

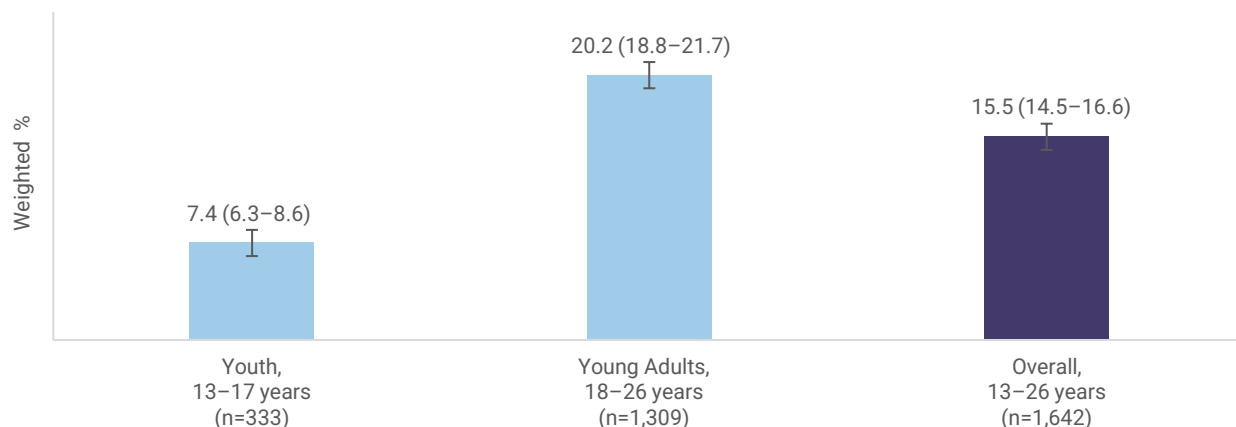
## Data Brief | Issue 1

## TEEN+ Study

This data brief highlights findings from a nationally-representative sample of 10,233 respondents, including 3,465 youth (13–17 years of age) and 6,768 young adults (18–26 years of age), fielded February–June 2024.

### E-Cigarette Use Among Young People is a Public Health Concern

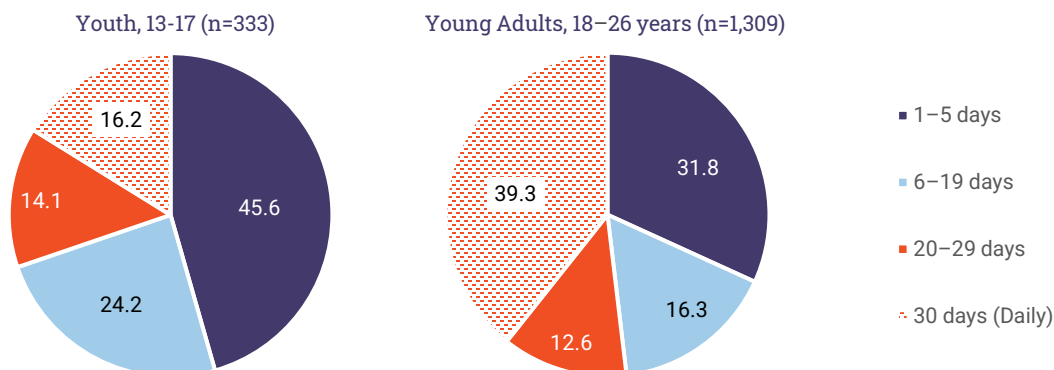
Current (Past 30-Day) E-Cigarette Use  
Among Youth and Young Adults



Overall, 15.5% (95% CI: 14.5–16.6) of U.S. youth and young adults reported current (past 30-day) use of e-cigarettes, including 7.4% (95% CI: 6.3–8.6) of youth and 20.2% (95% CI: 18.8–21.7) of young adults.

### Many Youth and Young Adults Who Use E-Cigarettes Are Vaping Frequently or Daily

Past 30-Day Frequency of E-Cigarette Use  
Among Youth and Young Adults



Among youth and young adults who currently used e-cigarettes, 30.3% of youth and 51.9% of young adults reported frequent use or daily use (use on 20 or more days or all 30 days in the past 30-days, orange solid and orange patterned colors above summed).

