

There has been an alarming increase in youth use of electronic cigarettes (e-cigarettes), also known as e-cigs, e-hookahs, mods, vape pens, vapes, tank systems and electronic nicotine delivery systems. An e-cigarette is a battery-powered device that converts liquid, typically containing nicotine or other harmful chemicals, into a mist, or vapor, that the user inhales.

Below are facts and resources to help raise awareness about the vaping crisis and nicotine addiction.

- E-cigarettes, which frequently contain nicotine, are never safe for youth and young adults.
- E-cigarette use among youth increased 75% from 2017 to 2018 [National Youth Tobacco Survey].
- Youth use of e-cigarettes increases future risk of smoking traditional cigarettes and can be just as addictive.
- Customizable e-cigarette devices can be used to deliver non-nicotine substances, such as cannabis extract or honey oil.
- According to a study by Environmental Health Perspectives, 75% of fruit-, candy- and cocktail-flavored e-cigarettes, which attract youth, contained diacetyl, a chemical linked to lung disease.
- E-cigarette aerosol can contain harmful substances, including nicotine, heavy metals like lead, volatile organic compounds and cancer-causing chemicals [John Hopkins School of Public Health].
- Since launching in 2016, JUUL has become the most popular e-cigarette on the market. Its design, which looks like a USB flash drive, makes it easy to conceal. All JUUL products contain nicotine; one pod delivers the equivalent of a pack of cigarettes.
- Signs of addiction to nicotine include trembling, nausea and the frequent e-cig use. Watch for behavior such as frequent trips to the bathroom, reports of illness or hand-to-mouth activity.
- Youth can receive help in quitting e-cigarettes from their pediatrician. School nurses can assist by recognizing symptoms, discussing these with the student and parent and referring to 802Quits, Vermont's 24/7 quitline (1-800-QUIT-NOW) for ages 13 and older. For more, visit 802quits.org
- It is illegal to sell any tobacco product to minors, including e-cigarettes, yet underage teens are obtaining devices, often from older students or family and friends.
- E-cigarettes are called "tobacco substitutes" in Vermont's state statute. Use of e-cigarettes is banned - except for vape shops - wherever lit tobacco products are restricted, including on school grounds, at school events and while being transported.
- It is important for parents to talk to their kids about the [dangers of using e-cigarettes](#), including JUUL and other commonly-used products such as Suorin, Justfog Minifit and MarkTen.
- Learn more from [Know the Risks: A Tip Sheet for Parents from the Surgeon General](#)

For more information, email tobaccovt@vermont.gov

December 2018