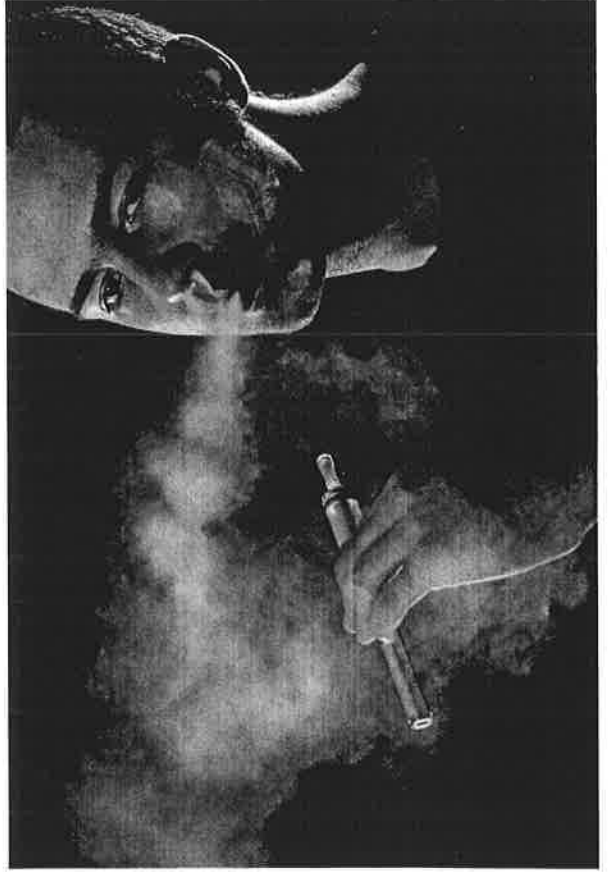


# THE TRUTH

ABOUT VAPING AND

E-CIGARETTES

*FOR EL DORADO COUNTY YOUTH*



# JUST THE FACTS

## What are e-Cigarettes?

- An e-Cigarette is a device that uses a battery to heat up a liquid (often called e-juice).
- E-Cigarettes come in many forms (disposable, re-useable, pens, e-hookahs etc.), and have the appearance of colorful or metallic pens or flashlights.
- The vapor emitted from an e-Cigarette device is an odorless aerosol containing chemical particles that enter the lungs.

## What is vaping?

- Vaping is an all-inclusive term describing the act of inhaling and exhaling vapor produced by an e-Cigarette.
- Vape pens and other e-Cigarette devices can be used to smoke other drugs including marijuana (in oil form).

## Why are they dangerous to our youth?

- The fluids in e-juice contain a number of harmful chemicals which include silicone and other compounds. E-juice is also poisonous if certain quantities are swallowed.
- Vapor's main ingredient is propylene glycol or vegetable glycerin. It has been argued that, since these chemicals are approved by the FDA to eat and use in inhalers, they are safe. When heated, these ingredients can form toxins such as propylene oxide, acrolein, and formaldehyde (which is used to preserve dead bodies). When inhaled, these chemicals can cause eye, throat, and lung irritation along with other effects that are still being researched.
- In December 2015, Harvard T.H. Chan School of Public Health released research indicating that diacetyl, a flavoring chemical linked to cases of severe respiratory disease, was found in more than 75% of flavored e-Cigarettes and refill liquids (including flavors such as cotton candy, fruit squirts, and cupcake). Diacetyl can cause a debilitating respiratory disease called bronchiolitis obliterans. This can also lead to lung scarring that blocks airways.
- In some cases, batteries or other electronics in e-Cigarettes have exploded and caused great harm to users' faces.

## Aren't they safer than tobacco cigarettes?

- E-cigarettes contain harmful chemicals; however, not as many as traditional cigarettes.
- E-cigarettes are just as addictive as regular cigarettes, if e-juice contains nicotine.

## Are they safe to smoke indoors?

- No. E-cigarettes pollute the air with tiny particles that become trapped in your lungs. Like traditional cigarettes, e-Cigarette pollution may harm others.
- Airborne particles may land on surfaces (like floors), where they can harm children who come in contact with the residue.

## So if the habit isn't safe, explain the increased usage among teenagers.

- Since e-Cigarettes do not contain tobacco, they are not held to the same limitations as tobacco products.
- There are over 7,000 flavors/nicotine levels of e-liquids on the market to entice consumers.
- Celebrities are used in television, radio, and print advertising to market to consumers.
- E-Cigarettes can be purchased almost anywhere including online, in specialty vaping shops, 24-hour convenience markets, and other retail outlets.
- Unfortunately, it is very easy to find e-Cigarettes in El Dorado County. The county is one of 16 in California where up to 80% of stores carry the devices (top 28% of counties that provide access).





### **Are students in danger of falling into the e-cigarette trap?**

- Leading e-cigarette brands have said that they do not intend to market to youth; however, e-juice flavors appeal to students and include cotton candy, gummy bear, peanut butter cup and more. Cartoon characters are also used in marketing strategies.
- Since 2010, the number of 8th-12th grade students using e-Cigarettes has doubled every year.
- Current surveys indicate that approximately two million high school students in the United States have used or are currently using e-Cigarettes.
- In 2014, researchers found that four times as many 10th grade students used e-cigarettes as compared to traditional cigarettes.
- It's important to remember that the brain does not develop fully until age 25. During adolescence, the brain is more vulnerable to the effects of nicotine. Several studies indicate that nicotine causes issues with working memory and attention. It can contribute to depressive disorders, panic disorders and addiction to other substances.

### **Where can I find more information?**

- Resources and information are available at [www.cdph.ca.gov/programs/tobacco](http://www.cdph.ca.gov/programs/tobacco)
- If you use e-Cigarettes or other tobacco products, call for free help with quitting: 1-800-NO BUTTS (1-800-662-8887).
- Nicotine is a poison. If any liquid is swallowed or gets on the skin or eyes, immediately call the California Poison Control System at 1-800-222-1222.