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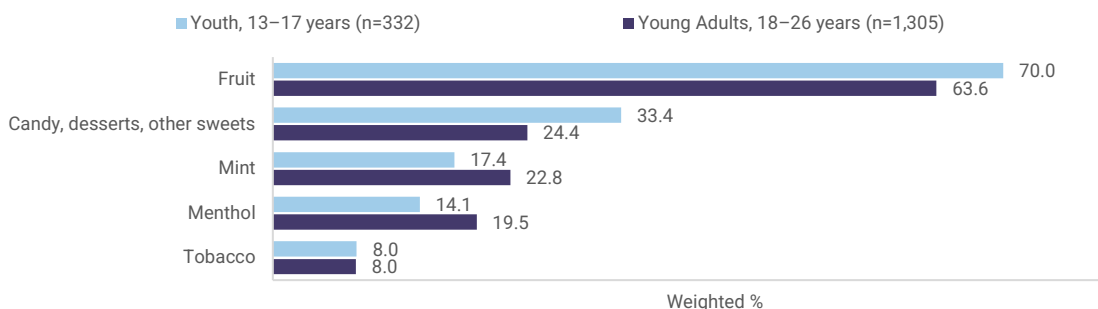
## TEEN+ Study

### Over 95% of Young People Who Vape Use Non-Tobacco Flavors

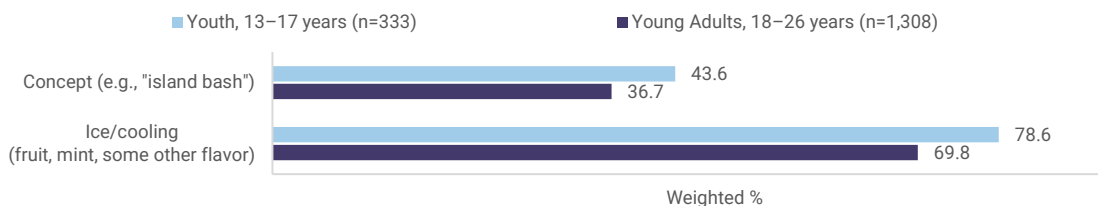
#### E-Cigarette Flavors Used in Past 30-Days Among Youth and Young Adults Who Currently Used E-Cigarettes (select all that apply)

Among youth and young adults who currently use e-cigarettes, fruit was the most commonly reported flavor used.

Of those who currently used e-cigarettes, 78.6% of youth and 69.8% of young adults reported use of ice/cooling flavors, including fruit, mint or some other flavor.

