5.3 MILLION kids use e-cigarettes in the U.S.

THEY HAVE A STORY TO TELL.

“I used to keep them in my sleeve and I would yawn and it’s right there. So it’s pretty simple to keep it hidden.”

CBS Denver

“If I knew it had nicotine at all, I wouldn’t have done it. Now I’m so reliant on something I had no intention of doing.”

The New York Times

“All of my friends were vaping. Everyone in my high school was addicted.”

BuzzFeed News

“I remember, especially when I got home, I just kept using my own — for, like, the entire night — until I sort of felt sick in my stomach.”

NPR

“Whenever I was awake, I was vaping. It was just such a habit that I didn’t even understand how much I was doing it.”

TODAY

“I just sort of remember using it a bunch of times, like in a row. And there’s this huge buzz-sensation-like head rush. And I just … didn’t really stop.”

Kaiser Health News

“We called it ‘Juul lung.’ We knew it lowered our performance but we saw that as a sacrifice we were willing to make.”

The New York Times

“Once you become a user, you lose motivation for things. The moment I started using nicotine, it turned off my future goals completely.”

NBC News

“He said to me, ‘Mom, I can’t quit on my own. I need help.’”

TIME

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Kaiser Health News
E-cigarette use can cause nicotine addiction and increases teens’ risk of using regular cigarettes.

Adolescent exposure to nicotine can harm the developing brain, impacting learning, memory & attention.

Youth use of nicotine products can increase risk for future addiction to other drugs.

In addition to nicotine, e-cigs can also expose users to other harmful chemicals such as formaldehyde and lead.

A note on the e-cigarette related lung illnesses
There have been more than 2,200 lung injuries and 47 deaths related to vaping; the median age of patients is just 24 years. Many of these cases have been linked to vaping THC, the psychoactive element in marijuana, but two-thirds of the patients reportedly did not exclusively use THC products.

These cases underscore the importance of preventing kids from using e-cigarettes. The CDC strongly recommends that youths, young adults, pregnant women and adults who do not currently use tobacco should not use e-cigarettes.

For the latest, visit: https://www.cdc.gov/

Sources: National Youth Tobacco Survey (NYTS); Population Assessment of Tobacco and Health (PATH) Study; U.S. Surgeon General Advisory on E-cigarette Use Among Youth; Stanford Research into the Impact of Tobacco Advertising (SRITA)