



# Vaping and oral health

## Vaping by the numbers:

- More than 1 in 4 adults reported using electronic cigarettes (known as “vaping”) in 2021
- Up to 6% of middle school students report vaping
- Up to 7% of high school students report vaping



## Vaping FAQs:

### Are e-cigarettes safer than traditional cigarettes?

E-liquids, the liquid that is converted to vapor by the e-cigarette, contains nicotine and other chemicals that affect the mouth and body. More research is needed to understand all of the safety concerns.

### What are the risks to vaping?

Since e-cigarettes are so new to the market, there is little research on the long-term effects. But the known risks include addiction, childhood nicotine poisoning and burns caused by device explosions.

### Are e-cigarettes less addictive than regular cigarettes?

Some e-liquid pods contain the same amount of nicotine as an entire pack of cigarettes. Nicotine affects concentration and executive decision-making skills, particularly in the adolescent brain.

### Does vaping help you to quit smoking?

For teenagers, vaping increases the likelihood of smoking regular cigarettes. Other cessation options have more research to prove their effectiveness.



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