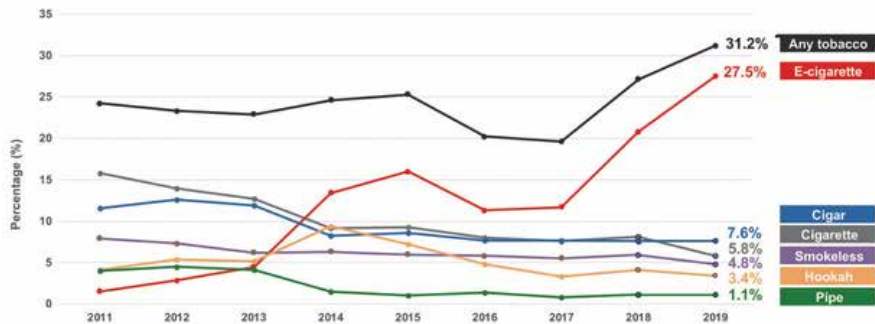


Special Populations: ENDS Use in Young Adults

Odds & ENDS E5

What is the prevalence of ENDS use in young adults?



Tobacco use among high school students (Centers for Disease Control and Prevention)
National Youth Tobacco Survey, 2011-2019.
Image Source¹



ENDS use among high school students grew 900% from 2011 to 2015.

In 2019, 27.5% of U.S. high school students reported using an e-cigarette within the previous 30 days.

What factors influence ENDS use in young adults?

Some of the most frequently reported reasons for e-cigarette use in young adults include curiosity, flavorings, social acceptance, lack of odor, easy concealment, and the belief that ENDS are healthier than conventional cigarettes.

Advertising campaigns by ENDS manufacturers also frequently target adolescents and young adults.

- Social media sites have been flooded with posts related to e-cigarettes, many of which were generated by e-cigarette manufacturers.
- Most social media platforms have policies which restrict the advertisement of e-cigarettes, but these rules are not always strictly enforced, and some types of posts may be permissible.
- Posts about ENDS tend to emphasize the “culture” of vaping and/or use sexually suggestive images to promote ENDS products.



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Special Populations:
ENDS Use in Young
Adults

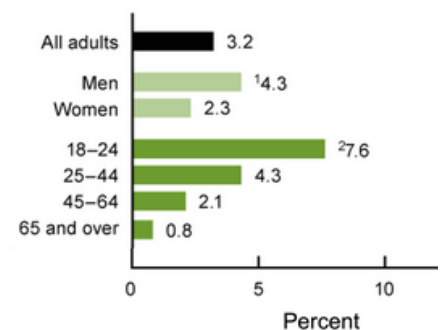
Learning Objectives:

1. Review young adult ENDS use prevalence.
2. Outline factors influencing youth ENDS use.
3. Identify the health implications and downstream effects of ENDS use in young adults.



According to the CDC, approximately 7.6% of young adults aged 18-24 report current e-cigarette use in the U.S.

This is much higher than the rate of ENDS use in the general population, which is approximately 3-4%.



Electronic cigarette use among US adults, 2018.
Image Source²

1. <https://pubmed.ncbi.nlm.nih.gov/32039952/>
2. <https://www.cdc.gov/nchs/products/databriefs/db365.htm>
3. https://pubs.rsna.org/doi/10.1148/radiol.2020192778?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%20%20pubmed

What are the health effects of ENDS use in young adults?

In healthy young adults, vaping with or without nicotine can lead to irritation of the lower respiratory tract, as indicated by airway epithelial injury and reduced transcutaneous oxygen tension.

The median age of individuals with electronic or vaping associated lung injury (EVALI) is 24, and 76% of patients diagnosed with EVALI are under 35 years old.

- Experts theorize that vitamin E acetate, an ingredient often found in THC cartridges or products from “informal sources,” may be a cause of EVALI.
- Young adults use these products at higher rates than older adults.

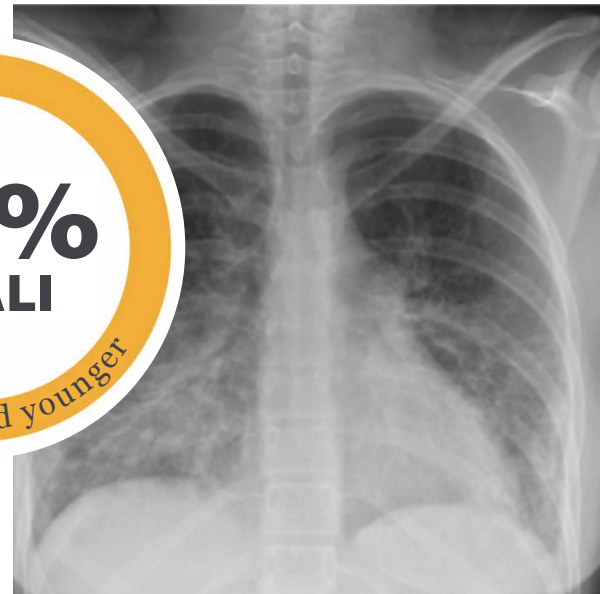


Image Source³

Pediatric chest radiographic and CT findings of electronic cigarette or vaping product use-associated lung injury (EVALI)



Using nicotine products prior to the age of 25 may affect the development of the prefrontal cortex, which is responsible for executive functioning.

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Up Next...

Episode 6
Special Populations:
ENDS Use in Pregnant
Women & Older Adults