

# YOUTH E-CIGARETTE USE

What You Need to Know About the Dangers of E-cigarettes



## KNOW THE FACTS

- E-cigarettes, most commonly known as “vapes,” are battery-operated devices that heat liquid to release an aerosol (vapor) that the user inhales. **The liquid can contain propylene glycol, nicotine, flavorings, and other chemicals like diacetyl and formaldehyde.**
- Nicotine can negatively affect brain development, impacting attention, learning, and impulse control.
- The chemicals in e-cigarette vapor can cause respiratory issues and potentially damage lung tissue.

### Dangers associated with “vaping”

- Addiction (Nicotine is HIGHLY addictive)
- Irreversible lung scarring
- Organ damage (brain development, rise in blood pressure, and narrowing of arteries)
- E-cigarette or Vaping Use-Associated Lung Injury (EVALI)
- Cancer



SCAN QR CODE FOR RESOURCES



**ARIZONA**  
GOVERNOR'S OFFICE OF  
YOUTH, FAITH & FAMILY

## DATA TRENDS

- In 2024, e-cigarettes were the most commonly used tobacco product among middle and high school students in the United States. (cdc.org)
- 1.63 million (5.9%) students currently use e-cigarettes. (cdc.org)
- More than 8 out of 10 current e-cigarette users (87.6%) used flavored e-cigarettes, with fruit flavors being the most popular, followed by candy, desserts, or other sweets; mint; and menthol. (fda.gov)
- More than 1 in 3 (38.4%) youth e-cigarette users report using e-cigarettes at least 20 of the last 30 days. (fda.gov)

IF YOU OR SOMEONE YOU KNOW IS STRUGGLING OR IN CRISIS, HELP IS AVAILABLE.

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