

E-Cigarettes and Vaping: What You Should Know



For more information please contact the BHEW at 314-516-8412 or susan.depue@mimh.edu

E-Cigarette Use in Youth

E-cigarettes are the most common form of tobacco use among youth in the United States. In 2018, nearly 1 in 20 middle school students and 1 in 5 high school students reported using e-cigarettes in the past 30 days.¹ About 15% of Missouri youth report past month e-cigarette use or vaping, compared to only 6% using standard cigarettes.² Most of the students using e-cigarettes report using flavor-only liquid; however, over 40% use nicotine and 11% use marijuana.²

Lung Injury Associated with E-Cigarette Use³

In 2019, the Centers for Disease Control and Prevention investigated an outbreak of electronic cigarette, or vaping, product use–associated lung injury (EVALI). Over 2,800 cases of EVALI have been reported; 68 patients have died, including two in Missouri. E-cigarette products containing tetrahydrocannabinol (THC) are linked to most EVALI cases.

New Restrictions on E-Cigarette Products

In response to the EVALI outbreak, President Trump signed legislation to raise the minimum age of sale of tobacco products from 18 to 21 years in late 2019.⁴ This includes cigarettes, cigars, and e-cigarettes.⁴ Additionally, to curb e-cigarette use, the FDA prohibited the sale of mint, fruit, and dessert flavored vaping and e-cigarette products, but not menthol or tobacco-flavored products.⁵ However, single-use e-

cigarettes, that cannot be refilled and are disposed after use, are still legally available in all flavors.⁵ This loophole led to the rise of disposable devices, which are now becoming a popular replacement for refillable vaping products.

Disposable e-cigarette brands include Puff Bars, blu, Posh and Stig.⁶ They are pre-charged, pre-filled, and come in a variety of fruit, mint, or dessert flavors.⁶ One bar can contain as much nicotine as three packs of cigarettes. Disposable e-cigarettes, such as Puff Bars, look like USB flash drives and are small enough to fit into a pocket.⁷



1. Centers for Disease Control and Prevention, 2019. *Notes from the Field: Use of Electronic Cigarettes and Any Tobacco Product Among Middle and High School Students — United States, 2011–2018*.
2. Missouri Student Survey, 2018
3. Centers for Disease Control and Prevention, 2019. Outbreak of Lung Injury Associated with E-Cigarette Use, or Vaping.
4. Food and Drug Administration, 2019. Selling Tobacco Products in Retail Stores.
5. The New York Times, 2020. Teens Find a Big Loophole in the New Flavored Vaping Ban.
6. Partnership for Drug Free Kids., 2020. New E-Cigarette Loophole Allows Teens to Switch to Disposable Devices.
7. Truth Initiative, 2020. What are Puff Bars?