

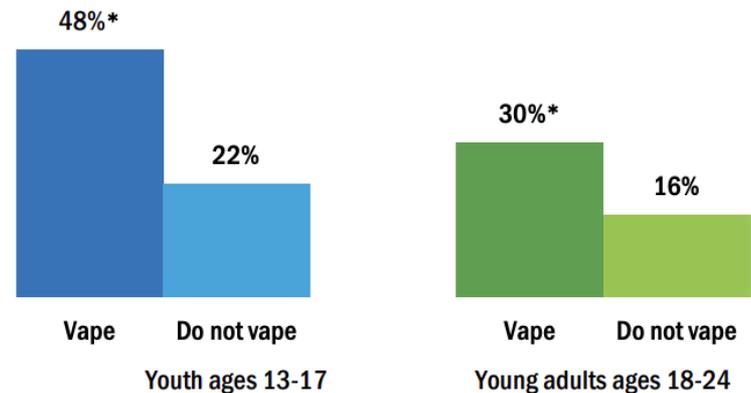
# Vaping & Our Kids in Queens: *Building a Healthier, Smoke-Free Future Together*

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# Why This Matters Now

- Nicotine harms the developing brain—affecting memory, learning, mood, and impulse control.
- Even occasional vaping can create long-term addiction.
- 1 in 7 NYC students report vaping.
- About 14% of NYC high schoolers vape, compared to only 4% who smoke cigarettes.
- 77% of young adults who vape never smoked cigarettes.
- Youth and young adults who vape experience depression at higher rates than those who do not vape.

*Depression by vaping among NYC youth*

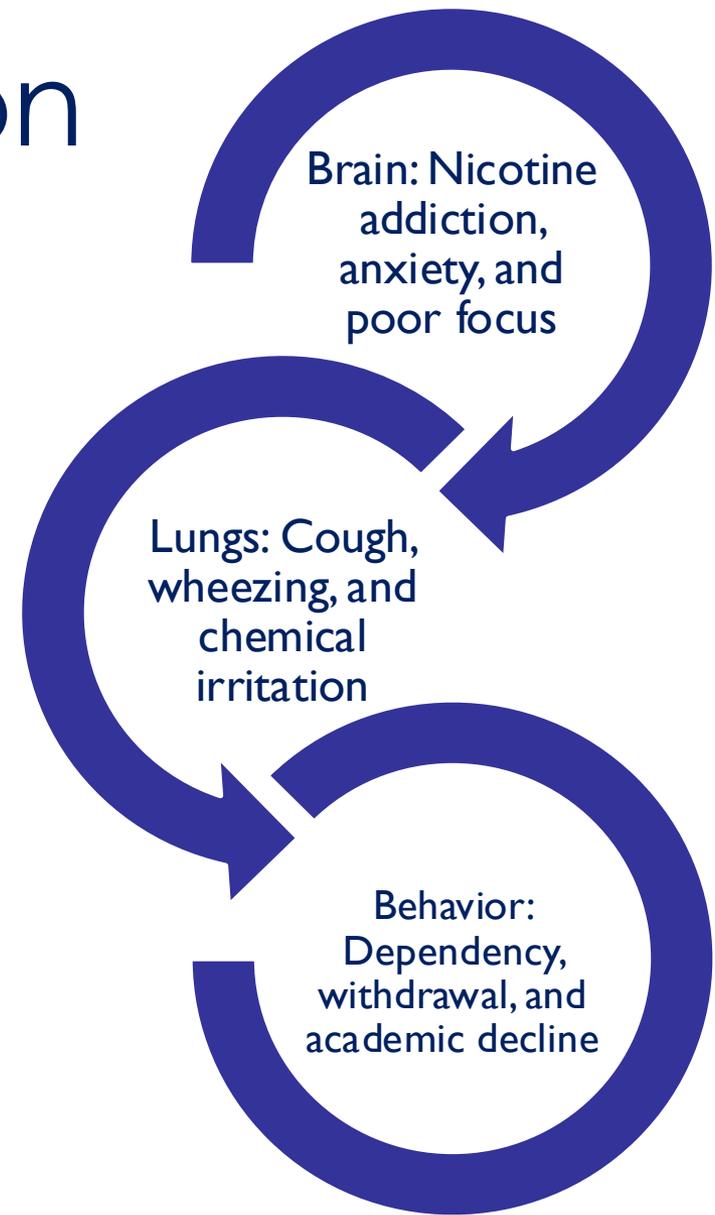


For youth, vaping includes those who reported any vaping in the past 12 months. For young adults, vaping includes those who reported any use of an e-cigarette or vape product in the past 30 days.

