



E-cigarettes & Vaping What Parents Should Know

As the trusted champion for lung health, we are committed to creating a tobacco-free future and saving lives. We have helped a million people quit smoking, advocated for smokefree public spaces and worked to achieve tobacco regulation to protect public health.

Today's threats to lung health include what the U.S. Surgeon General has called a youth vaping epidemic. We are moving swiftly to bring medical expertise to the conversation, create new programs for teens and schools, advocate for federal regulation and help people end their addiction to vaping.

Because, when you can't breathe, nothing else matters®.

Are e-cigarettes less harmful than cigarettes?

There is no FDA oversight of e-cigarettes—which means there is no oversight regarding potentially harmful ingredients.

- E-cigarettes are highly effective at delivering nicotine through a liquid that produces a chemical-filled aerosol.
- Acrolein, a known ingredient of many e-cigarettes, causes irreversible lung damage. Nicotine exposure during adolescence can harm the developing brain.
- E-cigarettes are available in a variety of types of devices. JUUL is the among the most popular with teens.
- The e-liquids come in flavors including mint and fruit that appeal to youth.
- No e-cigarette has been found to be safe and effective by FDA in helping smokers quit.

Most common reasons kids vape include:¹

55%

“Curious about them”

31%

Use by “friend or family member”

22%

Availability of “flavors such as mint, candy, fruit, or chocolate”

¹Centers for Disease Control and Prevention. Tobacco Product Use and Associated Factors Among Middle and High School Students — United States, 2019. Morbidity and Mortality Weekly Report. December 6, 2019; 68(SS12):1-23.



Is there a difference between vaping and JUULing?

- No. JUULs may look different, but they're actually a type of e-cigarette.

JUUL is more discreet and looks like a USB drive. Other e-cigarettes may look like pens or other objects that can conceal the vaping device.

- All JUUL pods—like all e-cigarettes—contain nicotine—something many youth don't realize.
- Cartridge-based e-cigarettes like JUUL contain nicotine salts that produce less visible aerosol, so it is easier to hide.

Is youth vaping really an epidemic?

- E-cigarettes are the most commonly used tobacco products among kids, with nearly 28% of high school students nationwide vaping.
- Many youth don't realize how they are harming their lungs and brains by vaping.

Impact of vaping on teens

The bottom line: vaping is unsafe, especially for teens.

- E-cigarettes are designed to deliver nicotine quickly, which is highly addictive and can harm adolescent brain development.

- Kids don't realize how addictive nicotine is and that they might be signing up for a lifetime of nicotine dependence.
- It's not just harmless water vapor. E-cigarettes contain diacetyl, a chemical linked to serious lung disease; volatile organic compounds such as benzene, which is found in car exhaust; and heavy metals, such as nickel, tin and lead.
- E-cigarettes are designed to appeal to and be used by teens and can go undetected by adults.

American Lung Association Resources

- N-O-T® (Not On Tobacco) is a teen vaping and smoking cessation program and provides the tools, information and support to quit for good. [Lung.org/NOT](https://www.lung.org/NOT)
- INDEPTH® is an alternative to suspension program for students who violate school tobacco use policy. Led by an adult facilitator at a school or community-based setting. [Lung.org/INDEPTH](https://www.lung.org/INDEPTH)
- Our Vape-Free Schools Initiative helps schools navigate the public health crisis of youth vaping and allows them to become a recognized leader by offering students education, cessation and support. [Lung.org/vape-free-schools](https://www.lung.org/vape-free-schools)



Contact

Our Lung HelpLine is a free service staffed by registered nurses, respiratory therapists, pharmacists and certified tobacco cessation specialists.



1-800-LUNG-USA (1-800-586-4872)
[Lung.org/helpline](https://www.lung.org/helpline)



Learn more about these and other programs at [Lung.org](https://www.lung.org).

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