

# E-cigarettes 101: A Fact Sheet

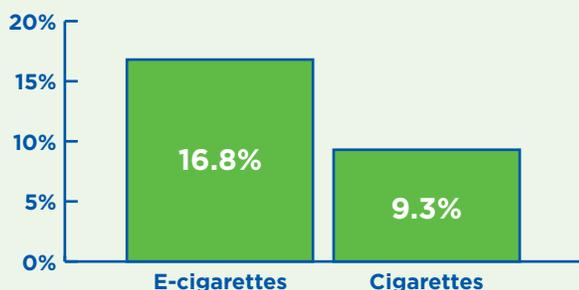
E-cigarettes are battery-powered devices that allow users to inhale aerosolized liquid (e-juice). E-cigarettes, vapes, vape or hookah pens, e-pipes and other vaping products recently surpassed conventional cigarettes as the most commonly used tobacco product among young people,<sup>[1]</sup> so it is critical that public health officials and citizens understand the potential risks of using them.



## ■ Youth e-cigarette use is an emerging public health threat.

Among North Carolina's high school students, e-cigarette use in the last 30 days is now almost double conventional cigarette use.<sup>[2]</sup> In addition, over 5 percent of adults currently use e-cigarettes in North Carolina.<sup>[3]</sup>

**Percent of high school students using tobacco products, 2015**



## ■ E-cigarettes are not safe for young people.

Nearly all e-cigarettes contain nicotine.<sup>[4]</sup> Nicotine is highly addictive and can harm the developing adolescent brain.<sup>[1, 5, 6]</sup> No amount of nicotine is safe

for youth. Because the brain is still developing until age 25, youth and young adult exposure to nicotine can lead to addiction and disrupt attention and learning.<sup>[1]</sup>

Nearly one in seven of North Carolina high school students who has tried e-cigarettes has never smoked a cigarette.<sup>[2]</sup> A growing body of evidence from multiple countries shows that young people who have never smoked cigarettes — but currently use e-cigarettes — are more likely to smoke cigarettes in the future than are young people who do not use e-cigarettes.<sup>[8-15]</sup>

## ■ E-cigarettes attract kids despite the dangers.

- E-cigarettes are available in fruit and candy flavors; flavored tobacco products appeal to youth.<sup>[13]</sup>
- E-cigarettes are sometimes advertised using celebrity endorsements. More than 18 million, or seven in 10, U.S. middle and high school youth were exposed to e-cigarette ads in 2014.<sup>[7]</sup>
- E-cigarettes are available for purchase online, making it easier for youth to obtain.<sup>[12, 13]</sup>

## ■ E-cigarettes are not proven to help people quit smoking.

E-cigarettes are not FDA-approved smoking quitting aids, and they are not proven to help people quit. Free quit coaching is available to all North Carolinians by visiting QuitlineNC at [www.quitlinenc.com](http://www.quitlinenc.com) or by calling 1-800-QUIT-NOW (1-800-784-8669). Some residents may qualify for free nicotine replacement therapy.

For more information or to find quit smoking resources visit [www.quitlinenc.com](http://www.quitlinenc.com).



## ■ North Carolina communities are taking action to protect young people.

All North Carolina public schools,<sup>[16]</sup> some universities, and government and health care facilities prohibit e-cigarette use. State law requires e-cigarette liquid to be taxed and retailers in North Carolina cannot sell e-cigarettes or e-liquid to minors.<sup>[17]</sup>

Cities and counties around the state have passed smoke-free and tobacco-free regulations that also protect the public from e-cigarette aerosol. Some have added e-cigarette use to existing regulations, such as the smoke-free restaurants and bars law.

Learn more at [www.tobaccopreventionandcontrol.ncdhhs.gov/ecigs](http://www.tobaccopreventionandcontrol.ncdhhs.gov/ecigs).



*Did you know...*

**Nearly all e-cigarettes contain nicotine. Therefore, both cigarettes and e-cigarettes are harmful.**  
**NO AMOUNT IS SAFE FOR YOUTH.**

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