



E-cigarettes and Youth

In 2014, for the first time, more youth in the U.S. had tried e-cigarettes than traditional cigarettes.

The same year, **9.5%** of 8th graders, **14.0%** of 10th graders, and **16.2%** of 12th graders had used e-cigarettes at least once in the past month.

From 2013 to 2014, e-cigarette use **tripled** among middle school (1.1% to 3.5%) and high school students (4.5% to 13.4%).

In Allegheny County, **19.9%** of youth aged 14-19 have tried e-cigarettes.

By the time they reach college, many more youth have used e-cigarettes. A 2015 study found that among NY college students, **29.9%** had used e-cigarettes in the past and **14.9%** were current e-cigarette users.

Youth are not well-educated about the contents of e-cigarettes or the **potential health harms** associated with them. Most kids and teens know that e-cigarettes come in a variety of flavors, may or may not have nicotine, and that users can mix their own e-liquids, but they have little knowledge of what e-liquids are made of. Many think that e-cigarettes only produce water vapor. In general, youth don't use e-cigarettes to quit smoking; they use them because they are new technology and come in fun flavors.



E-cigarette use **may lead to smoking cigarettes**. A recent study found that teens who had never smoked but used e-cigarettes were six times more likely to begin using traditional cigarettes within 1 year. Several other recent studies have found that e-cigarette use is associated with increased intention to smoke traditional cigarettes, especially among younger adolescents, and progression to smoking traditional cigarettes.

In August 2016, **the FDA** will prohibit sales of e-cigarettes to minors. This is an important first step to protect kids, but the next step is making sure that Allegheny County youth understand that **e-cigarettes are not harmless**.

Visit www.achd.net/chronod/smoking/ for the full list of sources for this document.