\*Estimate should be interpreted with caution due to wide 95% confidence interval  
Sources: NYC Teen Mental Health Survey 2023, NYC Community Health Survey 2021-2022.

# Health Impacts on Our Youth

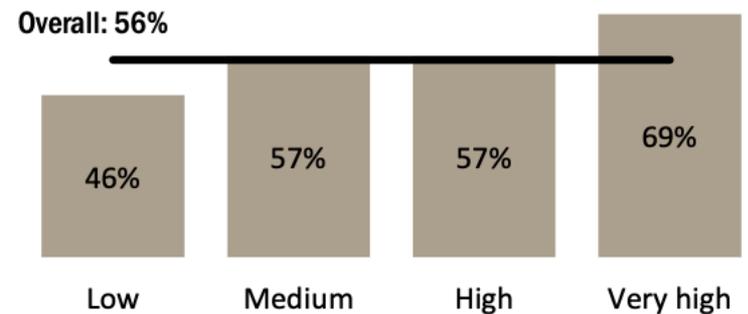
- Vaping = E-cigarettes
- Heated liquid which creates an aerosol, inhaled into the lungs.
- Liquids contain nicotine, heavy metals, and toxic flavor chemicals.
- Devices often look like USB drives, pens, or cosmetic items.



# The Law in New York

- Flavored vaping products are banned in NY.
- Despite NYC's 2020 flavor ban, 56% of inspected retailers still sold flavored products.
- Violations are highest (69%) in neighborhoods with more young residents.
- Community partnerships are vital to enforce the law.

Percentage of retailers in violation by proportion of residents ages 24 or younger in New York City neighborhoods



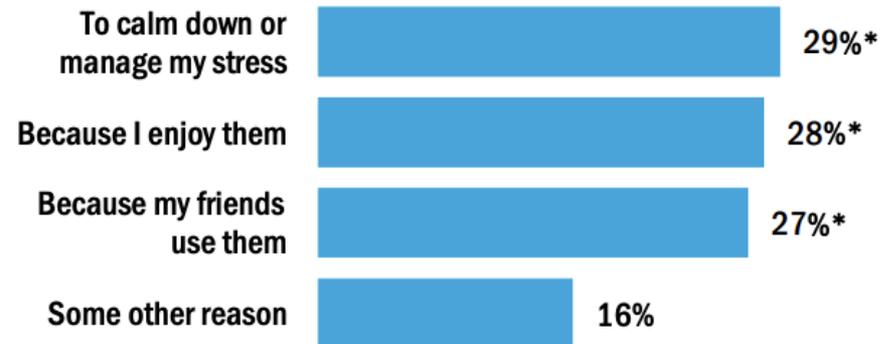
UHF neighborhoods by proportion of residents ages 24 or younger

Source: NYC Department of Consumer and Worker Protection, 2023

# Recognizing the Signs ... ... *and Reasons*

- Sweet or fruity odors.
- Frequent bathroom breaks or secretive behavior.
- USB-like devices or small cartridges.
- Irritability when unable to vape.
- The reasons that youth vape are complex and will require a multipronged approach to address

