

E-cigarettes, Vapes, and JUULs What Parents Should Know



Are e-cigarettes less harmful than cigarettes?

There is no FDA oversight of the manufacturing of these products – which means there is no oversight regarding potentially harmful ingredients.

- E-cigarettes almost always contain harmful ingredients including nicotine.
- Acrolein, a known ingredient of many e-cigarettes, causes irreversible lung damage. Nicotine exposure during adolescence and can harm the developing brain.
- The most popular e-cigarette among teens is JUUL
 - All JUUL pods contain some nicotine – something many youth don't realize.
 - According to the manufacturer, one JUUL pod may contain as much nicotine as a pack of cigarettes.
- No e-cigarette has been found to be safe and effective by FDA in helping smokers quit.

Is there a difference between e-cigarettes and JUULing?

- No. JUULs may look different, but they're actually a type of e-cigarette.
- E-cigarettes are battery powered and deliver nicotine through a liquid which turns into an aerosol.
- The e-liquids come in fruit flavors that appeal to youth.

JUUL is more discrete and looks like a USB drive. Other e-cigarettes may look like phones.

- Cartridge-based e-cigarettes like JUUL contain nicotine salts that do not produce vapor or visible emissions when the device is used and may make the product even more addictive.
- JUUL claims that some of its pods have roughly as much nicotine as an entire pack of cigarettes.

How bad is the e-cigarette epidemic?

Most common reasons youth use e-cigarettes¹



39%

Use by "friend or family member"



31%

Availability of "flavors such as mint, candy, fruit, or chocolate"



17%

Belief that "they are less harmful than other forms of tobacco such as cigarettes"

¹Wang TW, Gentzke A, Sharapova S, Cullen KA, Ambrose BK, Jamal A. Tobacco Product Use Among Middle and High School Students – United States, 2011–2017. MMWR Morb Mortal Wkly Rep 2018;67:629–633. DOI: <http://dx.doi.org/10.15585/mmwr.mm6722a3>

Does the American Lung Association agree with the Food and Drug Administration that youth use of e-cigarettes has reached an epidemic?

- Yes, the American Lung Association agrees that e-cigarette use among youth has reached epidemic levels.
- American Lung Association has been asking the FDA to take action on e-cigarettes for a decade.
- E-cigarettes are the most commonly used tobacco products among youth and have been for several years now.
- Many youth don't realize how they are harming their lungs and their brains by using e-cigarettes.

Several years ago, one study estimated there were about 7,700 flavors of e-cigarettes on the market at that time.



How is the American Lung Association helping your children?

- The American Lung Association urges the Food and Drug Administration to take meaningful action to crack down against products that target youth.
- The Lung Association and our partners filed a lawsuit against FDA for its delay of reviewing products currently for sale.
- The American Lung Association is working to implement proven effective policies that will reduce youth from e-cigarettes, including raising the minimum age of sale to 21 and increasing the price of products.
- Education programs available
 - Not on Tobacco (N-O-T) is the American Lung Association's teen smoking cessation program and helps teens who want to quit, providing the tools, information and support to quit for good.
 - Alternative to Suspension program is offered as an option to students who face suspension for violation of school tobacco-use policy and is administered by an adult facilitator in either a one-on-one or group format in a school or community-based setting.

Contact

Lung HelpLine and Tobacco Quitline is a telephone support line available in over 200 languages, and is a free service allowing callers access to expert staff, including registered nurses, respiratory therapists, pharmacists and certified tobacco cessation specialists.

 **1-800-LUNG-USA (1-800-586-4872) or www.Lung.org/helpline.**

 Learn more about these and other programs at www.Lung.org.

Contact your local American Lung Association office for information on youth leadership groups and other youth tobacco initiatives. **1-800-LUNGUSA**