

# Is Vaping Really Safer?

Here's What Teens Should Know



## The State of Teen Vaping

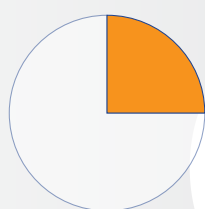
### Current Use

**1.63 million**

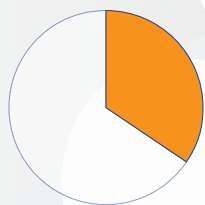
5.9% of students reported current use of vapes.

7.8% (1.21 million) high school students and 3.5% (410,000) middle school students reported current use of vapes.

### Frequency of Use



More than 1 in 4 (26.3%) of current youth who vape do so **every day**.



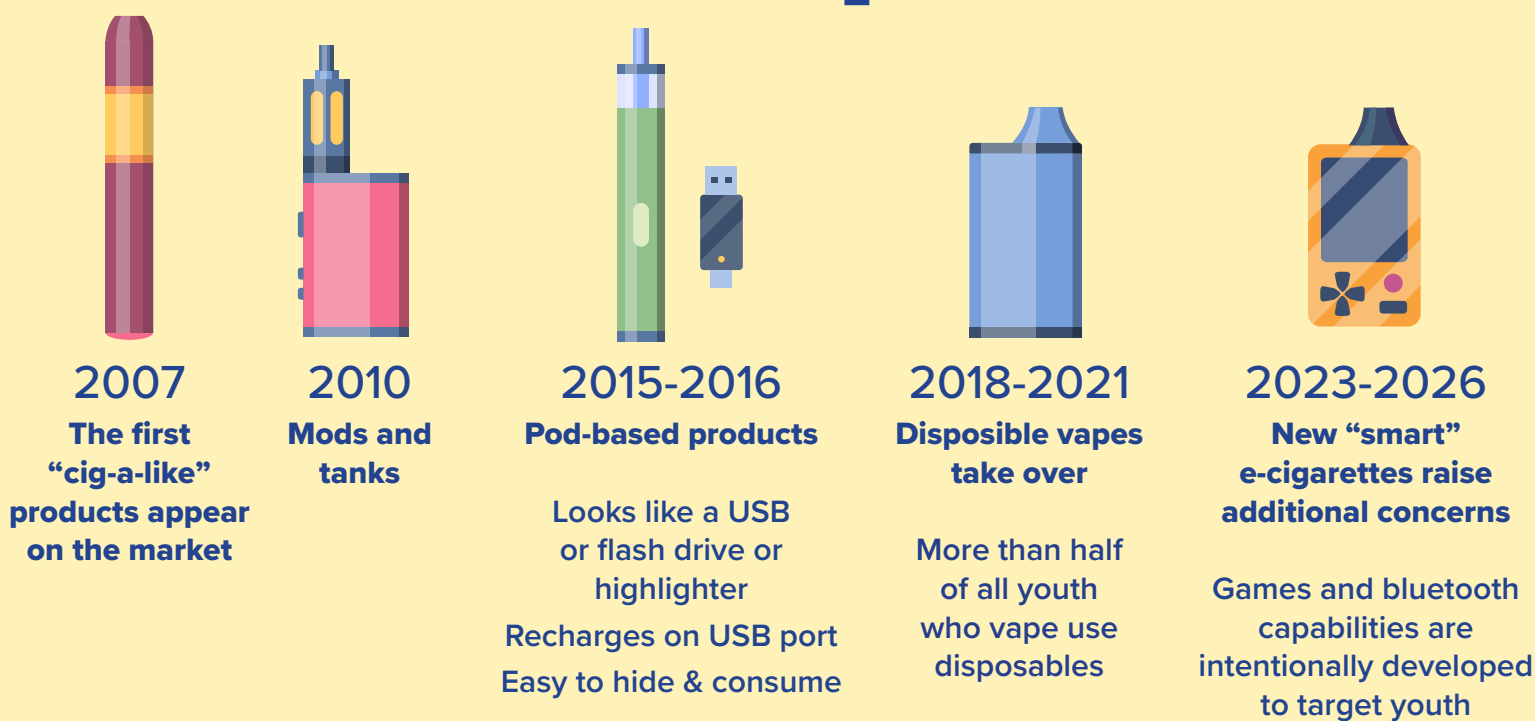
More than 1 in 3 (38.4%) youth who vape report doing so **at least 20 of the last 30 days**.

### Flavor Use



Almost 9 out of 10 (87.6%) current youth who vape used flavored e-cigarettes, with fruit flavors being the most popular, followed by candy, desserts, or other sweets, mint and menthol.

## Evolution of Vape Products

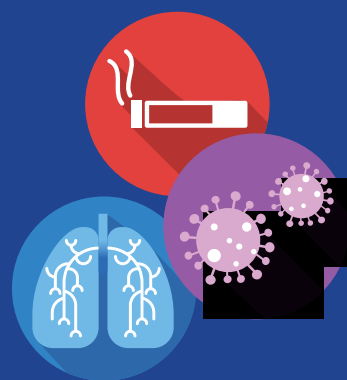


## What Are Teens Inhaling?



- High concentration of nicotine  
- Highly & quickly addictive
- **Not** harmless water vapor  
- Propylene glycol, glycerin & other harmful chemicals
- Heavy metals (nickel, tin, lead, etc.)
- Just because a flavor is safe to eat doesn't mean it's safe to breathe in. The lungs process things very differently.

## How Vaping Affects the Body



- Leads to nicotine addiction. Youth who vape are 7x more likely to be smoking cigarettes 1 year later
- Depresses immune system
- Prevents lungs from detoxing
- Increases risk of frequent infections
- Emerging evidence suggest vaping may be linked to lung and oral cancer risk



## How Nicotine Affects the Brain



Affects brain development and mental health



Creates addiction & causes cravings



Impacts memory



Slows concentration



Diminishes attention span



Decreases impulse control

Support is here for teens and parents.  
**Call 1-800-QUIT-NOW**  
to talk about quitting vaping.

Sources: National Youth Tobacco Survey, Campaign for Tobacco-Free Kids 2024, Centers for Disease Control and Prevention, National Institute on Drug Abuse; Cooper et al. 2022 (doi: 10.15585/mmwr.mm7140a3); Stewart et al. 2026 (doi: 10.1093/carcin/bgag015); Mantey et al. 2022 (doi: 0.1016/j.ypmed.2022.107080); Masaki et al. 2022 (PMCID: PMC8899082); Hair et al. 2020 (doi: 10.1016/j.addbeh.2020.106593)

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