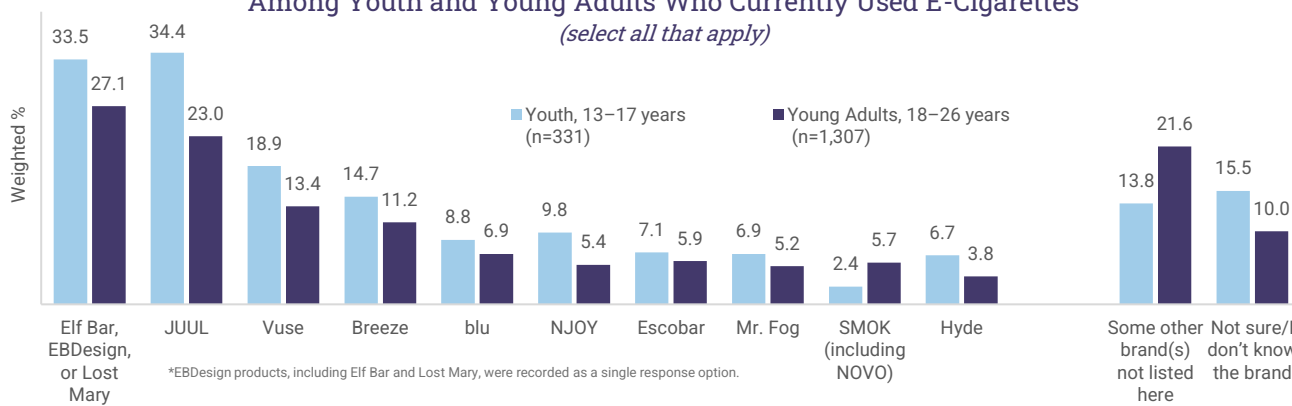


#### Concept and Cooling Flavors Used in Past 30-Days Among Youth and Young Adults Who Currently Used E-Cigarettes



### Youth and Young Adults Use a Wide Range of Vape Brands

#### Past 30-Day E-Cigarette Brands Among Youth and Young Adults Who Currently Used E-Cigarettes (select all that apply)



Among youth who currently used e-cigarettes, JUUL and Elf Bar were the most commonly reported brands used in the past 30-days, followed by Vuse. Among young adults, Elf Bar was the most commonly reported brand, followed by JUUL and Vuse.

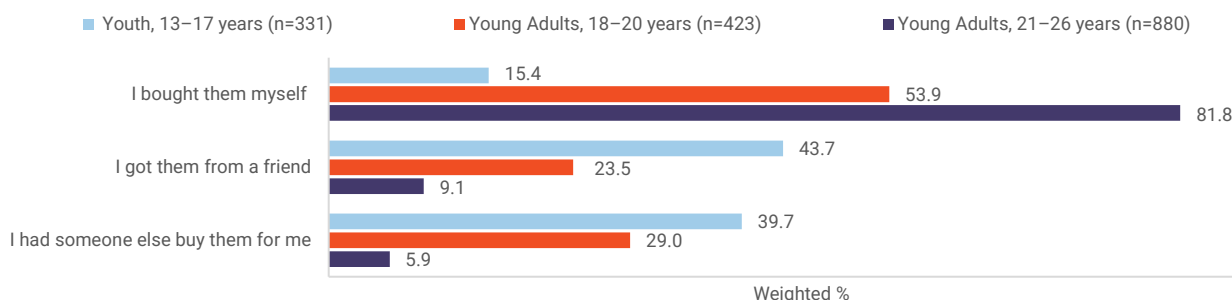
Note: While only the top ten responses are displayed on the figure, a total of twenty brands appeared in the survey related to past 30-day e-cigarette brand use, and hundreds more exist on the market.

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## TEEN+ Study

### Despite T21 Laws, More Than Half of 18–20 Year Olds Buy Their Own Vapes; Youth Tend to Rely on Social Sources

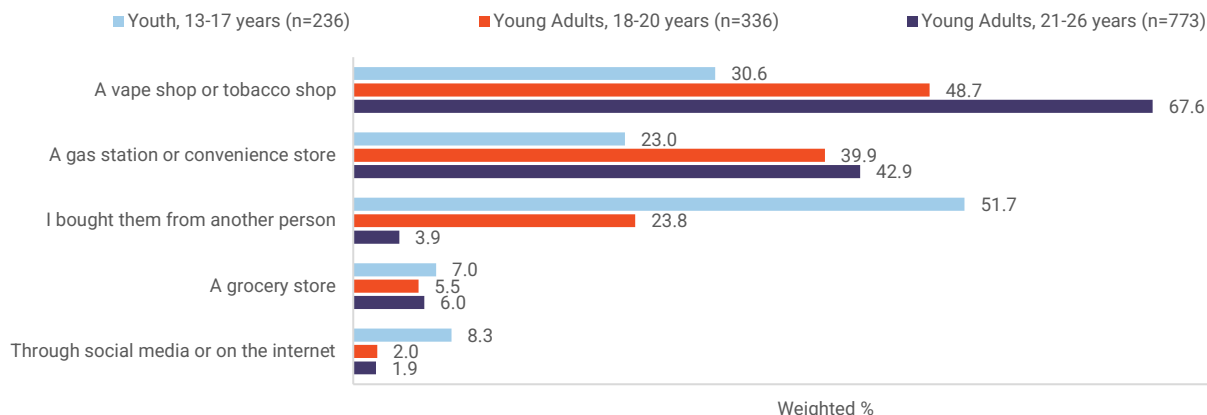
Past 30-Day Access Source of E-Cigarettes  
Among Youth and Young Adults Who Currently Used E-Cigarettes  
(select all that apply)



