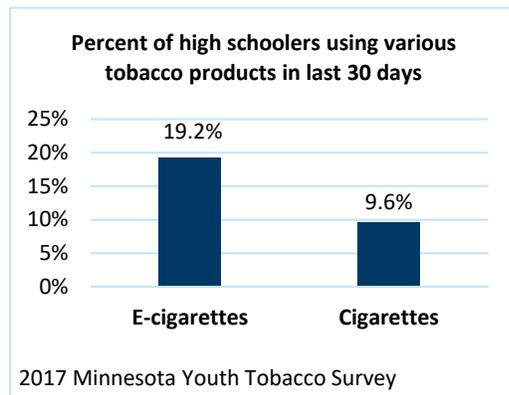


E-cigarettes and other Vaping Products

E-cigarettes are battery-powered devices that allow users to inhale, or vape, 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 youth^[1] so it is critical that public health officials and the general public understand the potential risks of using them.



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

Among Minnesota high school students, e-cigarette use is now double conventional cigarette use.^[2]

Additionally, nearly 6 percent of adults currently use e-cigarettes, compared to less than 2 percent in 2010; and, nearly 13 percent of adults age 18-24 use e-cigarettes.^[3]

The use of multiple tobacco products – dual use – is common: most adult e-cigarette users also use cigarettes.^[3]

E-cigarettes are not safe for youth.

Nearly all e-cigarettes contain nicotine.^[4] Nicotine is highly addictive and can harm the developing adolescent brain.^[1, 5, 6] Because the brain is still developing until about age 25, youth and young adult exposure to nicotine can lead to addiction and disrupt attention and learning.^[1] No amount of nicotine is safe for youth.

Over one in five of Minnesota high school students who has tried e-cigarettes has never tried any conventional tobacco products.^[2] Recent evidence suggests that, compared to youth who have never used them, youth who have tried e-cigarettes are twice as likely to start smoking in the future.^[7]

Learn more about the harms of nicotine at www.health.mn.gov/nicotine.

E-cigarettes attract kids despite the dangers.

- E-cigarettes are available in fruit and candy flavors; flavored tobacco products appeal to youth.^[8]
- A majority of Minnesota high school students (88.4%) have seen ads for e-cigarettes in the past 30 days.^[2]
- E-cigarettes are available for purchase online.^[9]

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

E-cigarettes are not FDA-approved smoking quitting aids, and they are not proved to help people quit. Free quitting medications and counseling are available to all Minnesotans by visiting QUITPLAN® Services at www.quitplan.com or by calling 1-888-354-PLAN (7526).

More free quit smoking resources: www.health.mn.gov/quit

Minnesota communities are taking action to protect kids.

Some schools, universities, and government and health care facilities prohibit e-cigarette use. Minnesota law also requires that e-cigarettes are taxed as tobacco products, and retailers in Minnesota cannot sell e-cigarettes to minors.^[10]

The Minnesota Department of Health supports statewide efforts to restrict e-cigarette use indoors. Many cities and counties in Minnesota already restrict the use of e-cigarettes indoors, protecting over half the state's population from e-cigarette aerosols in bars, restaurants, and other public places.

Learn more at www.health.mn.gov/ecigarettes.

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To obtain this information in a different format, call: 651-201-3535. Printed on recycled paper.

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