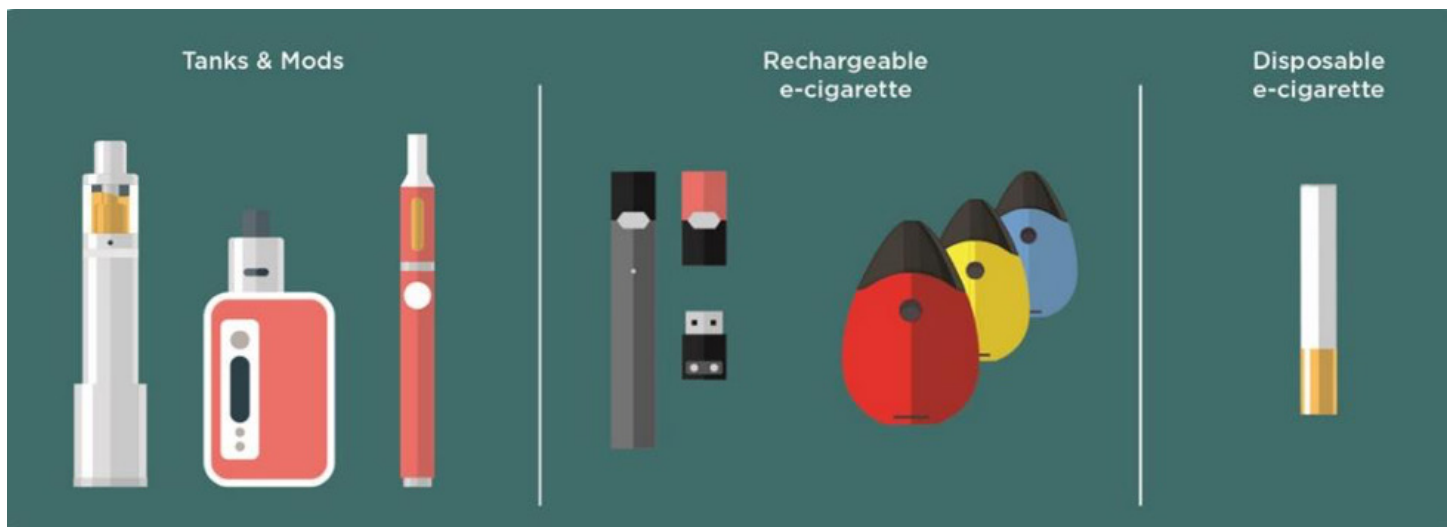
\*photo credit: Centers for Disease Control and Prevention

Not all e-juices are created equal. E-juices can contain different amounts of nicotine. Even e-juices that are labeled as containing no nicotine, have been found to have traces of nicotine in them. They come in a variety of flavors and colors making them appealing to youth.

E-juices can also cause nicotine poisoning when used improperly. Poison control centers have seen a recent spike in nicotine poison not only in adults but also toddlers and pets.

**Nicotine**  
A small taste can cause nicotine poisoning in toddlers and pets.

## Types of E-cigs



\*photo credit: Centers for Disease Control and Prevention

E-cigarettes come in all shapes and sizes. Some are made to look like regular cigarettes, cigars or pipes. Others are made to look like regular everyday items such as a USB drive or pen. Then there are larger devices, known as tank systems or mods.

**One of the most popular brand of e-cigarettes among youth is JUUL.**

It is a battery operated device that resembles a USB drive. JUULs contain a high level of nicotine. One JUUL can contain as much nicotine as 20 regular cigarettes. Some other e-cigarettes that look like USB drives include a MarkTen Elite and a PAX Era which is used to smoke marijuana.



\*photo credit: Center for Disease Control and Prevention

The Center for Disease Control and Prevention has put out a recommendation to stop the use of e-cigarettes and vaping due to an outbreak of lung injury associated with the use of e-cigarettes and vaping.

Parents, health care providers, and school districts are encouraged to help combat the issue of vaping among youth by educating themselves and youth on the dangers associated with vaping. School districts can also update and enforce their current tobacco policies making sure they include the use of e-cigarettes.

Source: Centers for Disease Control and Prevention

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**deaths and 1888 cases of lung injury have been confirmed in 24 states in 2019.**

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