

Health tip: Understanding E-cigarettes & vaping

Electronic cigarettes (e-cigarettes) are sometimes called e-cigs, vapes, vape pens, and electronic nicotine delivery systems (ENDS). E-cigarettes come in many shapes and sizes. Most e-cigarettes contain nicotine.¹

Key facts and stats

- There are no safe tobacco products, including e-cigarettes¹
- E-cigarettes should not be used by youth, young adults, or women who are pregnant¹
- E-cigarette use among adults has been increasing. It rose from 3.7% in 2020 to 4.5% in 2021²
- In the United States, youth use e-cigarettes, or vapes, more than any other tobacco product³
- In 2024, 1.63 million students (middle and high school combined) used e-cigarettes.³

Health risks and impacts⁴

- Nicotine addiction
- Issues with thinking, focusing, and behavior control
- Lung issues, including worsening of asthma symptoms, more frequent bronchitis, and lung infections
- Increased heart rate and blood pressure
- EVALI (e-cigarette or vaping product use-associated lung injury)
- Increased risk of seizures

Signs your child may be using e-cigarettes or vaping⁵

- Behavior changes
- Changes in appearance
- Mood swings
- Sleeping issues
- Lack of impulse control
- Various smells, such as bubble gum or strawberry cheesecake



E-cigarettes come in many shapes, sizes, and types. They may look like cigars, pipes, USB flash drives, pens, highlighters, or toys.¹

Quitting vaping⁷

People who vape may become addicted to nicotine. This may make it hard to quit, but you don't have to do it alone. Consider doing one or more of the following:

- Make a quit plan, including a quit date, why you are quitting, and knowing your triggers.
- Talk to your health care provider about tools and resources you can use to help you quit. They may suggest medications to help you manage nicotine withdrawal symptoms and cravings.
- Consider using counseling and medication together. Adults who smoke have the best chance of quitting for good when they use medication and counseling.
- Call 1-800-QUIT-NOW for support.



Sources:

1. CDC. <https://www.cdc.gov/tobacco/e-cigarettes/index.html> 2025. Accessed July 2025.
- 2) CDC. <https://www.cdc.gov/tobacco/e-cigarettes/adults.html> 2024. Accessed July 2025.
- 3 CDC. <https://www.cdc.gov/tobacco/e-cigarettes/youth.html> 2024. Accessed July 2025.
- 4 American Cancer Society. <https://www.cancer.org/cancer/risk-prevention/tobacco/e-cigarettes-vaping.html> 2024. Accessed July 2025.
5. Tobacco Free Kids. <https://www.tobaccofreekids.org/protectkids/resources-for-parents/signs-your-kid-might-be-vaping> 2025. Accessed July 2025.
6. CDC. <https://www.cdc.gov/tobacco/e-cigarettes/about.html> 2024. Accessed July 2025.
7. CDC. <https://www.cdc.gov/tobacco/e-cigarettes/quitting.html> 2024. Accessed July 2025.

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