In recent years, tobacco companies have significantly stepped up the introduction and marketing of flavored non-cigarette tobacco products, especially e-cigarettes. These products are widely available and popular with kids. Flavored e-cigarettes are undermining the nation’s overall efforts to reduce youth tobacco use and putting a new generation of kids at risk of nicotine addiction and the serious health harms that result from tobacco use.

**Electronic Cigarettes Are the Most Popular Tobacco Product Among Youth**

Given the dramatic growth in the availability and marketing of e-cigarettes, it is no surprise that e-cigarettes have been the most commonly used tobacco product among youth since 2014. Youth e-cigarette use remains a serious public health concern, with over 2.5 million youth, including 14.1% of US high schoolers, reporting current e-cigarette use in 2022.¹

Youth are not just experimenting with e-cigarettes, but using them on a frequent basis, an indicator of serious addiction. In 2022, 46% of high school e-cigarette users reported vaping on 20 or more days/month, and 30.1% reported daily use. In total, 700,000 middle and high school students are vaping every single day.² According to the FDA, “Teens who vape may end up addicted to nicotine faster than teens who smoke cigarettes. This is because vapes may expose users to more nicotine and may be used more frequently. Plus, e-cigarettes may come in flavors that appeal to youth. Appealing flavors may cause teens to vape longer and more often, putting them at risk for nicotine addiction.”³

**E-Cigarettes are Widely Available in Kid-Friendly Flavors**

Internal tobacco industry documents show that tobacco companies have a long history of using flavors to reduce the harshness of their products to make them more appealing to new users, almost all of whom are under age 18.⁴ Not surprisingly, the youth e-cigarette epidemic coincided with an explosion of sweet-flavored e-cigarette products. As of 2017, researchers had identified more than 15,500 unique e-cigarette flavors available online.⁵

In February 2020, the FDA restricted some flavors in cartridge-based e-cigarettes, but exempted menthol-flavored e-cigarettes and left flavored e-liquids and disposable e-cigarettes widely available in every imaginable flavor. Data show that youth quickly migrated to the flavored products that were exempt from the FDA’s policy, with 80% of 10th and 12th grade e-cigarette users reporting that they could still easily obtain nicotine solutions in flavors other than tobacco or menthol.⁶ As a result, sales of these exempted products has grown substantially:

- From February 23, 2020, to July 10, 2022, sales of disposable e-cigarettes increased by 161% (from 4.9 million units to 12.7 million units). During this period, the market share of disposable devices increased from 29.9% to 49.6% of total e-cigarette sales. As of July 10, 2022, 80.3% of disposable sales were of flavors other than tobacco, mint and menthol.⁷
From February 23, 2020, to July 10, 2022, overall menthol flavored e-cigarette sales increased by 38.6% (from 6.0 million to 8.3 million units), including a 43% increase in menthol-flavored cartridge sales (from 5.6 million units to 7.9 million units). As of July 10, 2022, menthol flavored e-cigarettes sales accounted for 32.6% of the overall e-cigarette market and 61.9% of the prefilled cartridge market. 

In addition to menthol, sales of flavored e-cigarettes with other cooling agents—often marketed as ice, cool, chill, freeze, or frost—have also grown. As of November 2021, among e-cigarettes with cooling flavors, 73% were menthol and 22.1% were other cooling flavors (an increase from 5.4% in February 2020).

Flavored E-Cigarettes Are Popular Among Youth

Flavors play a major role in youth use of e-cigarettes because they mask the taste of tobacco and make it easier for new users to initiate use. In addition, many youth perceive flavored tobacco products to be less harmful. The 2016 Surgeon General Report on e-cigarettes concluded that flavors are among the most commonly cited reasons for using e-cigarettes among youth and young adults. 

The 2022 NYTS found that about 85% of youth e-cigarette users use flavored products. Among youth users of flavored e-cigarettes, the most commonly used flavor types were fruit (69.1%), candy/desserts/other sweets (38.3%), mint (29.4%) and menthol (26.6%).

Data from the 2018-2019 wave of the PATH study found that 98.1% of 12-17 year-old e-cigarette users reported using flavored products. Earlier data from the 2016-2017 wave of the PATH study it found that 70.3% say they use e-cigarettes “because they come in flavors I like.”

While fruit and mint flavors are now prohibited in cartridge-based e-cigarettes, disposable e-cigarettes come in a wide array of kid-friendly flavors, like cotton candy, strawberry, and mint, which have become increasingly popular among kids. In 2022, 55.3% of youth e-cigarette users reported using disposable e-cigarettes. Among current youth users of flavored disposable e-cigarettes, the most popular flavor types are fruit (75.2%) and candy, desserts, and other sweets (40.4%).

A national convenience survey conducted after youth returned to in-person school in late 2021 found that youth e-cigarette users continue to use a variety of products and flavors, underscoring the importance of e-cigarette regulations that apply to all flavors and device types.

E-Cigarette Use Increases Risk for Smoking

Flavored tobacco products play a key role in enticing new users, particularly kids, to a lifetime of addiction. There is growing concern that use of e-cigarettes may function as a gateway to the use of more dangerous, combustible tobacco products.

A 2018 report by the National Academies of Science, Engineering and Medicine (NASEM) concluded that, “There is substantial evidence that e-cigarette use increases risk of ever using combustible tobacco cigarettes among youth and young adults.”

A nationally representative analysis found that from 2013 to 2016, youth e-cigarette use was associated with more than four times the odds of trying cigarettes and nearly three times the odds of current cigarette use. The researchers estimate that this translates to over 43,000 current youth cigarette smokers who might not have become smokers without e-cigarettes.

While youth cigarette smoking is at a record low, youth e-cigarette use has undermined progress in reducing overall youth tobacco use.

Health Effects of Flavored E-Cigarettes

Flavored e-cigarettes contain nicotine, the highly addictive chemical that makes it so easy to get hooked on tobacco products and so hard to quit. According to the Surgeon General, “The use of products containing nicotine in any form among youth, including in e-cigarettes, is unsafe.” Flavorings in e-cigarettes can also pose additional health hazards. According to the Surgeon General, “while some of the
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flavorings used in e-cigarettes are generally recognized as safe for ingestion as food, the health effects of their inhalation are generally unknown” and noted that some of the flavorings found in e-cigarettes have been shown to cause serious lung disease when inhaled.20 An article in the Journal of the American Medical Association raised concerns that the chemical flavorings found in some e-cigarettes and e-liquids could cause respiratory damage when the e-cigarette aerosol is inhaled deeply into the lungs.21

Campaign for Tobacco-Free Kids, November 11, 2022 / Laura Bach
