

# VAPING & YOUTH:

## WHAT YOU NEED TO KNOW

### THE BASICS

Vaping—the act of inhaling a vaporized liquid containing nicotine from an electronic device. It is the latest trend in tobacco use and has grown in popularity among our youth at an alarming rate. On September 12, 2018, the U.S. Food & Drug Administration (FDA) declared that teen vaping has "reached nothing short of **epidemic** proportion of growth."

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 enticing candy-like flavors. With **no regulations**, the ingredients of each vape product can differ, most contain nicotine but some can contain THC.

**E-cigarettes are also known as:**

**e-cig / mod / e-hookah / vapes / vape pens/ tank system / drip tip / JUUL/ Cigalike**

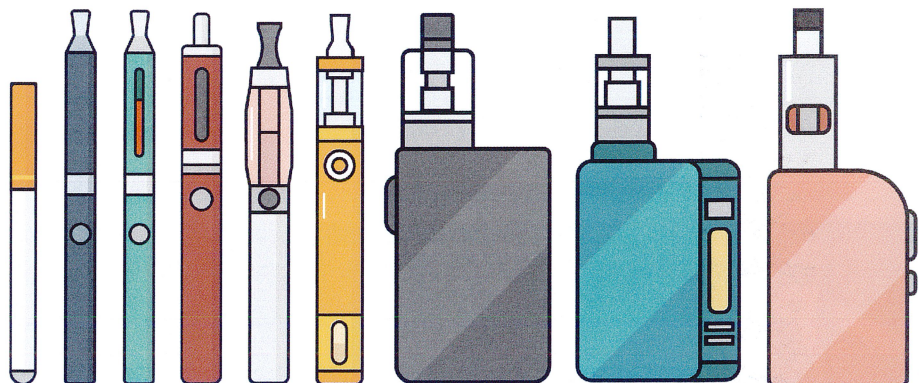
### ON THE RISE

Youth smoking rates for traditional cigarettes are on the decline, but the use of vape products among our youth continues to climb. This trend is true in Placer County, in spite of the fact that you have to be 21 years old (unless the person is in the U.S. Armed Forces, with military ID showing they are at least 18 years old) in California to purchase **ANY** vape product. In fact:

- **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**. Distributing to anyone under the age of 21 is **ILLEGAL**.

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## HEALTH RISKS

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

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 new for us to know exactly what it is going to do to a person's lungs long-term, 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 an increased risk of the effects of nicotine, because their minds are not fully developed (on average the brain continues to develop until the age of 25.) Nicotine addiction is very harmful for the developing teen brain and **can cause attention and memory disorders**, in addition to setting their brains up to be more susceptible to addictions to other drugs.

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

- Heshmat, Shahram. "Addiction as a Learning Disorder." Psychology Today, Sussex Publishers, LLC, 21 Jan. 2015,

T-Bold, K., Kong, G., Camenga, D., Simon, P., Cavallo, D., Morean, M. and Krishnan-Sarin, S. (2018). Trajectories of E-Cigarette and Conventional Cigarette Use Among Youth.

- "Know the Risks." Know the Risks: E-Cigarettes & Young People, U.S. Department of Health and Human Services.

- California Healthy Kids Survey 2018, Placer County

- US Surgeon General Report 2014

