

VAPING

GET THE FACTS ON E-CIGARETTES



WHAT ARE E-CIGARETTES?

ELECTRONIC DEVICES THAT ARE OFTEN CALLED: vapes, vape pens, e-cigs, or e-hookahs. They may look like regular cigarettes, cigars, or pipesvapes, vape pens, e-cigs, or e-hookahs. They may look like regular cigarettes, cigars, or pipes



WHY DO PEOPLE USE E-CIGARETTES?

SOME PEOPLE USE THEM TO QUIT SMOKING

Some adults use them to quit smoking regular cigarettes. But whether e-cigarettes actually help quit smoking is not proven



YOUTH AND E-CIGARETTES

1 IN 5 HIGH SCHOOLERS USE E-CIGARETTES

Youth engage a lot in vaping, even though e-cigarettes are not safe at this age. And the trend is also seen even among middle-schoolers. Manufacturers target youth by adding flavors to e-cigarettes and making their appearance look stylish and attractive (e.g. USB-looking)



WHAT DO E-CIGARETTES CONTAIN?

NICOTINE AND TOXIC CHEMICALS

They usually contain a high concentration of nicotine, a highly addictive substance, up to 50 times the concentration in regular cigarettes. Many manufacturers claim 0% nicotine on their labels, but the FDA has detected nicotine in many of them. They also contain several other toxic chemicals that are proven to cause severe lung injury, cancer and intellectual disability in youth



WHAT ARE THE DANGERS OF VAPING?

HEALTH HAZARDS FOR YOUTH

E-cigarettes pose a serious health hazard for adults and more so, for youth. Among the risks are addiction to nicotine, lung injury and death

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GENERAL INFO & RESOURCES

GENERAL INFORMATION

What are e-cigarettes?

E-cigarettes are electronic devices that are often called vapes, vape pens, e-cigs, or e-hookahs. They may look like regular cigarettes, cigars or pipes.

Why do people use e-cigarettes?

Some adults use e-cigarettes to quit smoking regular cigarettes. But whether e-cigarettes actually help quit smoking is not proven.

Youth engage a lot in vaping, even though e-cigarettes are not safe at this age. One in five high schoolers use it. And the trend is also seen even among middle-schoolers. Manufacturers target youth by adding flavors to e-cigarettes and making their appearance look stylish and attractive (e.g. USB-looking)

What do e-cigarettes contain?

E-cigarettes contain many substances and chemicals that have various effects. They usually contain a high concentration of nicotine, a highly addictive substance, up to 50 times the concentration in regular cigarettes. Many e-cigarette manufacturers claim 0% nicotine on their labels, but the FDA has detected nicotine in many of them. Therefore, their labels are not always accurate.

E-cigarettes also contain several other toxic chemicals such as:

- Diacetyl used for flavoring, causes severe lung injury
- Cancer-causing chemicals
- Heavy metals, especially lead, nickel and tin. They can cause severe intellectual disability among youth
- Volatile chemical compounds
- Ultrafine particles

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What are the health dangers of vaping?

E-cigarettes pose a serious health hazard for adults and more so, for youth.

- Addiction to nicotine
- Lung injury and death

Recently many cases of lung injury and deaths have occurred among youth because of the many other harmful chemicals in e-cigarettes. According to the CDC, as of October 31, 2019, 1,888 lung diseases have been reported, and 37 people have died as a result of this disease.

- Pregnancy complications

Vaping is also dangerous for pregnant women. It can make the unborn baby small, addicted to nicotine, or even die before or shortly after birth.

RESOURCES

1. Electronic Cigarettes - What is the Bottom Line?

This is a factsheet on the use of e-cigarettes by youth. It highlights the health dangers of vaping and how addiction to their nicotine content can lead to switching to smoking cigarettes. It also debunks the myth that e-cigarettes help quit smoking. It contains some interesting data about the use of e-cigarettes in relation to switching to smoking cigarettes in adulthood.

Target: Youth

Length: 5 pages downloadable and printable PDF

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-p.pdf

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2. E-Cigarettes Shaped Like USB Flash Drives: Information for Parents, Educators and Health Care Providers

This is a factsheet specific for e-cigarettes that look like a USB. It highlights how the device works and the contents of the pods. It also emphasizes the health dangers of using the product.

Target: Youth, parents, educators, and health providers

Length: 4 pages downloadable and printable PDF

www.cdc.gov/tobacco/basic_information/e-cigarettes/factsheet/pdfs/e-cigarettes-usb-flash-p.pdf

3. SmokeSCREEN Program

SmokeSCREEN is a highly interactive video game involving role-play in which the players "travel" through life, facing challenges and testing their decision-making skills, with a dedicated focus on youth decision-making about tobacco use.

Website: www.smokescreengame.org

Target: Youth ages 10-16

Curriculum Length: 2-3 hours of gameplay

Training: Online/downloadable training manual available for teachers and program leaders

Evaluation: Pre/post survey for each participant

Key Topics/Skills: Cigarettes, flavored tobacco products, e-cigarettes, nicotine addiction, smoking cessation, health risks associated with tobacco product use, peer refusal skills, social pressure, decision making, and reducing overall risky behaviors.

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4. PowerPoint presentation developed by the Centers for Disease Control Prevention (CDC), Office on Smoking and Health

This presentation is designed to educate youth on e-cigarettes, including the health risks, the factors that lead to e-cigarette use, and what youth can do to avoid all tobacco products, including e-cigarettes. This resource is intended for adults who educate or serve youth ages 11 - 18. this presentation should not be modified for personal use.

www.cdc.gov/tobacco/basic_information/e-cigarettes/assets/OSH-Ecigarette-youth-presentation-20190620-508.ppsx

5. E-cigarette fact sheet - What parents need to know

Target: Parents

Length: 2 pages - front/back

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/OSH-E-Cigarettes-and-Youth-What-Parents-Need-to-Know-20190327-508.pdf

6. E-cigarette fact sheet - What educators and coaches need to know

Target: Teachers and coaches

Length: 2 pages - front/back

www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/OSH-E-Cigarettes-and-Youth-What-Educators-and-Coaches-Need-to-Know-20190327-508.pdf

*For questions or additional resources, please contact your local
University of Missouri Extension Office*