The federal legal age of sale for e-cigarettes and other tobacco products is 21. Most (81.8%) young adults 21 or older who vape buy their own e-cigarettes. However, 53.9% of 18–20-year-olds who currently vape buy their own e-cigarettes. Youth ages 13–17 primarily rely on social sources for e-cigarettes, like getting e-cigarettes from a friend (43.7%) or having someone else buy e-cigarettes for them (39.7%).

### Peers, Vape/Tobacco Shops and Convenience Stores are Common Sources of E-Cigarette Access for Young People

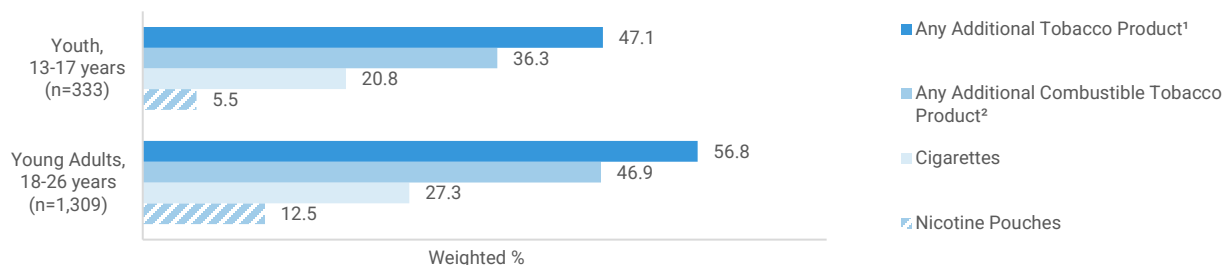
Past 30-Day Purchase Source of E-Cigarettes  
Among Youth and Young Adults Who Currently Used E-Cigarettes  
(select all that apply)



Youth and young adults who currently used e-cigarettes were asked: “In the past 30 days, where did you buy your e-cigarette devices, pods, cartridges, or e-liquid refills?” Among those who had used e-cigarettes in the past 30-days, 30.6% of youth (13–17) and 48.7% of young adults (18–20) reported purchasing from a vape or tobacco shop and 23.0% of youth (13–17) and 39.9% of young adults (18–20) reported purchasing from a gas station or convenience store within the past 30-days, despite age verification requirements. Young adults aged 21–26 also reported vape or tobacco shops as the most common purchase source (67.6%). Note, only the most frequently reported answer choices are shown here, not all answer choices.

## About Half of Youth and Young Adults Who Vape Use At Least One Other Tobacco Product

Current Tobacco Product Use  
Among Youth and Young Adults Who Currently Used E-Cigarettes



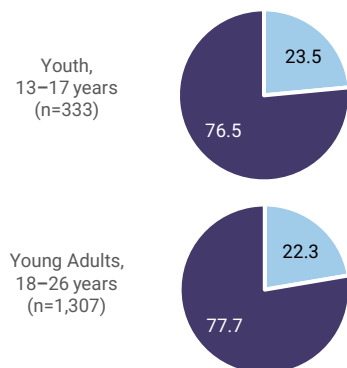
1. Defined as current use of one or more other tobacco products, including combustible cigarettes, cigars, cigarillos, little cigars, hookah or waterpipe, smokeless tobacco or snus, heated tobacco, nicotine pouches or other oral nicotine products.

2. Defined as current use of one or more combustible products, including cigarettes, cigars, cigarillos, little cigars, hookah or waterpipe.

Nearly half of youth (47.1%) and more than half of young adults (56.8%) who currently used e-cigarettes reported current use of at least one other tobacco product. Of those who currently used e-cigarettes, 36.3% of youth and 46.9% of young adults reported current use of one or more combustible tobacco products.

