American Lung Association.

E-cigarettes & Vaping
What Schools Should Know

As the trusted champion for lung health, we are committed to creating a tobacco-free future and saving lives. We have helped over a million people quit tobacco use, 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®.

What are these products?

- E-cigarettes or vapes heat e-liquid, typically containing nicotine, that produces a chemical-filled aerosol.
- Many e-liquids or e-juice come in flavors including fruit and mint, making them appealing to kids.

  E-cigarettes come in many forms and can look like everyday products like pens, USB flash drives, watches or tubes of lipstick.
- JUUL, which looks like a USB flash drive and produces minimal visible aerosol is popular among teens. JUUL pods—which contain e-liquid—contains the same amount of nicotine as a pack of cigarettes, making them highly addictive.

Are e-cigarettes less harmful than cigarettes?

- The U.S. Surgeon General has said that e-cigarettes are not safe.
- E-cigarettes contain harmful ingredients, including formaldehyde and acrolein, which can cause irreversible lung damage.
- E-cigarettes can also be used for delivery of marijuana and other illicit drugs.
- FDA has found no e-cigarette to be safe and effective in helping people quit. In fact, more than half of all adult e-cigarette users continue to use regular cigarettes.

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"

[1] Centers 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 youth vaping use really an epidemic?

- E-cigarettes are the most commonly used tobacco products among kids, with nearly 28% of high school students nationwide vaping.

Impact of vaping on teens

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

- Schools have the opportunity to help educate students about the long-term consequences of vaping.
  - Kids often don't realize that they are harming their lungs and their brains by vaping.
  - E-cigarettes are designed to deliver nicotine quickly, which is highly addictive and can harm adolescent brain development.
- 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.
- Big Tobacco is funding the e-cigarette industry and using the same tactics they used to sell cigarettes for decades.
- E-cigarettes are designed to appeal to and be used by teens and can go undetected by adults.

What should schools do to protect their students from these products?

- Institute and enforce comprehensive tobacco-free campus policies, including all e-cigarettes.
- Many of our youth are already nicotine dependent and we need to help kids quit. Schools should offer quit programs on-site.
- Ensure all staff know the different kinds of e-cigarettes on the market and the dangers they pose to your students.

American Lung Association Resources

- Not On Tobacco® (N-O-T) is a teen vaping and smoking cessation program and provides the tools, information and support to quit for good. **Lung.org/NOT**
  - A new, web-based version of this program, NOT for Me, is also available at **NOTForMe.org**
- INDEPTH® is an alternative to suspension program for students who violate school tobacco-use policy. It is led by an adult facilitator at a school or community-based setting. **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**

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

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

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