

# Be Aware: Vaping and E-Cigarettes

## What is vaping?



- Vaping (or JUULing) is the use of e-cigarettes, a product that often contains nicotine and can also be used with marijuana and CBD. Vaping devices produce an aerosol when the inserted liquid is heated.
- E-cigarettes come in a wide range of sizes. Some look like cigarettes while others look like USBs or pens.
- They often smell of fruit or candy due to flavoring.
- Includes: Mods, vapes, e-pens, e-cigs, e-hookahs, JUULs, electronic nicotine delivery system (ENDS)

## Who is vaping?



- Nationally from 2017 to 2018, e-cigarette use increased 78% among high school students and 48% among middle school students. 20.8% of high school students and 4.9% of middle school students reported e-cigarette use.
- Because devices are easy to conceal, they are often used in school bathrooms, locker rooms and even classrooms.

Vaping is relatively new so many teens do not know the risks. Some teens think it is only water vapor and do not know that one JUUL pod contains 200 “puffs” that is equivalent to as much nicotine as a pack of cigarettes.<sup>2</sup>

## What is the danger?



- Nicotine use can impair prefrontal brain development in teens, leading to attention deficit disorder and poor impulse control. Some e-cigarettes generate significant amounts of formaldehyde, a carcinogen.
- The vapor contains known carcinogens and toxins as well as potentially toxic metal nanoparticles from the vaporizer.
- Youth who use e-cigarette products are more likely to use cigarettes or other tobacco products and also leads to later use of marijuana.
- Nicotine is a highly addictive substance. Nicotine increases dopamine, rewarding the user and reinforcing the use of the drug leading to addiction.

## Myths v. Facts<sup>7</sup>

**Myth:** It’s Just Water Vapor

**Fact:** Vaping can expose the user’s lungs to harmful chemicals like formaldehyde, diacetyl and acrolein, as well as toxic metal particles like nickel, tin and lead.

**Myth:** It’s Just Flavoring

**Fact:** Vapes get their flavors from chemicals. While these flavorings are safe to eat in food, they’re not safe to inhale. Inhaling flavor chemicals can harm your lungs.

**Myth:** I don’t have an addictive personality —I won’t get hooked on vapes.

**Fact:** Vaping delivers nicotine to the brain in as little as 10 seconds. A teen’s brain is still developing, making it more vulnerable to nicotine addiction.



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