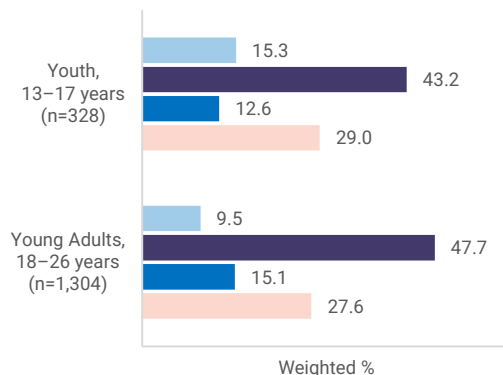
## Most Youth and Young Adults Who Vape Want to Quit and Have Tried to Quit

Quit Attempts  
Among Youth and Young Adults  
Who Currently Use E-Cigarettes



- No, has not ever tried to completely stop using e-cigarettes
- Yes, has ever tried to completely stop using e-cigarettes

Quit Intentions  
Among Youth and Young Adults  
Who Currently Used E-Cigarettes



- I've already quit
- Yes, planning to quit within the year
- Yes, planning to quit but not within the year
- No, I am not thinking about quitting

Of those who currently used e-cigarettes, more than three-quarters of youth (76.5%) and young adults (77.7%) reported ever trying to completely stop using e-cigarettes. Furthermore, nearly half of youth (43.2%) and young adults (47.7%) who currently used e-cigarettes indicated that they were seriously thinking about quitting within the year.

## Many Youth Who Vape Exhibit Signs of Nicotine Dependence

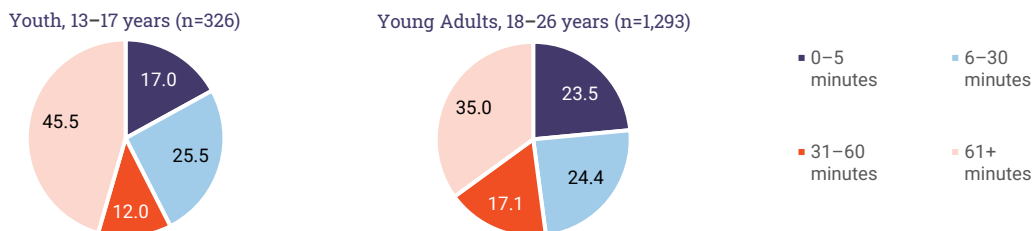
### Hooked on Nicotine Checklist (HONC) Score Among Youth and Young Adults Who Currently Used E-Cigarettes



Among youth who currently used e-cigarettes, nearly two-thirds (64.6%) showed evidence of diminished autonomy over their tobacco use based on the Hooked on Nicotine Checklist<sup>1</sup> (HONC).

## Nearly Half of Youth and Young Adults Want To Use an E-Cigarette Within a Half-Hour of Waking

### Time to Want to Use an E-Cigarette After Waking Among Youth and Young Adults Who Currently Used E-Cigarettes



Youth and young adults who currently used e-cigarettes were asked: "On the days that you use e-cigarettes, how soon after you wake do you want to use an e-cigarette?" Experiencing cravings within 30 minutes of waking in the morning is one indicator of nicotine dependence. Over 40 percent of youth (42.5%) and nearly half of young adults (47.9%) who currently use e-cigarettes reported wanting to use e-cigarettes within 30 minutes of waking (purple and blue colors above summed).

## TEEN+ Methods and Notes

The Tobacco Epidemic Evaluation Network (TEEN+) Study is a nationally-representative, address-based, longitudinal cohort of youth and young adults fielded semiannually since July 2022. TEEN+ enables the collection of timely estimates to evaluate behavior and perceptions of tobacco products among youth and young adults in the context of a rapidly changing policy and product landscape. Sampling design allows for the calculation of nationally representative estimates.

Additional information about the TEEN+ Design is available [here](#).

**Reference:** <sup>1</sup> DiFranza JR, Savageau JA, Fletcher K, et al. Measuring the Loss of Autonomy Over Nicotine Use in Adolescents. Arch Pediatr Adolesc Med. 2002;156(4):397.

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**Disclaimer:** The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the CDC Foundation.

**Notice:** The data in this brief are preliminary and subject to revision.