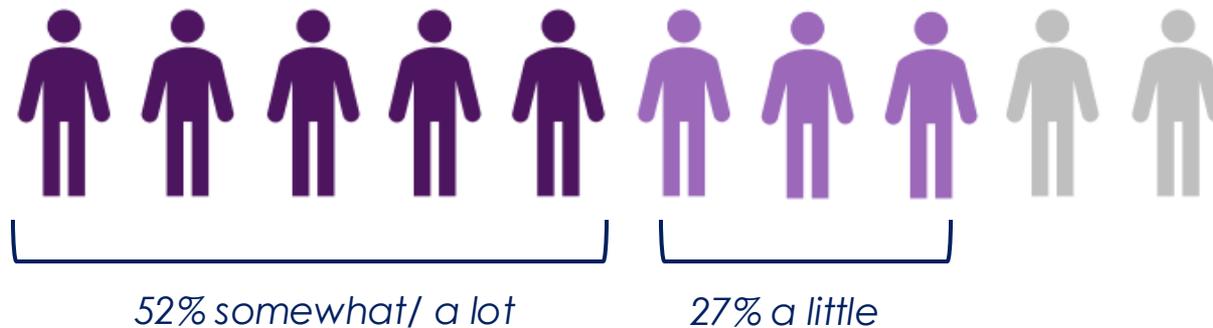
Prevalence of the main reason for vaping among youth 13-17 years old who vaped, 2023



*\*Estimate should be interpreted with caution due to wide 95% confidence interval.*

Sources: NYC Teen Mental Health Survey, 2023

# Eight in 10 high school students in NYC who vape want to quit \*



NY Quitline: 1-800-QUIT-NOW

This is Quitting: Text DITCHVAPE to 88709

My Life, My Quit: Call or text 855-891-9989

\*Source: Youth Tobacco Survey, 2022

# What We Can Do Together



## ***At Home***

Talk early and calmly  
Set clear  
expectations



## ***At School***

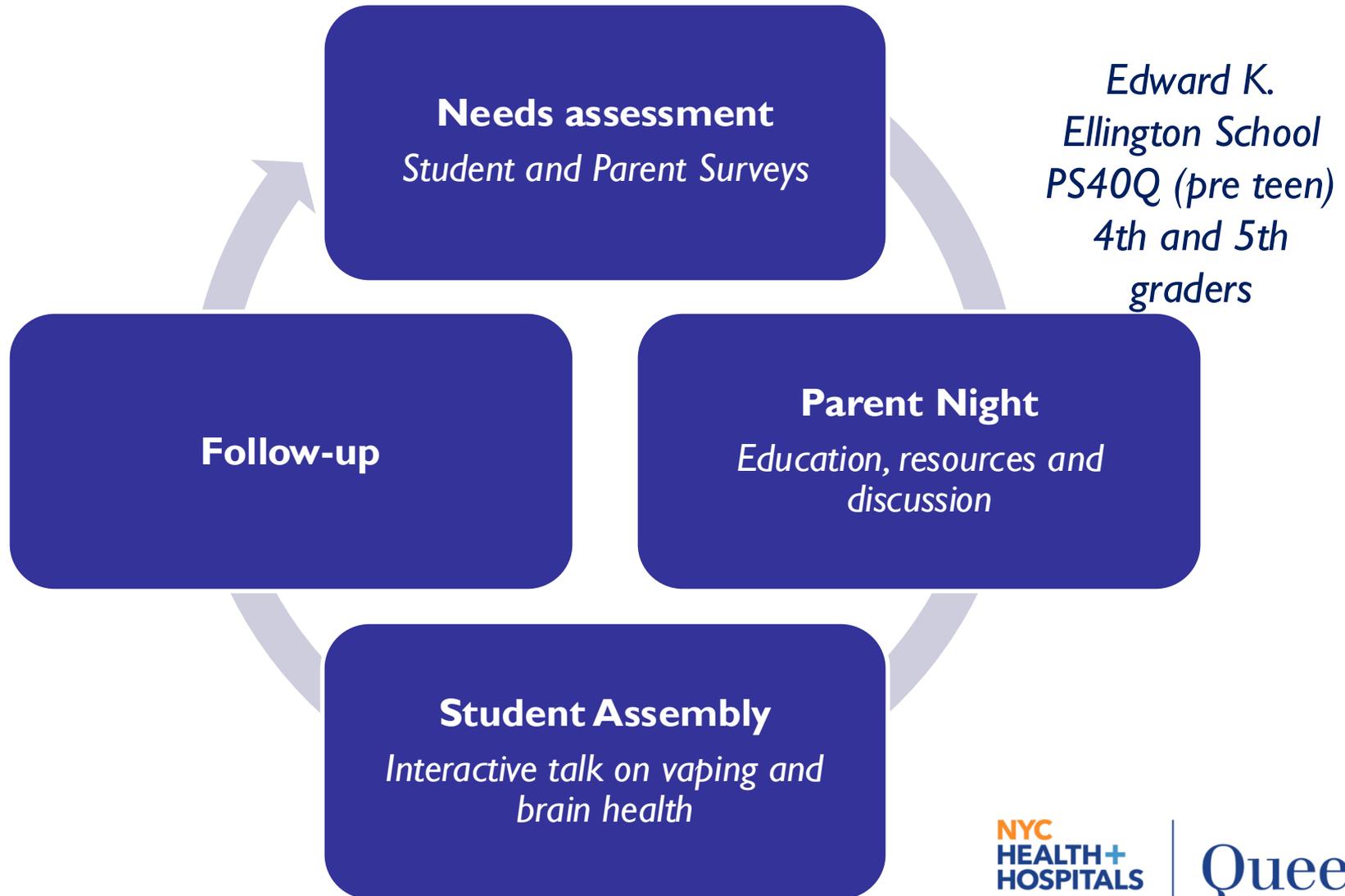
Train staff and update  
policies  
Integrate vaping  
education in  
curriculum



