WHAT IS IN E-CIGARETTE AEROSOL?

The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances:

- Volatile organic compounds
- Ultrafine particles
- Nicotine
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead
- Flavoring such as diacetyl, a chemical linked to a serious lung disease

It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

Source: Centers for Disease Control and Prevention: Electronic Cigarettes, What is the bottom line?
The U.S. Preventive Services Task Force, a group of health experts that makes recommendations about preventive health care, concluded that the evidence is insufficient to recommend e-cigarettes for smoking cessation in adults, including pregnant women.

E-cigarettes are not currently approved by the FDA as a quit smoking aid.
WHO IS USING E-CIGARETTES?

E-cigarettes are now the most commonly used tobacco product among U.S. youth.

In 2016, more than 2 MILLION U.S. middle and high school students used e-cigarettes in the past 30 days, including:

- 4.3% Middle school students
- 11.3% High school students

Among current e-cigarette users aged 18–24 years, 40.0% had NEVER BEEN cigarette smokers.

Source: Centers for Disease Control and Prevention: Electronic Cigarettes, What is the bottom line?