Healthy Children, Healthy State:

**TEEN VAPING IN TEXAS**
Michael & Susan Dell Center for Healthy Living

No e-cigarette product is safe for Texas teens to consume.

Vaping, or e-cigarette use, is common among Texas teens, even though the minimum legal age to purchase e-cigarettes is now 21. Teen vaping in Texas is a public health issue.

### Vaping Crisis

Vaping increases teens’ risk for nicotine dependence. Nicotine exposure during adolescence can harm brain development and can alter young people’s mood, memory, and learning.

 Teens who vape are more likely to start and continue cigarette smoking. It is estimated that 498,000 Texas teens under the age of 18 will die prematurely from smoking if it is not curbed. Cigarette smoking costs the state of Texas more than $10 billion each year in health care and Medicaid dollars.

E-liquids and e-cigarette aerosols contain harmful substances like carcinogens (e.g., formaldehyde) and heavy metals (e.g., lead) that damage the lungs and body.

### Trendss in Teen Vaping

E-cigarettes are now the most commonly used tobacco product among teens according to data from the Texas Adolescent Tobacco and Marketing Surveillance Study (TATAMS). This study follows a large, population-based cohort of middle school and high school students in the largest metropolitan areas of Texas: Houston, Dallas-Ft. Worth, San Antonio, and Austin.

From 2015 to 2019, past 30-day use of e-cigarettes surpassed past 30-day use of cigarettes, across all years.

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<thead>
<tr>
<th>Past 30-day Tobacco Use (%)</th>
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<tr>
<td>Past 30-day E-Cigarette Use</td>
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<td>Past 30-day Cigarette Use</td>
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<td>Spring 2015</td>
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<td>4.3</td>
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### Texas can prevent teen vaping:

- Prohibit the sale of flavored tobacco products
- Tax e-cigarette products (e.g., devices, e-juice/liquids, accessories)
- Support implementation of effective, school-based e-cigarette prevention programs
- Talk to teens and parents about the dangers of vaping
References


8. Texas Adolescent Tobacco and Marketing Surveillance Study (TATAMS). Michael & Susan Dell Center for Healthy Living. TATAMS project details available online at http://go.uth.edu/TATAMS. TATAMS follows a large, population-based cohort (n=3,907; N=491,096) of middle school and high school students in Houston, Fallas-Ft. Worth, San Antonio, and Austin.


About the Texas Child Health Status Report

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