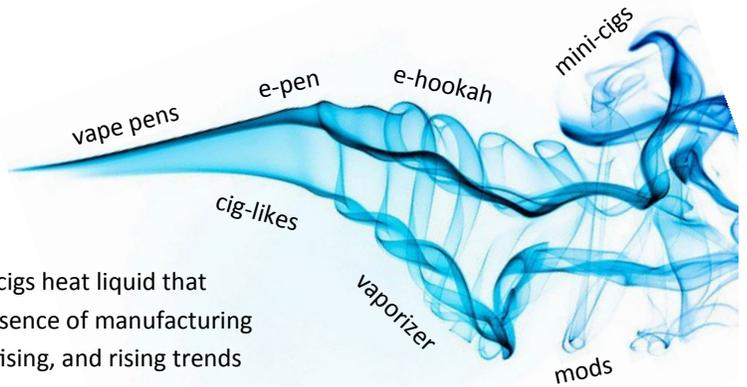


# E-CIGARETTES, VAPING, & YOUTH *What you need to know*



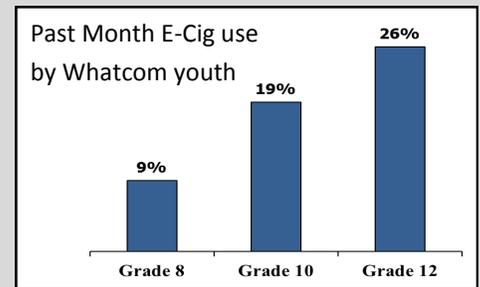
The act of using electronic cigarettes (e-cigs) is called vaping. E-cigs heat liquid that contain a variety of chemicals and are turned into vapor. An absence of manufacturing regulation, a lack of marketing restrictions, an increase in advertising, and rising trends in youth e-cigarette use have made e-cig use and vaping a public health concern.

## E-CIG USE BY YOUTH

**1 in 4** 26% of 12th grade students in Whatcom County used E-cigs in the past month

**DOUBLE** E-cigarette use among Whatcom teens is **DOUBLE** current tobacco use

National use of E-Cigs among high schoolers has increased from 1.5% (2011) to 13.4% (2014) in the past month



### ADDICTION

Most e-cigarettes contain nicotine, a stimulant drug that is as addictive as heroin and cocaine.



### BRAIN

- Nicotine impacts brain development
- It only takes **10** seconds for nicotine to reach the brain



### BODY

Researchers are finding e-cig users experience diminished lung function, airway resistance, and cellular changes. Cells exposed to e-cigarette vapor show unhealthy changes similar to cells exposed to tobacco smoke



### MARKETING

Youth are exposed to increasing e-cig marketing. The CDC reported that advertising increased from \$6.4 million in 2011 to \$115 million in 2014.

- More than **1 in 2** middle school youth were exposed to e-cigarette ads in retail stores
- Nearly **2 in 5** middle school and high school youth saw e-cigarette ads online

Many flavorings are also appealing to young people.

### CESSATION

There is no conclusive research that supports vaping as an effective cessation strategy, and it is not an FDA –approved method. It does, however, introduce nicotine to many current non-smokers, putting them at higher risk for tobacco use.

### POISONING

The Washington Poison Control Center reported that children ages 1-3 represented 83% of nicotine poisonings among children in 2014.



### UNREGULATED

The FDA does not regulate e-cigarettes. Manufactures are not required to disclose the chemicals in their products, and testing has also shown some disparities between measured nicotine levels and product labels.

### CHEMICALS

Despite claims that vapors are harmless, studies have shown that some vapors contain carcinogens and heavy metals, as well as other hazardous chemicals that can come from flavorings and other solvents.

### DRUG USE

Vaporizers can be vehicles for using other drugs, including marijuana, meth, and heroin.



Created by the Whatcom County Health Department

Sources: National Youth Tobacco Study, Healthy Youth Survey 2014, Washington Poison Center, Center For Disease Control, Park et al.

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