



Electronic Smoking Devices

What You Need to Know

- Electronic smoking devices (ESDs) are tobacco products that are sometimes called: JUULs, “vapes”, and “vape pens”.
- ESDs are battery-operated devices that simulate smoking. They contain cartridges typically filled with nicotine, flavorings, propylene glycol, and other substances.^{1,2}
- ESD aerosol is not harmless. It can contain heavy metals, carcinogens and ultrafine particulates that can be inhaled into the lungs.¹
- In 2015, 99% of ESDs sold in U.S. convenience stores, supermarkets and similar outlets contained nicotine.³ Nicotine is addictive and can harm brain development in young people.
- Youth ESD use is an epidemic. Substantial evidence exists that youth ESD use increases the risk of using traditional cigarettes.⁴



- The U.S. Surgeon General and the National Academies of Science, Engineering and Medicine have warned about the risks of inhaling secondhand ESD emissions.
- In 2016, the Food and Drug Administration (FDA) finalized a rule to regulate the sales, marketing and manufacturing of ESDs, but has since delayed. ESDs are currently unregulated.
- ESDs have not been found to be safe or effective in helping smokers quit.
- There are seven FDA approved medications to help people quit tobacco. ESDs are not an FDA-approved smoking cessation aid.⁵
- **Nebraska Tobacco Quitline:**
1-800-QUIT-NOW
(1-800-784-8669) is a FREE service to all Nebraskans to help them successfully quit tobacco. *Call today!*



1-800-QUIT-NOW
(1-800-784-8669)

www.QuitNow.ne.gov

Resources:

¹CDC Office on Smoking and Health Electronic Nicotine Delivery Systems: Key Facts. July 2015.

²Vaporizers, E-Cigarettes, and other Electronic Nicotine Delivery Systems (ENDS). Retrieved from U.S. Food and Drug Administration website: <http://www.fda.gov/TobaccoProducts/Labeling/ProductsIngredientsComponents/ucm456610.htm>

³Marynak, Kristy et al. Sales of Nicotine-Containing Electronic Cigarette Products: United States, 2015. May 2017.

⁴National Academies of Sciences, Engineering, and Medicine; Public Health Consequences of E-Cigarettes. January 2018.

⁵CDC Office on Smoking and Health; E-Cigarette Information. July 2015.



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