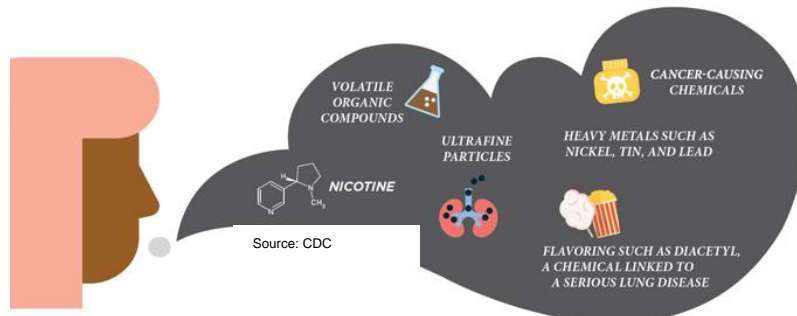


What is in e-cigarettes?

- Nicotine, making them highly addictive.
- Ultrafine particles that can be inhaled deep into the lungs.
- Flavorants, such as diacetyl, have been linked to serious lung disease.
- Volatile organic chemicals.
- Heavy metals, such as nickel, tin and lead.



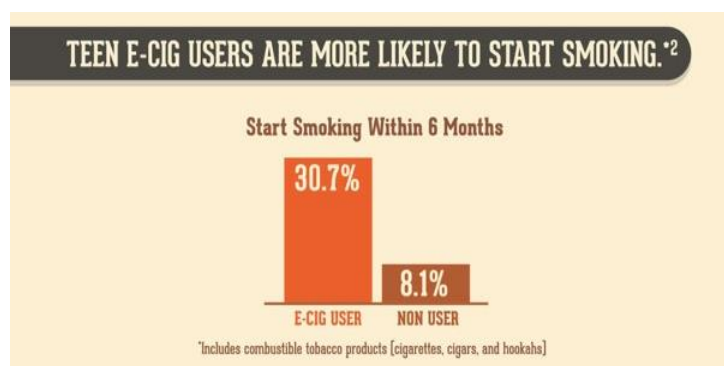
Source: JUUL

What is JUUL?

- A brand of e-cigarettes that is shaped like a USB flash drive; it is the top selling brand of e-cigarettes in the US.
- JUUL e-cigarettes have high levels of nicotine; a single pod contains as much nicotine as a pack of 20 regular cigarettes.

Are e-cigarettes safer than regular cigarettes for youth?

- Neither e-cigarettes nor regular cigarettes are recommended for youth.
- We still don't know the long-term health effects of e-cigarettes.
- Teens who use e-cigarettes are more likely to start smoking which is known to cause harm and chronic health problems



Source: NIH

E-CIGARETTES TYPICALLY DELIVER NICOTINE

YOUTH NICOTINE EXPOSURE CAN:

- CAUSE ADDICTION
- HARM THE DEVELOPING BRAIN

E-CIGARETTE USE SURGED DURING 2017-2018

IN 2018:

- 1 IN 5 HIGH SCHOOL KIDS
- 1 IN 20 MIDDLE SCHOOL KIDS CURRENTLY USE E-CIGARETTES

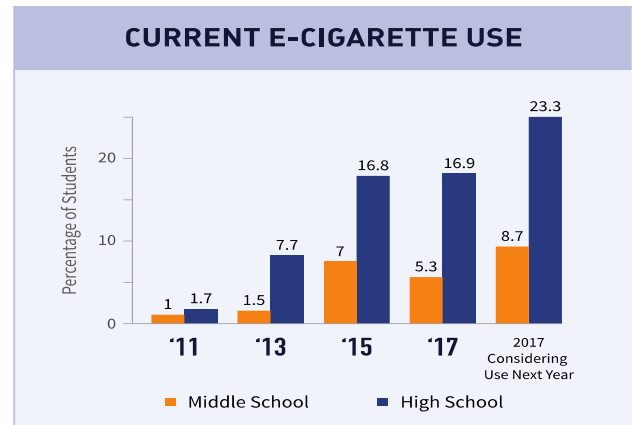
Source: CDC

How does vaping affect teens?

- E-cigarettes with nicotine are addictive.
- When people use e-cigarettes they breathe in small particles that can harm lungs.
- Teens' brains are still developing, and nicotine can affect memory, concentration, and learning.
- Defective e-cigarette batteries have caused burns and explosions.
- Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.

How popular is vaping in NC?

- E-cigarettes or “vapes” are the most commonly used tobacco product among NC’s youth.
- There’s been a drastic increase in vaping over time in NC, up 894% from 2011 among high school students.
- Current data from 2019 shows an estimated 28% of high schoolers vape



Source: NC Youth Tobacco Survey

REASONS FOR E-CIGARETTE USE 2017*



Friend or family used them

MS



1 in 3



Available in flavors

HS



1 in 4

*Among students who have used

Why are youth vaping?

- Many e-cigarettes come in appealing flavors, like fruit, candy, or other sweets.
- E-cigarettes are advertised to be appealing to teens.
- Many teens are curious about e-cigarettes and willing to try them as they believe that are “safer”.
- E-cigarettes are used socially and passed along from friend to friend.
- E-cigarettes, including JUUL, are easy to disguise.

Source: NC Youth Tobacco Survey

What’s the link between e-cigarettes and marijuana?

- Many teens are using e-cigarette devices to vape marijuana or THC, the active ingredient in marijuana.
- In NC, 1 in 10 high school students have vaped marijuana.
- There have been several deaths and hundreds of cases of lung illnesses attributed to vaping. The cause is linked right now to bootleg cartridges containing THC or CBD oil.



Source: Sciencenews.org



Source: CDC

What can we do about youth vaping?

- Talk to teens about potential e-cigarettes harms
- Tip sheets from the [CDC](#), [FDA](#), [Truth](#), and other [online sources](#) can be used to start conversations.
- Medical professionals should discuss the health risks of tobacco products, including e-cigarettes.
- Many teens are addicted to e-cigarettes and need help with quitting.
- **The [UNC Tobacco Treatment Program](#) helps youth and parents who vape that want to quit.**
- To schedule an appointment, call 984-974-0210 or visit ttp.unc.edu