E-cigarette and Tobacco Facts

Nicotine use before age 25 can harm brain development and lead to addiction.

- 7.2% of middle school and 27.1% of high school students have used a tobacco product.
- 19.5% of US high school youth currently use a tobacco product.
- E-cigarette aerosol can contain harmful substances.
- A single JUUL refill pod can contain as much nicotine as a pack of 20 cigarettes.
- E-cigarette aerosol can have heavy metals, volatile organic compounds, and cancer-causing agents.
- Secondhand smoke causes heart disease, stroke, and lung cancer.
- Smokeless tobacco has at least 28 cancer-causing chemicals.
- Some e-cigs look like flash drives that kids can use unnoticed at home and in school.
- There is no safe level of secondhand smoke exposure.

Nicotine use before age 25 can harm brain development and lead to addiction.
7 out of 10 middle and high school students who currently use tobacco have used a flavored product.

63% of students who currently use e-cigarettes have used flavored e-cigarettes. (1.6 million.)

61% of students who currently use hookah have used flavored hookah. (1 million.)

64% of students who currently use cigars have used flavored cigars. (910,000)


4 out of 5 kids who have used tobacco started with a flavored product

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Flavors and menthol may make smoking feel less harsh, but it does not make smoking safer. Flavored tobacco is as dangerous and addicting as nonflavored tobacco.

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