

# Vaping: The Truth



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## WHAT IS VAPING?



Using an e-cig is called "vaping."

Data shows that vaping nicotine continues to peak to epidemic status.

While the rate of teen cigarette smoking is going down, the number of teenagers who are vaping is soaring, and we are now learning the truth about vaping health risks.

- Vaping refers to the act of inhaling and exhaling the aerosol, or vapor, created by a vaping device.
- The battery powers the heating component, which heats up the e-liquid, also known as vape juice. As a result, the device produces water vapor. Users inhale this vapor into their lungs.

- A sleek, high tech e-cig/vape that looks like a USB flash drive, high lighter, pen, etc.
- Available in sweet flavors.
- Small enough to fit in a closed hand
- Nicotine can harm adolescent brain development, affecting attention, learning and susceptibility to addiction.
- E-cigarette use increases teens' risk of ever using regular cigarettes.



## What do Vapes look like?

1. Refillable Vape Pod
2. Refillable Pod
3. Refillable Pod
4. Prefilled Pod
5. Disposable E-Cig
6. Cartridge E-Cig
7. Refillable Cartomizer
8. Refillable Cartomizer
9. Box Vape Mod
10. Box Vape Mod
11. Tube Vape Mod



# THE APPEAL OF VAPING WITH TEENS

In fact, vaping appeals to teens in particular, according to experts. Here are some of the reasons why teens choose vaping vs. smoking.



- **Packaging and flavoring.**
- **Related promotion and merchandising.**
- **Easier to hide.**
- **Peer pressure.**
- **Accessibility:** In Hernando County Schools, approximately 98 out of 100 school violations for marijuana involved vaping the marijuana as opposed to smoking it.
- **Reduced health concerns.**

# HISTORY OF VAPING

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- First became widely popular in China, where 60 percent of men are smokers.
- Patented in 2003 by Chinese inventor Hon Lik who had father dying of cancer from smoking regular cigarettes and wanted to offset harsh effects from the carcinogens contained in regular tobacco cigarettes while father was trying to quit.
- Because e-liquids come in varying nicotine strengths, smokers can use these to gradually step down and eventually eliminate their nicotine intake.
- E liquids do not contain the harmful and carcinogenic chemicals found in tobacco, designed for adults who are trying to quit but it causes many teens to believe that vaping is healthier than smoking.

**The tobacco industry has exploited this concept and marketed this to teens to get them to start using nicotine early.**

The tobacco industry continues to invest billions of dollars to market to teenagers through its glorification of vaping devices and the attractive flavors.

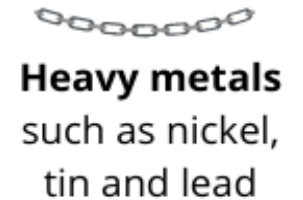
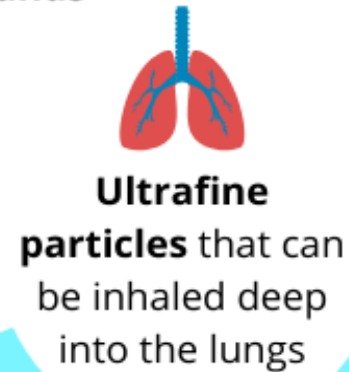
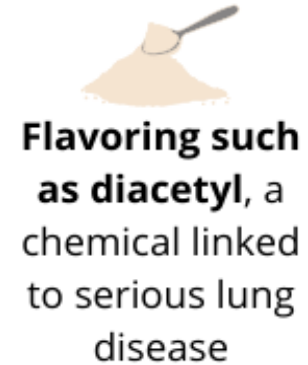
- A study released by the National Academies of Sciences, Engineering and Medicine also concluded that vaping leads teens to smoke cigarettes.

