DELTA DENTAL®

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.

The Power of Smile™
Learn more about how your oral health connects to your overall health at:
Blog.DeltaDentalNE.org

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