

Health Snapshot

Addressing Youth E-cigarette Use

Youth e-cigarette use increased 78% nationally in the past year.¹

Electronic cigarettes or e-cigarettes are the most commonly used tobacco product among middle and high school students in Vermont.² E-cigarettes, which frequently contain nicotine, are especially harmful for youth and young adults. In fact, the U.S. Surgeon General recently declared e-cigarette use among youth an epidemic.



More than one-third of all Vermont high school youth have tried e-cigarettes.²

12%

of Vermont high school youth used an e-cigarette in the past 30 days.²

We are taking steps to counter the trend.

- The Health Department works with community partners to raise awareness of the e-cigarette epidemic and supports Vermonters with resources like a new toolkit for schools and a youth education campaign to help young Vermonters understand that using e-cigarettes is dangerous.
- 802Quits helps Vermonters 13 years and older quit all tobacco and nicotine products, including e-cigarettes. Learn more: 802quits.org
- Through the CounterBalance campaign, we share information with Vermonters about the tobacco industry's practices to attract youth with flavors and retail marketing. Learn more: counterbalancevt.com

Proven prevention strategies from the Surgeon General:³

- Counteracting tobacco industry marketing efforts by sustaining high impact, evidence-based prevention campaigns that reach youth.
- Raising the average excise tax to prevent youth from starting smoking and encouraging current smokers to quit.

Learn more: www.healthvermont.gov/wellness/tobacco

¹ Cullen KA, Ambrose BK, Gentzke AS, Apelberg BJ, Jamal A, King BA. *Notes from the Field: Use of Electronic Cigarettes and Any Tobacco Product Among Middle and High School Students — United States, 2011–2018*. MMWR Morb Mortal Wkly Rep 2018;67:1276–1277. DOI: <http://dx.doi.org/10.15585/mmwr.mm6745a5>

² Vermont Department of Health. "Vermont Youth Risk Behavior Survey." High School Survey. 2017. Available from: http://www.healthvermont.gov/sites/default/files/documents/pdf/HSVR_YRBS_HighSchool_2017.pdf

³ U.S. Dept. of Health and Human Services. *The Health Consequences of Smoking – 50 Years of Progress: A Report of the Surgeon General, Executive Summary*. 2014. Available from: <https://www.surgeongeneral.gov/library/reports/50-years-of-progress/exec-summary>