

VAPING AND YOUR CHILD'S ORAL HEALTH

YOUTH VAPING RATES

LESS THAN 1%

of Florida middle and high schoolers use conventional cigarettes, but e-cigarettes remain a concern.



12.8%

OF HIGH SCHOOLERS

4.5%

OF MIDDLE SCHOOLERS

still use e-cigarettes.



Source: 2025 Florida Youth Tobacco Survey

HOW VAPING HARMS ORAL HEALTH



Vape cartridges contain carcinogens, heavy metals, and sugar-based flavorings that contribute to tooth decay.



Nicotine is highly addictive and affects brain development in children, teens, and young adults.



Nicotine constricts blood vessels and can mask gum bleeding, hiding underlying problems.



Vaping encourages the growth of harmful bacteria that cause gum disease.

THE GOOD NEWS:

QUITTING HELPS!

- ✦ Quitting vaping is directly connected to improved oral health.
- ✦ Removing nicotine supports healthier gums and reduces the risk of serious gum disease.
- ✦ Quitting helps restore the mouth's natural balance of healthy bacteria, reducing the risk of infections.

