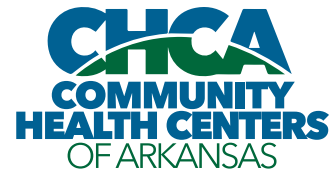


# Helpful Information on the Harms of Youth Vaping



- **In the United States**, youth are more likely than adults to use e-cigarettes.  
[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/about-e-cigarettes.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html)
- **A recent CDC study found that many adults are using e-cigarettes** in an attempt to quit smoking. However, most adult e-cigarette users do not stop smoking cigarettes and are instead continuing to use both products (known as “dual use”).  
[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/about-e-cigarettes.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html)
- **Second-hand vaping smoke contains toxic substances**, such as nicotine, diacetyl (a chemical linked to lung disease), organic compounds (e.g. benzene) and heavy metals (nickel, tin, and lead).  
<https://www.factretriever.com/vaping-facts>
- **The CDC has identified vitamin E acetate as a chemical of concern** among people with E-cigarette or Vaping Product Use Associated Lung Injury (EVALI). Vitamin E acetate is a thickening agent often used in tetrahydrocannabinol (THC) vaping products, and it was found in all lung fluid samples of EVALI patients examined by the CDC.  
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-truths-you-need-to-know-about-vaping>
- **In 2020, 3.6 million U.S. middle and high school students used e-cigarettes** in the past 30 days, including 4.7% of middle school students and 19.6% of high school students. This represents a decrease from 2019.  
[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/about-e-cigarettes.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html)
- **As of January 2020**, there have been 59 vaping-related deaths in 28 states.  
<https://www.factretriever.com/vaping-facts>
- **Every day, over 3,500 youths start vaping.**  
<https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/the-ugly-truth-about-vaping>
- **Data provided by the National Institute on Drug Abuse (NIDA)** show that 30.7 percent of teen e-cigarette users start smoking within six months.  
<https://www.factstatistics.com/health/vaping-statistics/>
- **One 5%-strength Juul pod is designed** to be equivalent to one pack of cigarettes according to Juul’s website.  
<https://www.nwherald.com/2019/08/07/vaping-showing-up-in-schools/awd8b1v/>

## PATIENT INTERVIEW

When evaluating patients with respiratory symptoms (e.g., cough, chest pain, and shortness of breath), gastrointestinal symptoms (e.g., abdominal pain, nausea, vomiting, stomach pain, and diarrhea), or nonspecific constitutional symptoms (e.g., fever, chills, and weight loss):

- **Ask about recent use of e-cigarette, or vaping, products in a confidential and nonjudgmental manner.** If product use is confirmed, the types of substances used (e.g., THC, nicotine) and where they were obtained should be ascertained.
- **Learn best practices** for the patient interview with **Don’t Forget to Ask**.