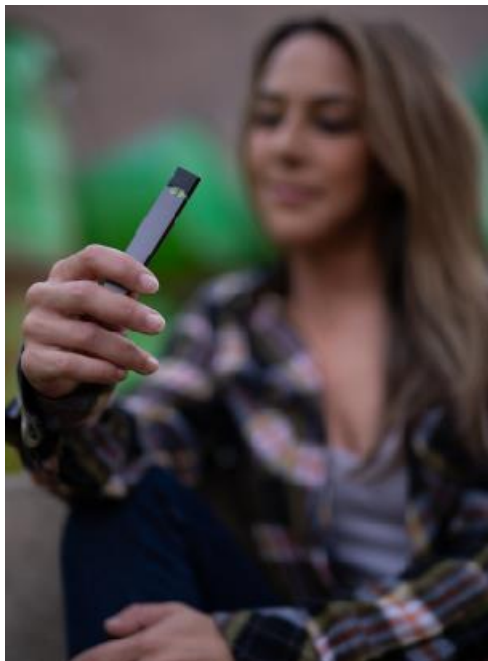


# E-Cigarettes



Electronic cigarettes (e-cigarettes) entered the U.S. Market place around 2007. Since 2014, they have been the most commonly used tobacco product among youth. In 2018, e-cigarette use (referred to as ‘vaping’ or ‘JUULing’) reached **epidemic** levels.

## What are e-cigarettes?

E-cigarettes are tobacco products. Some resemble regular cigarettes, cigars, pipes and some have a modern, sleek design and look like writing pens or USB sticks. The products are commonly known as ENDS – electronic nicotine delivery system(s).

Other common names:

- Mods
- Hookah pens
- Vape sticks
- Personal vaporizers (PV)
- Tank systems
- Smoke Juice

Whether it’s an e-cigarette, vape pen, e-hookah, using an electronic cigarette is called “vaping”. Stores who sell mostly e-cigarettes and e-juice are called “vape shops.”

## How do e-cigarettes work?

Most e-cigarettes have a battery, a heating element, and place to hold a liquid (such as a cartridge or pod). As the user draws on the device, the battery heats the e-liquid to produce aerosol not a water vapor. The aerosol is then inhaled into the lungs.

## Contact Information

Tobacco Prevention and Control  
Dept. of State Health Services  
PO Box 149347  
Mail Code 1965  
Austin, Texas 78714-9347  
[Tobacco.free@dshs.texas.gov](mailto:Tobacco.free@dshs.texas.gov)

For more information, visit:

<https://www.dshs.texas.gov/tobacco/>.

In Texas, an individual must be 21 years old to buy or own an e-cigarette.

Ready to Quit? Call the Texas Quitline at 1-877-YES-QUIT.

## National Data

In 2018, 20.8% of U.S. high school students reported using e-cigarettes in the past 30 days. This is a 9.1% increase compared to 2017. From 2017-2018, U.S. middle school students who used e-cigarettes in the past 30 days increased from 3.3% to 4.9%.

## Texas Data

According to the 2018 Texas Youth Tobacco Survey, **13%** of youth used e-cigarettes in the past 30 days. This means that, **18.9%** of high school students and **6.0%** of middle school students used e-cigarettes in the past 30 days.

## Associated Dangers

- Most e-cigarettes contain nicotine, which can harm adolescent brain development. Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.
- Some e-cigarette flavorings may be safe to eat, but not to breathe. This is because the gut can process more substances than the lungs.
- A common ingredient in e-cigarette flavoring, diacetyl, causes bronchiolitis obliterans, known as "popcorn lung".
- Defective e-cigarette batteries have caused fires and explosions. Some explosions have resulted in serious injuries and death.
- Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.
- There have been reports of youth and young adults experiencing seizures after vaping. Seizures or convulsions are potential side effects of nicotine poisoning.



The Food and Drug Administration has not found any e-cigarette to be safe and effective in helping smokers quit.

If smokers are ready to quit, call the Texas Quitline at 1-877-YES-QUIT or talk with their doctor.

For more information, visit <https://www.dshs.texas.gov/tobacco/>.

\*\*Sources for this document are available upon request.