



Vaping is Happening in Your Community!

By DJ Wilson, MMA Director of Tobacco Control

Nationwide, the use of vape products has substantially eclipsed smoking in high schools. Initially called e-cigarettes, vape products use a battery and an atomizer to make a vapor out of a liquid, usually called “e-juice”, for inhalation. In almost all instances, these products are flavored and contain addictive nicotine. Vaping as a way to stop traditional tobacco use appears to have the same success rate of FDA-approved cessation products. However, vaping, especially the use of Juul, a brand of e-cigarette, has reached epidemic levels in high schools. The latest Massachusetts Youth Risk Behavior Survey (YRBS) data shows 20% of students routinely vape while fewer than 7.7% smoke traditional tobacco.

Local and state policies have aimed to stem both the use of traditional tobacco products as well as vaping products. Locally, 189 cities and towns, representing 78% of the population, have raised the Minimum Legal Sales Age of tobacco and vaping products from 18 to 21 years of age. 134 cities and towns, representing 60% of the population, restrict the sale of flavored tobacco and vaping product (except menthol) to qualifying adult-only retailers.

At the state level, a new state law will begin in 2019 that will prohibit the sale of vaping products to minors; prohibit the use of vaping products in smoke-free locations (such as restaurants, bars and workplaces) and will raise the Minimum Legal Sales Age of both tobacco and vaping products to 21 except for those who reach the age of 18 by December 30, 2018.

Want help with vaping or tobacco cessation? [Click](#) for a comprehensive list of available resources.