## ***As a Community***

Partner with PTAs,  
youth leaders, and  
faith groups

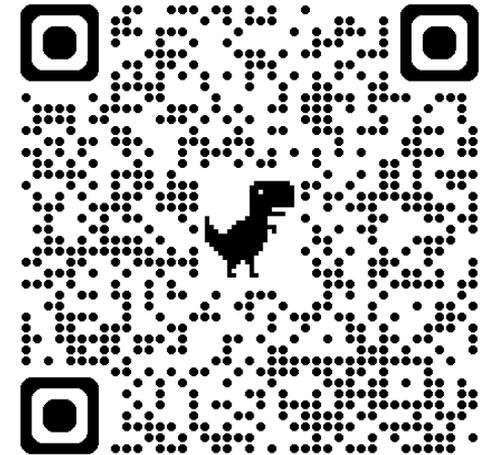
# Middle School Pilot Program



# NYC Statement: Youth and Young Adult Vaping

- New NYC Health Department Data Show Vaping Persists Among Young New Yorkers
- Despite Declines In Cigarette Smoking, E-Cigarette Use Persists Among Teens And Young Adults
- Adams Administration Has Concentrated Efforts on Protecting Children from Harmful and Illegal Vapes Through Litigation Against Distributors and Shutting Down Illegal Shops

NYC Vital Signs  
(June 2025)



# VAPING NICOTINE



Headaches

Shortness of breath

Rapid heartbeat

Panic attacks

Irritability, mood swings, and anxiety

Relationship issues

Learning difficulties

**QUIT VAPING TODAY!**

**Text: DropTheVape to 88709**

Get free, 24/7 confidential support and advice from other young people. This will help you stay strong.

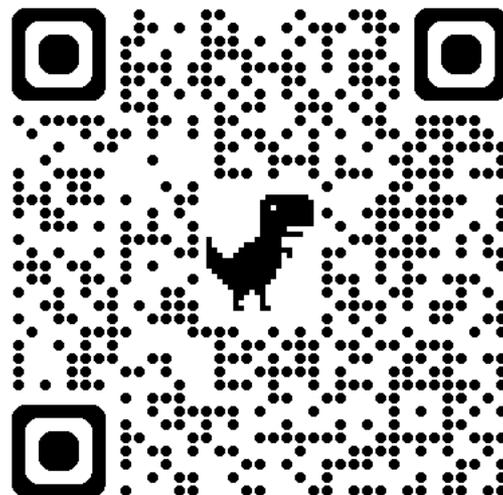


Department  
of Health

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06/23

NYC-created flyers



# Questions/ Discussion