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.

Minnesota Department of Health
PO Box 64882
St. Paul, MN 55164
651-201-3535
tobacco@state.mn.us
www.health.mn.gov/ecigarettes

3/27/18

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

1. U.S. Department of Health and Human Services, E-Cigarette Use Among Youth and Young Adults. A Report of the Surgeon General. 2016, U. S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health: Atlanta, GA.


