E-cigarettes create a vapor by heating up liquid that contains nicotine and several other compounds. This process is called “vaping.”

The number of high school students in the U.S. using e-cigarettes has dramatically increased from 1 in 50 in 2011 to 1 in 5 in 2015.

Students who have used e-cigarettes in Arkansas increased from 22% in 2011 to 31% in 2015.

Arkansas students typically try e-cigarettes around the 9th grade.

Brains aren’t through developing until the age of 25, especially in the part that controls impulses and helps make decisions. Nicotine has been shown to “prime” the developing brain pathways for addiction. The use of nicotine can increase the risk of nicotine addiction, mood disorders, permanently lower impulse control, and harm areas of the brain that control attention and learning.

Scientists have found a variety of carcinogens and other dangerous chemicals in e-cig vapor:

- Heavy metals such as lead, tin, and nickel
- Benzene, a chemical in gasoline and car exhaust
- Diacetyl for flavoring is linked to serious lung disease
- Defective e-cig batteries have resulted in fires and explosions, causing serious injury

For more information, visit preventionworksar.org, stampoutsmoking.com or smokefree.gov.