

TEEN VAPING IN TEXAS

Michael & Susan Dell Center for Healthy Living

No e-cigarette product is safe for Texas teens to consume.

Vaping, or e-cigarette use, is common among Texas teens, even though the minimum legal age to purchase e-cigarettes is now 21. Teen vaping in Texas is a public health issue.

Vaping Crisis



Vaping increases teens' risk for **nicotine dependence**.¹ Nicotine exposure during adolescence can **harm brain development** and can alter young people's mood, memory, and learning.^{2,3}



Teens who vape are more likely to start and continue cigarette smoking.^{4,5} It is estimated that **498,000 Texas teens under the age of 18 will die prematurely from smoking** if it is not curbed.⁶ Cigarette smoking costs the state of Texas more than **\$10 billion each year** in health care and Medicaid dollars.⁶



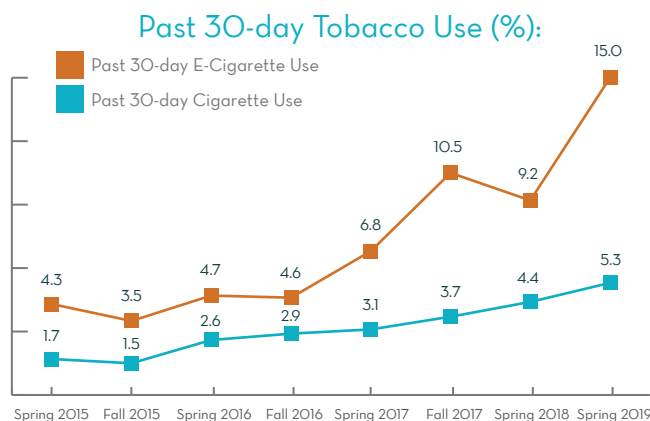
E-liquids and e-cigarette aerosols contain harmful substances like **carcinogens** (e.g., formaldehyde) and **heavy metals** (e.g., lead) that **damage the lungs and body**.⁷

Trends in Teen Vaping

E-cigarettes are now the most commonly used tobacco product among teens according to data from the Texas Adolescent Tobacco and Marketing Surveillance Study (TATAMS).⁸

This study follows a large, population-based cohort of middle school and high school students in the largest metropolitan areas of Texas: Houston, Dallas-Ft. Worth, San Antonio, and Austin.

From 2015 to 2019, past 30-day use of e-cigarettes surpassed past 30-day use of cigarettes, across all years.



Texas can prevent teen vaping:

- Prohibit the sale of flavored tobacco products⁹
- Tax e-cigarette products (e.g., devices, e-juice/liquids, accessories)^{10,11}
- Support implementation of effective, school-based e-cigarette prevention programs¹²
- Talk to teens and parents about the dangers of vaping^{13,14,15}

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Learn more at go.uth.edu/TexasChildHealth

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