**“What I find most concerning about the rise of vaping is that people who would’ve never smoked otherwise, especially youth, are taking up the habit. And, it often leads to using traditional tobacco products down the roads.”**

# HEALTH RISKS & DANGERS

- E-CIGARETTE USERS CAN BUY EXTRA-STRENGTH CARTRIDGES THAT HAVE A HIGHER CONCENTRATION OF NICOTINE.
- THEY CAN INCREASE THE E-CIGARETTE'S VOLTAGE SO THEY INHALE LARGER AMOUNTS OF VAPOR.
- E LIQUIDS CONTAIN NEARLY 50 MILLIGRAMS OF NICOTINE PER MILLILITER OF LIQUID. THIS IS MORE THAN FOUR TIMES THE MILLIGRAMS OF NICOTINE IN A CIGARETTE.

## Why are e-cigarettes so dangerous? The vapor you breathe may contain...



# Is Vaping Safe?



Most contain the chemical nicotine, which is addictive. When you stop using it, you can go into withdrawal and feel depressed and crabby. Nicotine isn't good for people with heart problems. And some initial research shows it may hurt your arteries.

It can also:


- Harm the developing brains of kids and could affect memory and attention. · Damage unborn babies. Pregnant women shouldn't use anything with nicotine.

But the concerns go beyond nicotine alone.

Some brands contain chemicals including formaldehyde -- often used in building materials -- and another ingredient used in antifreeze that can cause cancer.

Flavors in e-cigs also raise red flags. Some use a buttery-tasting chemical called diacetyl, which is often added to foods like popcorn. When it's inhaled, it can be dangerous.

"Diacetyl is a well-known harmful chemical, which, among other things, causes a lung disease called 'popcorn lung,'" says Erika Sward, assistant vice president for national advocacy at the American Lung Association.



