

Resources for Reducing E-Cigarette and Vaping Use Among Youth

While cigarette use (smoking) has declined considerably among Philadelphia youth since 1999, the use of other tobacco products and electronic devices (e-cigarettes and vaping) has increased (Figure 1), particularly among boys, non-Hispanic whites, and those identifying as lesbian, gay, bisexual, transgender, queer, or questioning (LGBTQ).¹

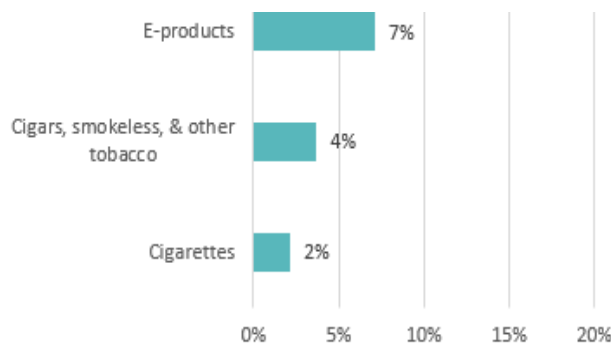


Figure 1: Use of Tobacco Products and E-Cigarettes among Youth in Philadelphia – 2018-2019

E-cigarettes, or vaping, products are battery-operated devices that can deliver nicotine, cannabis (THC), flavorings, chemicals, and other substances in the form of an aerosol.² E-cigarettes are known by many different names and come in many shapes, sizes, and devices that are easily concealed. Flavors that appeal to youth, targeted marketing, and product innovation have contributed to its popularity and increased use.³

E-cigarette use among youth is a public health threat. E-cigarettes and vaping products contain nicotine and other harmful substances. Nicotine is highly addictive, and exposure to nicotine during adolescence may harm the developing brain and affect learning, memory, attention, and impulse control. E-cigarette use also may lead to future cigarette smoking and addiction to other substances.

Reducing e-cigarette use among middle and high school students is a priority of Community Behavioral Health (CBH). As such, and in remaining consistent with CBH's Clinical Practice Guidelines for Tobacco Use Disorder published in August 2020, youth

¹ Philadelphia Department of Public Health. Smoking and Vaping in Philadelphia. CHART 2020; 5(2), 1-7.

² US Department of Health and Human Services. E-cigarette use among youth and young adults: a report of the Surgeon General. Atlanta, GA: US Department of Health and Human Services, CDC; 2016.

https://www.cdc.gov/tobacco/data_statistics/sgr/e-cigarettes/pdfs/2016_sgr_entire_report_508.pdf

³ US Department of Health and Human Services. E-cigarette use among youth and young adults: a report of the Surgeon General. Atlanta, GA: US Department of Health and Human Services, CDC; 2016.

https://www.cdc.gov/tobacco/data_statistics/sgr/e-cigarettes/pdfs/2016_sgr_entire_report_508.pdf

Resources for Reducing E-Cigarette and Vaping Use Among Youth

should be screened and assessed for e-cigarette or vaping use and offered counseling as appropriate. Refer to [Provider Bulletin 20-16](#) for more information on the notification of the Clinical Practice Guidelines for Tobacco Use Disorders.

To support efforts and practices to reduce e-cigarette and vaping use among Philadelphia youth, CBH has compiled a list of resources for its provider network. Resources may be accessed on the [Resources for Reducing E-Cigarettes or Vaping Use Among Youth](#) page on the CBH website.