



## No Vape November

The U.S. Centers for Disease Control and Prevention on Nov. 2 released encouraging findings from the National Youth Tobacco Survey regarding habits of vaping and tobacco-based products.

For U.S. high school students surveyed in the 2022-2023 academic year, overall reported use of nicotine-containing products decreased by 3.9%, with approximately 580,000 fewer high school students using such products. The primary reported reason for the decrease is the decline in electronic cigarette (e-cigarette) use.

The report, however, also demonstrated a 2.1% increase in nicotine use among middle school students.

In Michigan, the purchase of nicotine-containing products is prohibited for persons younger than 21.

Nicotine vaping devices were intended to help adults with smoking cessation. E-cigarettes were never intended for use by minors. This may be counterintuitive to some youth because many nicotine delivery systems appear to be marketed to teenagers and young adults. Legislative efforts have attempted to limit marketing to youth but use among adolescents and young adults persists.

The Michigan Poison and Drug Information Center at the Wayne State University School of Medicine reminds the public that nicotine is highly addictive, and its use can lead to toxic effects. Acute symptoms related to the use of electronic nicotine delivery products can include gastrointestinal issues like nausea and vomiting, dizziness, headache, increased heart rate, and blood pressure, and can progress to weakness, low blood pressure, low heart rate, seizures, and respiratory failure. Chronic health effects include nicotine addiction, mood disorders, impulse control issues, impaired cognition including difficulties with memory and learning, and respiratory failure.

Aside from nicotine, other chemicals of concern found in vape products include:

- Glycerin
- Propylene glycol
- Flavoring agents
- Heavy metals (lead, cadmium, manganese, nickel, etc.)
- Diacetyl (contributes to lung injury)
- Volatile organic compounds
- Ultrafine particles
- Other carcinogens

If you do not smoke cigarettes or use vaping products, do not start. Abstinence is the best way to avoid nicotine dependence. Adults who smoke or vape should avoid use where children are present. Like medication and other adult-use-only products, keep cigarettes and vaping products locked up and out of sight and reach of children.

For assistance to help youth quit vaping, visit the Quit Vaping page with SmokeFree.gov at <https://teen.smokefree.gov/quit-vaping>



For No Vape November and throughout the year, the Michigan Poison and Drug Information Center will share updates and information regarding the risks related to vaping, prevention, and tobacco use.

For more information and advice, call the Poison Helpline at 1-800-222-1222 or visit our E-cigarette and Vaping page at <https://www.poison.med.wayne.edu/ecigarettesvaping>

