

E-Cigarettes Expose NC Youth to the Health Risks of Nicotine

Did you know...

Nicotine is more harmful than you think. **NO AMOUNT IS SAFE FOR YOUTH.**



Among high school students, e-cigarette use is now almost double conventional cigarette use. Nearly all e-cigarettes contain nicotine. ^[1]

Nicotine is a chemical commonly found in cigarettes, e-cigarettes and other tobacco products. **Nearly one in seven of North Carolina high school students who has tried e-cigarettes has never smoked a cigarette.** ^[2] **A growing body of evidence from multiple countries shows that young people who have never smoked cigarettes — but currently use e-cigarettes — are more likely to smoke cigarettes in the future than are young people who do not use e-cigarettes.** ^[12-19] Nicotine is highly addictive and can be toxic.

■ No amount of nicotine is safe for young people.

Nicotine can harm the brain as it continues to develop through young adulthood until age 25.

Animal research has found that even in small doses, nicotine exposure causes long-lasting changes in brain development. The kind of changes that can happen affect learning, memory and addiction to nicotine. ^[1-5]

■ Nicotine is harmful to the health of unborn children.

Evidence shows that fetal exposure to nicotine can have negative long-term effects, including sudden infant death syndrome (SIDS), impaired fetal brain and lung development, hearing problems, effects on behaviors and obesity, and deficits in attention and cognition. ^[6]

Studies also indicate that fetal nicotine exposure is associated with nicotine dependence in adolescence. ^[6-8]

■ Nicotine can be toxic, even deadly.

Eating, drinking or absorbing nicotine can lead to nicotine poisoning; children are especially vulnerable. ^[6] Symptoms of nicotine poisoning include nausea, vomiting, seizures and respiratory depression. ^[9-10] Nicotine poisoning can be deadly.

For poison emergencies or questions, call the Carolinas Poison Center at 1-800-222-1222.

Learn more about e-cigarettes at www.tobaccopreventionandcontrol.ncdhhs.gov/ecigs.



State of North Carolina • Department of Health and Human Services • Division of Public Health
Tobacco Prevention & Control Branch

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