

FOR IMMEDIATE RELEASE

For more information,  
contact: Tara Solomon-Smith  
Adult Development and Aging Agent, Wildcat Extension District  
[tsolomon@ksu.edu](mailto:tsolomon@ksu.edu), 620-724-8233

## **The Facts about E-Cigarettes and JUULing**

Electronic cigarette usage among High School students jumped by 78 percent between 2017 and 2018. This startling rise did prompt the Food and Drug Administration (FDA) to restrict some sales of flavored e-cigarettes. However, there is a new form of e-cigarette product on the market every week.

### **So What's the Deal with E-Cigarettes, Vaping, and JUULing?**

The term e-cigarettes (Electronic Nicotine Delivery System) covers a wide variety of products now on the market, from those that look like cigarettes or pens to somewhat larger products like “personal vaporizers” and “tank systems.” All of these products have the same parts.

One e-cigarette device called a JUUL, is produced by JUUL Labs, and some people will call it ‘JUULing’ when using this e-cigarette. This product dominates the market with its easy to conceal size and multiple flavors. The device looks similar to a USB flash drive, and can even be charged in the USB port of a computer.

Here are some facts:

#### **Myth: Vaping can be used as a tobacco cessation method.**

**Fact:** While e-cigarettes have less than the 7,000 chemicals that combustible cigarettes contain, long term health effects are unknown and is not an approved cessation method. Many that utilize this to help them to quit smoking, remain addicted to nicotine and e-cigarettes.

#### **Myth: E-Cigarette devices produce water vapors.**

**Fact:** A common misconception, however, these devices create aerosols that contain harmful chemicals, sometimes dangerous flavorings, and ultra-fine particles that are inhaled into the lungs and out into the environment.

#### **Myth: Vaping has less nicotine and is safer than combustible Cigarettes.**

**Fact:** Most e-cigarettes contain nicotine. Now that the product is regulated, it has been found that several products that claim no nicotine, actually do have some. JUUL Lab has created its own nicotine that is smoother and easier to absorb. One JUUL pod is 5 percent nicotine which is the same as one pack of cigarettes or 200 puffs.

**What's the Bottom Line?**

- E-Cigarettes are not harmless.
- Nicotine is a highly addictive drug and can harm brain development which continues until about age 25.
- The use of any tobacco product is unsafe for young people.

**What can we do?**

- Parents and Educators can learn about the different shapes and types of products and the risks of all forms of e-cigarette use for young people.
- Talk to your children about the risks and use of tobacco, and do it more than once!
- Check out your school's tobacco policy and make sure it is up to date.
- Set a positive example by being tobacco-free.

For more information, please contact Tara Solomon-Smith, [tsolomon@ksu.edu](mailto:tsolomon@ksu.edu), or by calling 620-724-8233.

###

*K - State Research and Extension is an equal opportunity provider and employer*