

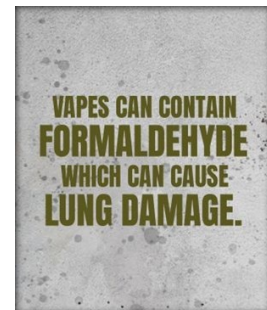


December 2025 | Volume 28

BU QUARTERLY

The Truth About What Vaping Is Doing to Your Body

E-cigarettes were once promoted as a safer alternative to smoking, but medical experts warn that this perception is misleading—especially for youth. According to Johns Hopkins pulmonologist Dr. Panagis Galiatsatos, vaping delivers highly addictive levels of nicotine (often equal to a pack of cigarettes per pod) and uses flavors and marketing that appeal to young people. In 2024, nearly 1.6 million middle and high school students reported using e-cigarettes, prompting the U.S. Surgeon General to label youth vaping a public health crisis.



While the long-term effects are still emerging, doctors are already seeing warning signs: increased lung infections, persistent coughs, worsening asthma, and reduced athletic endurance among young users. Vaping exposes the lungs to toxic chemicals that cause inflammation and weaken immune defenses, potentially leading to chronic conditions like bronchitis, COPD, emphysema, and even lung collapse over time. Dr. Galiatsatos cautions that vaping mirrors the early days of tobacco—slow, often invisible damage that results in lifelong addiction and disease—underscoring the urgent need to protect the next generation from nicotine dependence. (*American Lung Association, 2025*)

Reference: <https://www.lung.org/blog/illnesses-vaping-causes>

Federal Data Show Encouraging Youth Substance Use Trends, While Underscoring Need for Continued Progress and Action in Areas of Concern

The 2025 *Monitoring the Future* Survey shows encouraging progress, with most U.S. teens reporting low drug use and record-high levels of abstinence from tobacco, alcohol, and cannabis. However, concerns remain—especially around nicotine. While youth vaping has declined in recent years, usage has now leveled off, and nicotine use among 12th graders increased, highlighting the need for stronger enforcement against illegal products and better prevention and cessation efforts.

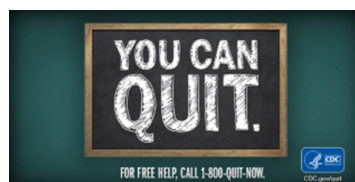
Today's e-cigarettes are cheaper, stronger, larger, and more appealing to youth, with many products sold illegally and lacking FDA authorization. At the same time, sales of oral nicotine pouches are rapidly rising, creating new pathways for youth nicotine addiction. Nicotine use during adolescence poses serious risks to brain development, mental health, and future substance use.

Experts stress that enforcement and prevention alone are not enough. Providing effective quit support is essential. Truth Initiative's EX Program offers free, evidence-based resources that have helped millions quit nicotine and have been shown to significantly increase quitting success among teens and young adults. While recent trends show progress is possible, continued action is critical to reduce youth nicotine use and ensure young people have the support they need to choose healthier futures. (Crosby, Kathy, 2025)

Reference: <https://truthinitiative.org/press/press-release/federal-data-show-encouraging-youth-substance-use-trends-while-underscoring>

Tips to Manage Withdrawal

- ◆ Use a quit-smoking medicine
- ◆ Keep busy and distract yourself
 - ◆ Be active/exercise
- ◆ Spend time with friends and loves one who don't smoke
 - ◆ Enjoy a healthy snack



New Year, New Commitment to Quit Vaping

A new year brings a fresh start—and for many, it's the perfect time to commit to a healthier, vape-free life. Quitting vaping is one of the most important steps you can take to protect your lungs, improve focus and energy, and reduce nicotine dependence. While quitting can be challenging, every attempt brings you closer to lasting success, and the health benefits begin quickly.

This year, we encourage individuals, families, and communities to renew their commitment to living nicotine-free. Quitting vaping helps lower the risk of lung irritation, addiction, and long-term health effects, while also supporting better mental well-being and overall quality of life. It's not just about stopping a habit—it's about regaining control and choosing health.

The new year is also a reminder that no one has to quit alone. With access to proven quit resources, personalized support, and encouragement from others, quitting vaping is achievable. Whether you're ready to quit now or just starting to think about it, there is help available every step of the way.

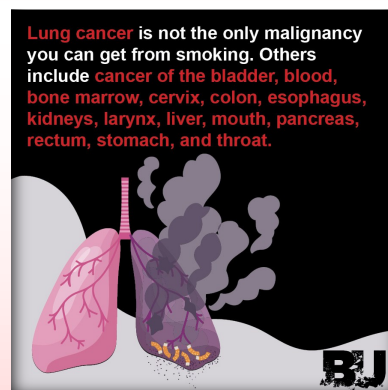
Let this be the year of healthier choices, stronger commitments, and a vape-free future. A new year offers a new beginning—and a healthier you is worth it.

For free help, visit [CDC.gov/QUIT](https://www.cdc.gov/QUIT) or call 1-800-QUIT-NOW.

Unified Policy Statement

All schools partnering with BU recognizes that the use of commercial tobacco products, including electronic smoking devices, and other smokeless tobacco is a health, safety and environmental hazard for students, staff, visitors and school facilities. Therefore, the use of tobacco products of any kind are prohibited from school campuses, school-sponsored events, and district properties.

There is no smoking within 1,000 feet of official school property such as school playground facilities, football, baseball, tennis and soccer fields by personnel or students. If a student is in violation of this policy, he/she will be in violation of our tobacco policy.




CONTACT US

Contact us with your questions, concerns, or testimonies. For additional updates on the Youth Tobacco & Vaping Prevention Program, follow us on social media.

Caffee, Caffee & Associates Public Health Foundation, Inc.

601-336-7212

www.butobaccofree.com

 B U Tobacco Free

 @BUTobaccoFree

 B U Tobacco Free

 BU Youth Tobacco & Vaping Prevention Program

This program is funded by a grant from the Mississippi State Department of Health – Office of Tobacco Control.