



# E-EPIDEMIC: VAPING AND YOUTH

What You Need to Know

## THE BOTTOM LINE:

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. Tobacco Free Florida is your trusted resource for credible and accurate information about the youth vaping epidemic.

You can help by educating yourself, dispelling myths among your friends and family, and talking to your kids or students about the serious concerns around vaping and nicotine addiction.

Learn more at  
[tobaccofreeflorida.com/eepidemic](https://tobaccofreeflorida.com/eepidemic).



Florida  
HEALTH



Florida  
HEALTH





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

Youth vaping has increased dramatically across the country, including Florida. In 2018, about 25 percent of Florida high school students reported current use of electronic vaping—a 58 percent increase compared to 2017.

Teens are vaping at much higher rates compared to adults. One in four Florida high school students are vaping, while only about 4 percent of adults in Florida are vaping. The FDA has stated that flavors play an important role in driving the youth appeal.

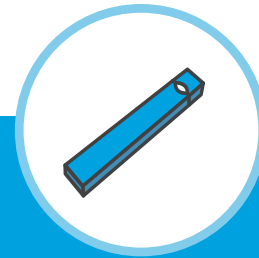
The long-term health effects of e-cigarettes are still unknown. E-cigarette devices heat a liquid—typically containing nicotine, flavorings, and other chemicals—and produce an aerosol. This aerosol, aka “vapor,” is NOT water. Some of the ingredients in e-cigarette aerosol could be harmful to the lungs in the long-term.

E-cigarettes typically contain nicotine, which is highly addictive. The brain continues to develop until the early to mid-20s and the developing brain is more vulnerable to the negative effects of nicotine.

The effects include reduced impulse control, deficits in attention and cognition, and mood disorders. Using nicotine in adolescence may also increase risk for future addiction to other drugs.

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

Cigarette smoking remains the single largest preventable cause of death and disease in the U.S.



The most popular e-cigarette brand is JUUL, a device shaped like a USB drive that is available in a variety of flavors and easy to conceal. In fact, youth are using JUUL devices inside school bathrooms and classrooms.

**According to the manufacturer, a single JUULpod (the “liquid” refill) contains as much nicotine as a pack of 20 regular cigarettes.**

JUUL uses nicotine salts, which can allow high levels of nicotine to be inhaled more easily and with less irritation. In December 2018, Marlboro cigarette maker Altria Group Inc. purchased a 35 percent stake in JUUL Labs Inc. for \$12.8 billion.

