



Youth and Vaping



Vapes are battery operated devices that deliver an aerosol (aka vapor) to the user. The aerosol contains various chemicals and may contain nicotine. The act of using a vape is called vaping. Vapes are also known as e-cigarettes, vaporizers, e-hookahs, MODS, tank, vape pens/pipes.

TRENDS IN YOUTH VAPING



More middle and high school youth are vaping than using traditional tobacco cigarettes or any other tobacco product.

REASONS WHY YOUTH VAPE

- Affordable
- Easy to hide
- Appealing flavors
- Curiosity and experimentation
- Peer pressure and social influence

YOUTH VAPING IS A CONCERN BECAUSE...

- We don't know all the effects of vaping because there are no long-term research studies yet.
- Research has found that some products which say 100% nicotine free also contain nicotine due to lack of regulation and product standardization.
- Many popular vape brands are owned by cigarette companies. These companies target youth to sell their products.

HEALTH EFFECTS OF VAPING:

We need long-term research to fully understand the effects of vaping on our bodies. This is what we know so far:

Flavors and chemicals used in vape juice are not approved by the FDA for inhaling. Inhaling particles in the aerosol leaves harmful residue in the lungs and cause eye and throat irritation to users and others who are exposed to the aerosol.

Many e-juice/liquid contains concentrated levels of nicotine which poses a poisoning risk for young children.

NICOTINE AND THE BRAIN



- Brief periods of exposure to nicotine during adolescence interferes with the normal brain maturation and has lasting impacts on cognitive abilities, mental health, and personality.
- Youth who use nicotine products are more vulnerable to become addicted than those who begin using it as adults.
- Nicotine is detrimental to learning, memory, and mood.
- Nicotine exposure during adolescence increases the risk of developing psychiatric disorders later in life.

References:

- www.cdc.gov/features/ecigarettes-young-people/
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