

# E-EPIDEMIC: VAPING AND YOUTH

Youth vaping, or e-cigarette use, has skyrocketed and the federal government has declared it a nationwide epidemic.

The bottom line is that vaping is unsafe for kids, teens, and young adults. Getting accurate information about the youth vaping epidemic into the hands of our citizens is the first step to reverse the alarming trends.



The current high school e-cigarette rate is 25.6%, which is a slight increase from 24.8% in 2018, but a slowing of the trend.

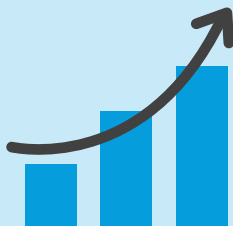
Teens are vaping at much higher rates compared to adults. Only about 4% of adults in Florida are vaping.



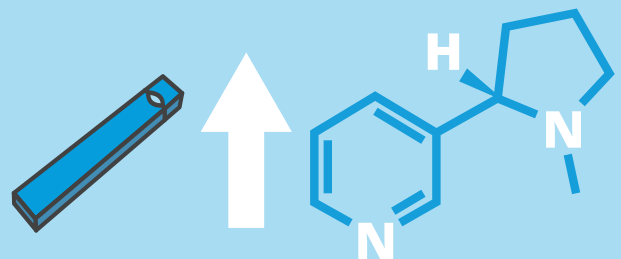
E-cigarette aerosol is NOT harmless “water vapor” and can contain harmful substances including **cancer-causing chemicals and heavy metals** such as nickel, tin, and lead.



The brain continues to develop until about age 25. The developing brain is more vulnerable to nicotine’s effects, including **reduced impulse control, deficits in attention and cognition, and mood disorders.**



Evidence suggests that teens who use e-cigarettes may be at **greater risk of starting to smoke regular cigarettes.**



The most popular e-cigarette brand is JUUL, a device shaped like a USB flash drive.

The JUUL comes in a variety of flavors, is easy to conceal, and delivers high levels of nicotine.

**A single JUUL pod** (the liquid nicotine refill) **contains as much nicotine as a pack of 20 regular cigarettes.**