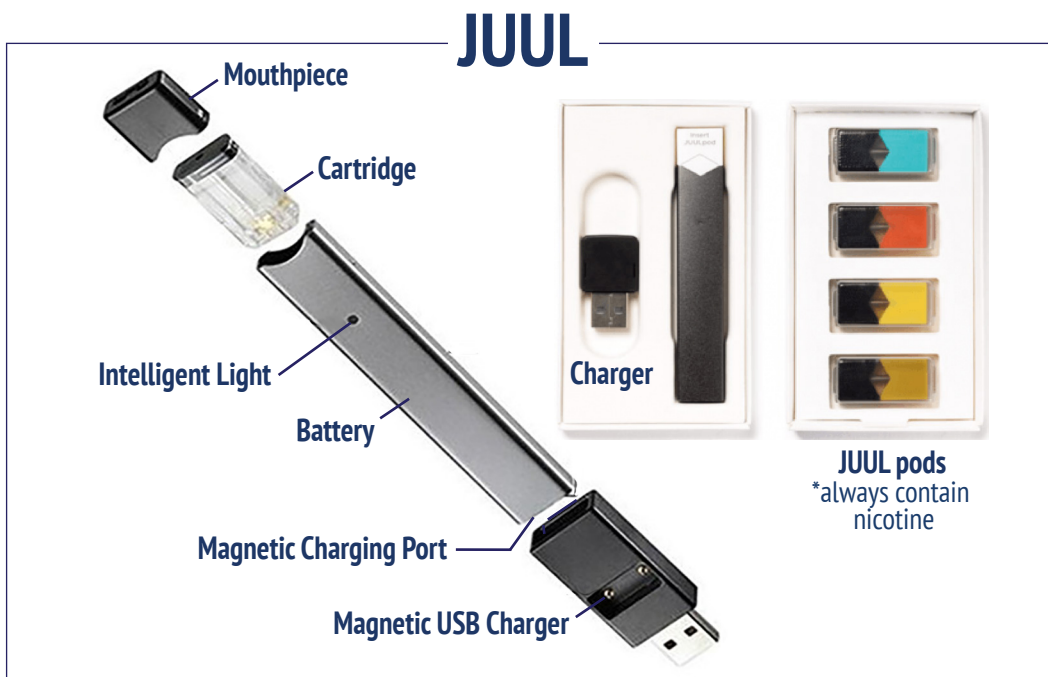


# VAPING & NICOTINE

Electronic cigarettes, aka vapes, are hand-held, battery powered unfiltered nicotine delivery devices that can also be used for marijuana.

## HOW DO VAPES & E-CIGARETTES WORK?

Vapes are devices that heat liquid into an aerosol that the user inhales. The liquid usually has nicotine, flavoring and other additives.



## VAPES & E-JUICE



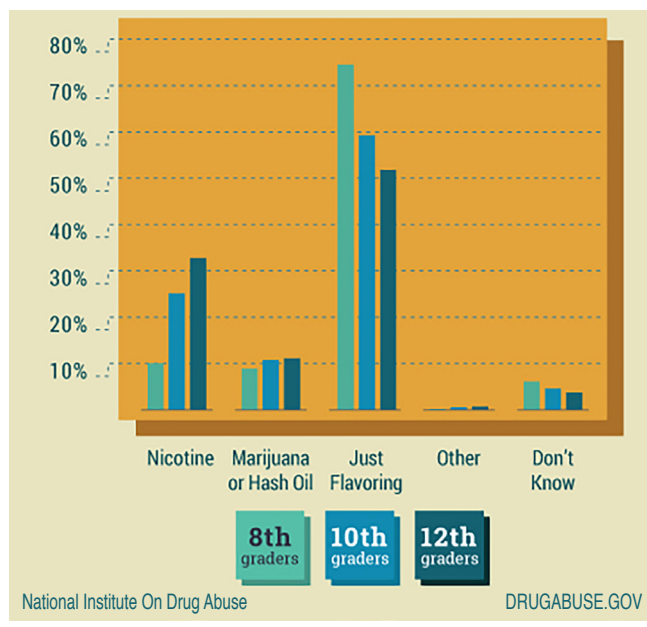
## WHY SHOULD I BE CONCERNED ABOUT YOUTH VAPING?

- Vape pens can be used for other substances, such as marijuana and illicit drugs.<sup>4</sup>
- Teens who vape are **three times** more likely to use marijuana<sup>7</sup> and **six times** more likely to smoke cigarettes than non-cigarette users.<sup>9</sup>
- Nicotine is highly addictive and can affect brain development.<sup>5</sup>
- One JUUL Pod contains the nicotine equivalent of 1 pack of cigarettes. One PHIX pod = nicotine equivalent of 2 packs of cigarettes.
- The number of youth who have used e-cig/vapes has tripled in the last 3 years.<sup>6</sup>
- Ads for e-cigs/vapes are targeting adolescents and appear on TV, radio and online.<sup>8</sup>

## ARE THEY SAFE?

- Many students perceive vapes produce a “water vapor” when in fact they create aerosols that contain harmful chemicals, including known carcinogens such as formaldehyde, cadmium and benzene.
- The more than 7,700 flavorings, including fruit and sweet, that appeal to youth, have shown to induce toxicity in the lungs and cardiovascular system.<sup>3</sup>
- There are no safety standards. No safety standards = unknown levels of nicotine & additives.<sup>2</sup>

## What kids think is in the juice.



## WHAT CAN I DO?

- Talk to youth about the risks and many unknowns of vaping.
- Be a positive role model.
- Learn more at [StandstrongCoalition.org](http://StandstrongCoalition.org) or contact us at [jepstein@standstrongcoalition.org](mailto:jepstein@standstrongcoalition.org)



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Sources: <sup>1</sup>Offices of the U.S. Surgeon General <sup>2</sup>Four hundred and sixty brands of e-cigarettes and counting: implications and product regulation. Tobacco Control, May 2014. <sup>3</sup>Efteterman, et al, Flavorings in Products. Journal for Arteriosclerosis, Thrombosis, and Vascular Biology. <sup>4</sup>[www.drugabuse.gov](http://www.drugabuse.gov). <sup>5</sup>The health consequences of smoking - 50 years of progress. US Department of Health and Human Services, CDC, 2014. <sup>6</sup>National Youth Tobacco Survey, 2011-2013. <sup>7</sup>Dia H, et al, Pediatrics, April 2018. <sup>8</sup>American Academy of Pediatrics. <sup>9</sup>[www.ncbi.nlm.nih.gov/pmc/articles/PMC4925085/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4925085/)

