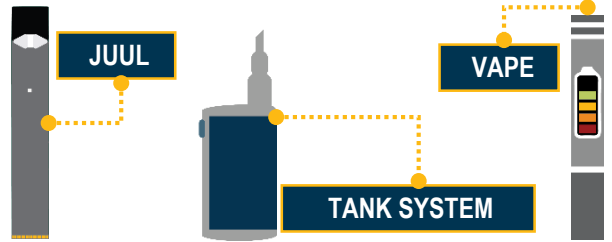# Electronic Nicotine Delivery Systems (ENDS), What's The Buzz?

ENDS are battery-powered devices that heat liquid into an aerosol that a user inhales and exhales. The liquid may contain nicotine and other harmful substances. They come in various forms, but the most common are: e-cigarettes, e-pipes, e-cigars, tank systems, vapes, vape pens or mods.
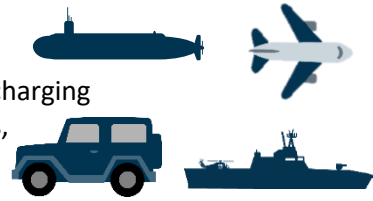
JUUL

VAPE

TANK SYSTEM

Yes, there are regulations!

ENDS are regulated by the **FDA** as of 2016.

ENDS may only be used in **designated smoking areas**.

The Navy bans use, possession, storage and charging of ENDS on all subs, ships, planes and vehicles.

Who uses ENDS?

	SAILORS	MARINES
2018*	9.3%	12.4%
2019*	10.4%	18.0%

*Source: NMCPHC Worksite Health Risk Assessment, 2017-2019 Unpublished Data

Use among youth – future Sailors and Marines themselves – grew from **11.7%** in 2017 to **20.8%** in 2018.

Not Approved By The FDA

ENDS are not an approved tobacco cessation method.

DUAL USE

Using ENDS with other tobacco products to try and cut down on tobacco consumption, is not an effective way to quit and may be harmful.

Not the "safe" form of tobacco!

- ❑ Vaping may cause serious lung injury.
- ❑ The CDC advises no e-cigarette use by youth and young adults.
- ❑ Addictive and same short-term effects on the lungs as smoking cigarettes.
- ❑ Harms brain development in children and young adults into their early 20s.

Find out more here.

Help someone quit:

Find healthy distractions for nicotine cravings.

Plan activities that are tobacco free.

Be available to talk when someone needs support.

Reinforce positive steps towards quitting.

Find out more on how to help them quit today!

Resources:

Click here for the Navy and Marine Corp Public Health Center tobacco cessation toolbox.

Live chat with professionals for support and encouragement on the journey to tobacco free living.

SmokefreeTXT provides free text messages that give 24/7 encouragement, advice and tips for quitting tobacco.