

# MCHD HEALTH BLOG

*The greatest wealth of a community is the health of the people.*



**Public Health**  
Prevent. Promote. Protect.  
MORGAN COUNTY HEALTH DEPT.



## ALARMING FACTS ABOUT VAPING

Electronic cigarettes (e-cigarettes) are battery-powered devices that deliver nicotine, flavorings, and other ingredients to the person using the device. Using e-cigarettes is sometimes called “vaping.” In 2020, Center for Disease Control and Prevention (CDC) and Food and Drug Administration (FDA) data showed that at least 3.6 million U.S. youth, including about 1 in 5 high school students and about 1 in 20 middle school students, used e-cigarettes in the past 30 days. In fact, E-cigarettes have been the most commonly used tobacco product among U.S. youth since 2014. Source: Center for Disease Control and Prevention

What do you need to know about vaping as a parent, grandparent, friend or trusted adult of a young person in our community? Here are some of the alarming facts about vaping:

- E-cigarettes do not create harmless “water vapor” – they create an aerosol that can contain harmful chemicals.
- Young people who use e-cigarettes may be more likely to go on to use regular cigarettes.
- Many e-cigarettes come in kid-friendly flavors – including mango, fruit, and crème – which make e-cigarettes more appealing to young people.

Most e-cigarettes contain nicotine, which is highly addictive. Nicotine exposure during adolescence can:

- Harm brain development, which continues until about age 25.
- Impact learning, memory, and attention.
- Increase risk for future addiction to other drugs.

E-cigarette aerosol is not harmless. It can contain harmful substances, including:

- Nicotine
- Cancer-causing chemicals
- Volatile organic compounds
- Ultrafine particles
- Flavorings that have been linked to lung disease
- Heavy metals such as nickel, tin, and lead

Learn about the different shapes and types of e-cigarettes and the risks of e-cigarette use for young people at [CDC.gov/e-cigarettes](https://www.cdc.gov/e-cigarettes). The Ohio Department of Health also has tobacco information and resources that can be found at <https://odh.ohio.gov/know-our-programs/tobacco-use-prevention-and-cessation/resources>. If you need additional assistance, please contact our tobacco cessation coordinator at 740-962-4572.