

# VAPING

## KNOW THE FACTS

**vape** \vāp\ verb (vaped; vaping): the act of inhaling and exhaling the aerosol produced by an electronic cigarette, or e-cigarette. E-cigarettes are battery-operated smoking devices that create a heated vapor of nicotine and other chemicals.

**e-cigarettes:**  
also called: **e-cigs, vape pens, pods, pod mods**



**NEARLY DOUBLED:**  
the number of high school students using **e-cigarettes in 2018!**

**3.6 MILLION**

US middle and high school students used e-cigarettes in the past 30 days including:

**4.9%** MIDDLE SCHOOL STUDENTS

**20.8%** HIGH SCHOOL STUDENTS



## What You **NEED to KNOW**

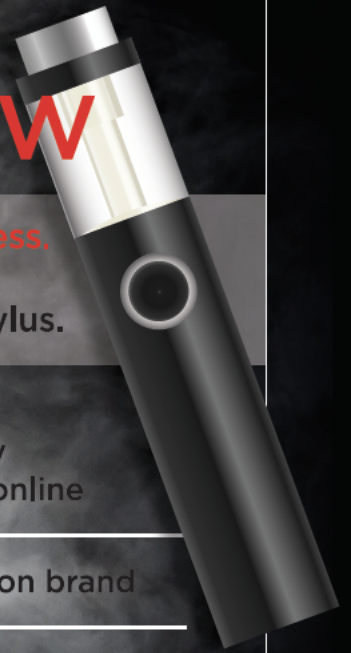
E-cigarettes are **odorless** and **smokeless**. They are **easy to hide** and often look like a flash drive, ballpoint pen or a stylus.

**NO ID** is needed to buy vape and e-cig products online

**JUUL** is the most common brand

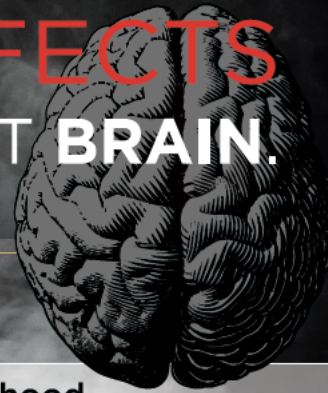
**60% of teens** who vape don't know they are **inhaling nicotine**

**98.7% of vape products** sold contain nicotine



  
**children's**  
Hospital at Erlanger

Just 1 nicotine exposure has  
**LASTING EFFECTS**  
on an ADOLESCENT **BRAIN.**



### E-CIGARETTE FACTS

**MOST** contain nicotine, an addictive substance, as well as a mix of other chemicals

**1 JUUL cartridge =** the same amount of nicotine in **one pack of cigarettes**

**Liquids** in e-cigarettes, “juice”, can **CAUSE POISONING** if they are swallowed or come into direct contact with the skin

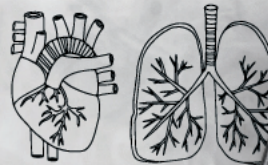
Cartridge/pod lengths vary but can last up to **200 PUFFS**

By adulthood, teen **NICOTINE USERS** face:

### NICOTINE ADDICTION

Effects on the **BRAIN**, including more *impulsivity* and *short attention spans*

Effects on the **HEART & LUNGS** FROM E-CIGARETTE USE IS NOT YET KNOWN



## What is **DABBING?**

**Dabbing** is one of the methods **for using cannabis** - in particular, cannabis concentrates - via an e-cigarette.

The National Institute on Drug Abuse (NIDA) estimates that

**3 MILLION** youth are vaping, **30-40% of who are vaping marijuana**

**DABS CONTAIN**

**60-90% more THC** than traditional marijuana.

THC (tetrahydrocannabinol) Traditional marijuana smoking has THC concentrations around 3-5%.



Studies show that teens who use e-cigarettes are

**4X** more likely to **START SMOKING CIGARETTES.**

**NOT COOL**