VAPING 101: WHAT YOU NEED TO KNOW

THE BASICS
Vaping - is the act of inhaling a vaporized liquid containing nicotine from an electronic device. It is the latest trend in tobacco use that has grown in popularity among our youth at an alarming rate.

Despite the myth that vapes only produce a "harmless water vapor," that is not the case. There are hundreds of different vaping products and they come in over 15,000 flavors, mostly in fun candy-like flavors. With no regulations the ingredients of each vape product can differ, most contain nicotine but some can contain THC.

They are also known as:
e-cig / mod / e-hookah / vapes / vape pens/ tank system / drip tip / JUUL/ Cigalike

ON THE RISE
Youth smoking rates are on the decline but the use of vape products among our youth continues to climb. This is true in spite of the fact that you have to be 21 years old in California to purchase ANY vape product.

- 3% of 11th graders in Placer County currently smoke cigarettes
- 12% of 11th graders in Placer County are currently using vape products
- 41% of 11th graders in Placer County believe it is very easy to obtain a vape product

In California all vape products are considered tobacco products. Possession or distributing to anyone under the age of 21 is ILLEGAL.

Continued...
HEALTH RISKS

Health risks of vaping are still unknown despite the claims that they are healthier. In fact vapes produce an aerosol, not water vapor, that contains nicotine and other harmful chemicals and toxins. There are about 23 chemicals in the vape aerosol that are cancer causing.

There is currently no regulation for any vape products, meaning there is no universal standard on ingredients, product design, and safety features. Ingredients vary from brand to brand, however, diacetyl is found in many popular brands. Diacetyl can lead to the irreversible, life-threatening lung disease, bronchiolitis obliterans (“Popcorn Lung”).

Vaping is still too young of a habit for us to know exactly what it is going to do to a person’s lungs. We do know that many vape products are owned by Big Tobacco companies who have a history of prioritizing sales over safety.

EFFECTS ON ADOLESCENTS

Youth are at risk of the effects of nicotine because their minds are not fully developed like an adults. Not until one turns 25, on average, does their brain stop developing. Nicotine addiction is very harmful for the developing teen brain and can cause attention and mood disorders, in addition to setting their brains up to be more susceptible to addictions to other drugs. (US Surgeon General Report)

Additionally, teens who vape are 3X more likely to smoke traditional cigarettes one year later.

“Health Effects of E-Cigarette Use Among U.S. Youth and Young Adults.” CDC
“Addiction as a Learning Disorder.” Psychology Today, Sussex Publishers, LLC, 21 Jan. 2015,
“California Healthy Kids Survey 2018, Placer County

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CONTACT US

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VAPING and TEENS

WHO'S VAPING?
Enticing candy-like flavors and creative styles have caused e-cigarette popularity to rise quickly among teens. E-cigarettes don't smell or look like traditional cigarettes, making them easy to hide from parents and teachers. It is no wonder e-cigarettes are the choice of teens.

<table>
<thead>
<tr>
<th>Placer County Data</th>
<th>7th Grade</th>
<th>9th Grade</th>
<th>11th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever smoked a whole cigarette</td>
<td>1%</td>
<td>4%</td>
<td>8%</td>
</tr>
<tr>
<td>Currently smoking cigarettes</td>
<td>1%</td>
<td>2%</td>
<td>3%</td>
</tr>
<tr>
<td>Ever used an e-cigarette</td>
<td>6%</td>
<td>15%</td>
<td>24%</td>
</tr>
<tr>
<td>Used an e-cigarette 4 or more times</td>
<td>2%</td>
<td>7%</td>
<td>14%</td>
</tr>
<tr>
<td>Currently using an e-cigarette</td>
<td>3%</td>
<td>7%</td>
<td>12%</td>
</tr>
</tbody>
</table>

California Healthy Kids Survey 2018, Placer County

HOW DO I TALK WITH MY TEEN?

Start the Conversation
- Find the right moment: the more natural the discussion, the more likely your teen is to talk with you. Try starting the conversation when you see an e-cigarette ad, or someone vaping/smoking.
- Ask for support: Not sure of all the answers? Turn to a trusted source to help answer questions.

https://e-cigarettes.surgeongeneral.gov/resources.html

Answer Their Questions
- Have answers ready for the questions that will come up such as: "Why don't you want me to use e-cigarettes?" and "Aren't e-cigarettes safer than conventional cigarettes?" For help answering we recommend visiting:
  https://e-cigarettes.surgeongeneral.gov/resources.html

Keep the Conversation Going
- Don't be afraid to text them about the dangers of using. Find an interesting article or video to share with your teen, and let them know you want them to stay safe and free from addiction.
  https://e-cigarettes.surgeongeneral.gov/resources.html

WHAT IS VAPING?
Vaping is the inhaling and exhaling of smoke-like vapor that is produced from an e-cigarette.

E-cigarettes are a battery-powered device that heats a liquid (e-juice) into an aerosol that the user inhales. The aerosol that is produced contains nicotine and other harmful chemicals and toxins.

They are also known as: e-cig / mod / e-hookah / vapes / vape pens/tank system / drip tip / JUUL

E-juice is the liquid that is put into an e-cigarette to produce a smoke-like vapor. In a typical bottle of e-juice there is nicotine, propylene glycol and/or vegetable glycerin, flavoring. Nicotine strengths vary for each bottle of e-juice, from 0 mg (0%) to 36mg (3.6%) of nicotine, but even bottles of e-juice that say 0 mg (0%) nicotine have been found to contain nicotine.

In California e-cigarettes and e-juice are considered tobacco products. Possession or distributing to anyone under the age of 21 is ILLEGAL.