VAPOR & E-CIGARETTE USE
IN SEATTLE & KING COUNTY

YOUTH VAPOR USE HAS REACHED EPIDEMIC LEVELS.

In recent years, vapor and e-cigarette use has increased significantly. Many people believe that e-cigarette use is harmless. This is not true. E-cigarette liquids have high levels of nicotine and other chemicals.

In 2018, 24.6% of 8th grade students and 20.2% of 10th grade students reported using e-cigarettes in the past 30 days. This is a significant increase from 2017, when the rates were 15.6% and 13.3%, respectively.

WHAT ELSE DO WE KNOW ABOUT VAPING TRENDS IN KING COUNTY?

- In 2018, 49% of 12th grade students reported using e-cigarettes in the past 30 days.
- The rate of e-cigarette use among 8th grade students was 34% in 2018, compared to 25% in 2017.
- The rate of e-cigarette use among 10th grade students was 44% in 2018, compared to 35% in 2017.

WHAT ELSE DO WE KNOW ABOUT VAPING TRENDS IN KING COUNTY?

- Lesbian, Gay, and Bisexual (LGB) youth are more likely to use e-cigarette products compared to their heterosexual peers.

HOW TO STAY SAFE:

- E-cigarettes and vaping are not safe. Avoid using e-cigarettes and vaping until the cause of this outbreak is known.
- Talk to your kids about the risks of vaping.
- Do not buy e-cigarette products off the street or modify them.
- Youth, young adults, pregnant women, and adults who do not currently use tobacco products should not use e-cigarettes.

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WHAT ELSE DO WE KNOW ABOUT VAPING?

- E-cigarette and vapor products are attractive to kids and teens due to the variety of sweet, candy-like flavors.
- Pod-based units like JUUL are popular among youth. They contain extremely high levels of nicotine. 1 JUUL pod = ~20 cigarettes in terms of nicotine.
- Besides nicotine, nearly all e-cigarette products have toxic substances including heavy metals.
- Kids are especially vulnerable to the harmful and addictive effects of nicotine. Early nicotine addiction can harm brain development and cause problems with attention, memory, and impulse control, and potentially increase the risk for addiction to other substances.

WHAT ELSE DO WE KNOW ABOUT VAPING?

- Electronic smoking devices or e-cigarettes are battery-operated devices used to inhale a vaporized liquid solution that contains nicotine, flavorings and other chemicals. E-cigarette use is referred to as “vaping” because the liquid solution becomes a vapor when it is inhaled.

WHAT ELSE DO WE KNOW ABOUT VAPING?

- E-cigarettes have been around for about 10 years, but there are still many unknowns about the health effects of e-cigarette use.
- The Centers for Disease Control (CDC), the Food and Drug Administration (FDA) and state and local health departments are investigating a multi-state outbreak of severe lung disease associated with e-cigarette use.

WHAT ELSE DO WE KNOW ABOUT VAPING?

- Across the United States, over 1,000 cases have been reported. Patients are otherwise healthy and have a history of e-cigarette use. Many, but not all, of these cases are youth or young adults.

WHAT ELSE DO WE KNOW ABOUT VAPING?

- The specific cause of the illnesses are unknown. The investigation has not identified any specific e-cigarette product (devices, liquids, refill pods, or cartridges) that is linked to all cases.

NATIONAL CONCERN WITH E-CIGARETTE USE.

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WHAT ELSE DO WE KNOW ABOUT VAPING?

- Regarding vitamin E acetate: It has been identified as a probable, though not exclusive, cause.
- Regarding THC: THC is a chemical that is found in marijuana, and some people use e-cigarettes that contain THC. However, it is not clear whether THC is the cause of the illnesses.

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