



## FDA: Teen Vaping up 80%

With teen vaping up nearly 80% in high schoolers and 50% among middle schoolers from this time last year, the FDA is finally taking action. Whether this action is too little too late remains to be seen, but with close to 20% of high school students using vapes in the last month, something must be done.

### Some Facts About Teen Vaping

#### WHAT IS VAPING?

Vaping is a method of using an electronic delivery system to inhale substances. There is no strong odor or smoke as there is with cigarettes. Part of the appeal of vaping is that the vaping liquids can taste like fruit, candy, or other foods and drinks. There are many brands of vape pens. Juul pens seem to be very popular for teen vaping, but other brands include EX, XEO, and Halo.

#### IS VAPING SAFE?

While vaping may be less harmful than using combustible tobacco, vaping is not safe. Because it is a new delivery method, less research has been done. Current studies show that the vapors inflame mouth, throat, and lung cells in ways that could cause long term problems including cancers and "popcorn" lung. Even when used without nicotine or other drugs, this is not a safe product. The FDA has released new regulations because they are concerned about the safety and habit-forming nature of vaping, especially as it pertains to teens.

## WHAT CAN BE VAPE?

Store bought vaping liquids can contain nicotine (often in high concentration) and flavoring. Vapes are also used to burn cannabis (marijuana) oils called wax or dabs which have very high concentrations of THC. This can be even more addictive than smoking marijuana in plant form. About 9% of high school kids have used cannabis in their vapes.

## HOW MANY TEENS VAPE?

In 2017, about 33% of high school students have tried vaping, while about half of those used within the last 30 days. Teens use a variety of substances in their devices; they may not always know what they are using. While we do not have updated 2018 statistics, ASAP has seen strong increases in use. The FDA has recently increased regulations due to significant increases in the numbers of teens using.

[Click here for a graphic explaining vaping.](#)

## Teen Vaping Leads to New FDA Regulations

The FDA is reexamining the way it treats Electronic Nicotine Delivery Systems (ENDS) to make it more difficult for children to access the flavored vapor pods that are most attractive to them. They will require age checks for all in person purchases, and they will only allow them to be sold online with more extensive age checks. The FDA is not currently changing the regulations on mint, menthol, or tobacco flavored products, as these are mostly used by adults.

## What Parents Can Do

- Talk to your kids about the risks of alcohol and other drugs, starting at a young age.
- Make sure they know that all forms of nicotine and tobacco intake is dangerous, and that products that are “just flavoring” also have serious risks.
- Model the behavior you want to see in your kids. Be explicit about how you avoid using alcohol (to excess) or other drugs:
  - “You might have noticed that I only had one drink. That’s within what is recommended as the maximum for adults to drink in a day.”
  - “We don’t use marijuana because it’s not legal in our state. There are also risks associated with it, even when used legally.”
  - “I once tried smoking/vaping, and I found it really hard to quit even though I was having some health problems. It’s important not to try it at all because it’s so hard to stop.”
- Never glorify past (or current) use – especially in front of your kids.
- Stay informed about what drugs teens are using, including any slang words that describe

them.

- Monitor your child's phone, computer/tablet, and social media to find out if they are using alcohol or other drugs or are interested in drug culture.
- Schedule an [assessment](#) to help determine what substances your child is using and the extent of the problem.
- Find out if an education program like [CHOICES](#) could help your child better understand the risks associated with vaping and other drug use.
- If your child is using alcohol or other illegal drugs, a treatment program like [TRIP](#) might be appropriate.