

For Immediate Release

November 21, 2022

Contact: Dr. Sharon Harris

516 676-2008 Safeglencove@yahoo.com

SAFE Glen Cove Coalition: The Number of Youths Who Wake and Vape is on the Rise

E-cigarettes have been the most popular tobacco product among adolescents for the last nine years. They are also the most popular starting place for adolescents interested in tobacco. According to the Centers for Disease Control and Prevention (CDC), almost 80% of adolescents who used tobacco in 2019 started with e-cigarettes.

A recent CDC report estimated 3 million students in the U.S. use tobacco and showed that while the number of teens who vape started to decline from a peak in 2019, those who do are more likely to 'wake-and-vape,' or use an e-cigarette within five minutes of waking up and these numbers are rising. Additionally, [responses to the CDC's National Youth Tobacco Survey](#), which is administered annually to students in grades 6 to 12 nationwide showed that adolescents are starting to use e-cigarettes (vape) earlier in life also appear to be doing so more frequently and intensely.

According to the CDC, young people who used e-cigarettes within five minutes of waking up increased from less than 1% between 2015 and 2017 to more than 10% by 2021. Average e-cigarette use increased from only 3 to 5 days per month before 2018 to an average usage of 10 to 20 days per month by 2021. Also disturbingly, over same time the average age of an adolescent starting to vape has decreased about two months each year over the last decade. At the peak of e-cigarette use in 2019, on average, adolescents were trying their first e-cigarette at 13 years old.

The CDC maintains many factors contribute to youth tobacco use including flavored products, a misperception of safety, and targeted marketing. Many adolescents may believe that e-cigarettes are safer than combustible cigarettes, but this is false, according to experts as E-cigarettes have chemicals and toxins that will cause injury to the lung, according to the American Lung Association.

E-cigarettes can also harm the heart. A [recent release from the American Heart Association](#) found that e-cigarettes were just as likely as traditional cigarettes to cause cardiovascular side effects such as high heart rate and blood pressure, and abnormal heart rhythms. These effects happened even though e-cigarette users were younger and smoked less than traditional cigarette smokers.

Flavoring is another factor that has impacted e-cigarette use and addictive potential. Flavors are added to produce minty, sweet, or fruity taste and cooling sensation that can reduce the harshness of smoking. American Lung Association research shows that flavors like menthol contribute to greater nicotine dependence.

The Food and Drug Administration partially banned flavored products in 2020. Last month, it denied marketing of the company Logic's menthol e-cigarette products and placed some regulations on others. Flavored ingredients are present even in seemingly non-flavored products. A [recent study in Tobacco](#)

[Control](#) found that even "original" or "tobacco-flavored" products have high levels of sweet and fruit-flavored chemicals compared to a decade ago.

Adolescents have also been the target of marketing. The [CDC reports](#) that 7 in 10 middle and high school youth in the U.S. are exposed to cigarette ads. Many ad themes like independence and rebellion are intended to appeal specifically to youth. Experts from the American Medical Association say there are many reasons as to why youth start vaping in the first place -- experimentation, peer pressure, or as an effort to relieve stress and anxiety. Reversing this trend takes efforts from teens, parents, health care professionals. Government regulations should address bans on the sale of flavored tobacco products and removal of these products from the marketplace. There should be more teen-focused information about the dangers of vaping and prevention education.

SAFE is the only alcohol and substance abuse prevention, intervention, and education agency in the City of Glen Cove. Its Coalition is concerned about tobacco use and vaping, seeking to educate and update the community regarding its negative consequences in collaboration with Carol Meschkow, Manager-Tobacco Action Coalition of Long Island. To learn more about the SAFE Glen Cove Coalition please follow us on ww.facebook.com/safeglencovecoalition or visit the Vaping Facts and Myths Page of SAFE's website to learn more about how vaping is detrimental to your health www.safeglencove.org.

For help Quitting smoking or vaping or to help a loved beat a Nicotine Addiction please visit the American Lung Association on their Website at: www.americanlung.org.

The New York State Smokers' Quitline assists thousands of New Yorkers every year in their attempts to break free from smoking and other tobacco and the service is free and confidential. Call 1-866-NYQUITS (1-866-697-8487) or visit them at: <https://www.nysmokefree.com/>.for Quit Help.