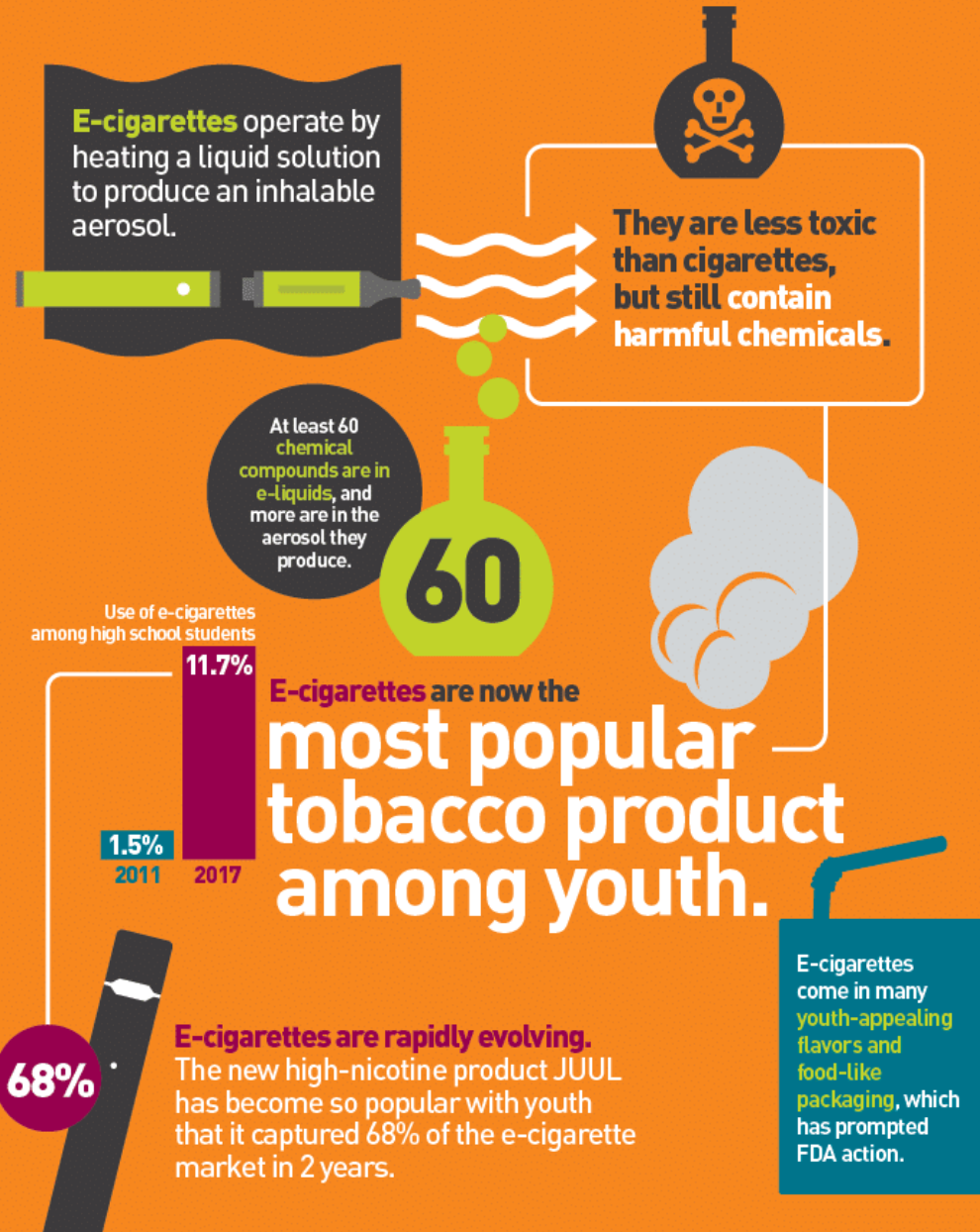


- April 2019 per FDA, 35 reports of seizures related to vaping, particularly among younger users.

- Nicotine use can lead to high blood pressure, fatigue, and other health issues.

- A new study has found that some common chemicals used to flavor vape juice could harm people's blood vessels.

# E-CIGARETTES



# Vaping Lowers the Body's Ability to Fight Infections

1. Chemicals in Vape Smoke Can Cause "Popcorn Lung"
2. Lithium Ion-powered Vapes Can Blow Up
3. The Levels of Nicotine are Loosely Monitored
4. Accidental Ingestion of Vape Liquid Is Poisonous
5. Metal Particles are Found in Vape Smoke
6. Vapes Also Contain Formaldehyde, or Embalming Fluid
7. Pneumonia is a Risk for Vape Users
8. E-cigarette Usage is Linked to Depression
9. Some Safety Studies on E-Cigarettes Written by Industry-Funded Scientists



# School Policies



## HOW DO WE FIGHT THIS EPIDEMIC!!!

### What Can School Do?

#### District Policy

[TBC\*] TOBACCO POSSESSION, SALE, USE, DISTRIBUTION

- First Offense: One (1) to three (3) days ISS/OSS or any combination of both and referral to the Tobacco Abuse Program. Failure to attend tobacco program will result in two (2) additional days OSS. Note: If it has been more than one school

year, student may repeat tobacco class. For elementary school, one (1) day of OSS and referral to substance abuse staff for an individual tobacco education program.

- Second Offense: Five (5) days ISS/OSS or any combination of both. For elementary school, three (3) to five (5) days ISS/OSS or any combination of both.

- Third Offense: Ten (10) days OSS and possible recommendation for alternative school placement.



# HOW DO WE FIGHT THIS EPIDEMIC!!!

## What can Parents do?

- Talk with your kids
- You can influence your children's decision about whether to use E-Cigarettes. Even if you have used tobacco yourself.
- Use CDC's Parent Tip Sheet to help you talk with your children. This tip sheet offers facts and practical ways to start conversation with young people about the risks of E-Cigarette use.



## HERE ARE SOME SIGNS THAT YOUR TEEN MAY BE VAPING:

Increased secrecy



Easily Irritated



Unusual spending



Less time spent at home



unknown devices



Increase in thirst



Discreet packages



Sudden nosebleeds



# HOW DO WE FIGHT THIS EPIDEMIC!!!

## What Can Other Major Stake Holders Do?

- The US Government has introduced stricter controls on the sale and packaging of e-cigarettes, e-liquids and accessories in order to prevent their purchase and use by minors.
- Regulations are in effect which will require age verification for customers to be able to buy their products.
- Research studies are beginning to publicize and emphasize the dangers of vaping and the negative effects it has on an individual's health.

**One by one, we can make a difference but together we can thrive**

