



# MAYORS WELLNESS CAMPAIGN

## Vaping: What You Need to Know

In recent weeks, federal officials as well as leaders from the [New Jersey Department of Health](#) have released [health warnings](#) about the [serious dangers of vaping](#). Below are resources and information you can use to support your community.

### What is Vaping:

Vaping includes the use of electronic cigarettes (e-cigarettes) or other vaping devices such as vaping “pens.” These devices deliver nicotine or other substances through liquid that is heated to produce an aerosol, or vapors, thus the term vaping. Since 2014, e-cigarettes have been the most popular tobacco product with teens.

Vaping liquids come in flavors such as cherry and strawberry kiwi that are attractive to teens who may not know these devices, such as the popular brand JUUL, contain nicotine. Or they are unaware of just how addictive nicotine can be.

### Risks:

- Vaping in youth increases the risk of addiction and vaping-related harms.
- Nicotine is highly addictive and can harm developing adolescent brains in areas that control learning, attention, mood, and impulse control.
- Federal agencies and multiple states, including New Jersey, are investigating hundreds of reports of severe pulmonary illness associated with using e-cigarette products. Six deaths have been confirmed.

### Facts about Teens:

The National Institute on Drug Abuse [found that 37 percent of 12th graders](#) in America vaped in 2018, compared to 28 percent the year before. Nearly 11 percent of eighth graders reported having vaped nicotine in the past year.

### Laws in New Jersey:

- Vaping is included in the definition of smoking and therefore prohibited in the same places that traditional cigarettes are prohibited.
- Sale and distribution of e-cigarettes is prohibited to those under the age of 21.
- Recreational marijuana is illegal in New Jersey. (Some illnesses are related to using vaping devices.)

### Resources:

- The CDC has a [webpage](#) devoted to quick facts and figures on the risks of e-cigarettes for young people, and contains specific actions parents can take to prevent their children from using e-cigarettes or help them to stop.
- The Surgeon General’s Advisory on adult e-cigarette use provides [specific steps](#) parents, teachers, health officials, and communities can take to reduce the use of e-cigarettes.
- [TobaccoFree.Org](#) has FAQs for parents and adults who work with children.
- The American Lung Association has a variety of [resources](#) for parents and teens on e-cigarettes and vaping, including a prevention toolkit and strategies to implement in the community.