

VAPING FACT SHEET

WHAT IS VAPING?

Electronic Nicotine Delivery Systems (ENDS) include personal refillable vaporizers, e-cigarettes, and vape pens. Cartridges contain, or tanks are filled, with e-liquid or juice composed of nicotine, flavoring, and other chemicals. The liquid is heated by the device into a vapor, or aerosol, and inhaled. Some devices can be adapted to vape marijuana, cannabis oil, and wax.



WHO IS VAPING?

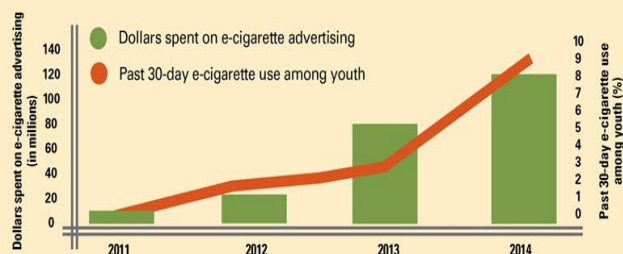
ENDS use has increased dramatically among youth. The [CDC](#) reports that 16% of high schoolers used e-cigarettes regularly in 2015, up from 1.4% in 2011 ([Other research](#) shows high schoolers regular use in 2015 as high as 24%). Regular use in middle school increased from <1% in 2011 to 5.3% in 2015. Nearly 38 percent of high schoolers reported having tried an e-cigarette at least once in 2015.

The considerable increase in e-cigarette use among U.S. youth in recent years corresponds with increases in [advertising expenditures](#), from from \$6.4 million in 2011 to \$115 million in 2014.

VAPE MYTHS:

- It is safe..
- It helps you quit smoking.
- It's just water vapor.

E-cigarette use among youth is rising as e-cigarette advertising grows



SOURCE: National Youth Tobacco Survey, 2011-2014; Kim et al (2014), Truth Initiative (2015).

THE TRUTH ABOUT VAPING:

Vape pens and e-cigarettes have been in existence for just about a decade and there is little scientific research available as to the long term effects. It is [advertising and marketing](#) that promote the messages about safety to encourage the sale of their products. The products available online and in retail stores offer thousands of candy, fruit, and dessert flavors attractive to young consumers.

Nicotine is the highly addictive chemical in tobacco products and is present in e-liquids, sometimes even in the products labeled to have zero nicotine. Adolescent brains are particularly sensitive to [nicotine's effects](#), and exposure at a young age may cause lasting harm to brain development and prime the brain's reward system for other addictions.

The solvents that are vaporized along with nicotine and flavorings include glycerin and propylene glycol. These are listed (in the 1970s) by the FDA as Generally Recognized As Safe ([GRAS](#)), specific to use in food, and does not apply to other uses, like aerosolizing and inhaling.

[Studies](#) show lower levels of toxicants released by ENDS than by conventional cigarettes, but similar size and number of nanoparticles. While more research is needed to determine the long term health effects of

vaping, there is scientific [evidence](#) that vaping is not benign and inhalation is associated with adverse effects on lung health. “Safer” does not equal “safe”.

According to the World Health Organization, e-cigarettes are not a legitimate quitting aid. The FDA's Center for Drug Evaluation and Research has not approved any e-cigarette as a safe or effective method to help smokers quit. Instead of quitting, many e-cigarette users are continuing to use e-cigarettes while still using conventional cigarettes.

LEGISLATION AND REGULATION:

- Nearly every U.S. state bans sale of vape products to minors under the age of 18.
- In 2016, [FDA finalized a rule](#) extending authority to cover all tobacco products, including vape pens, electronic cigarettes, and all other ENDS, and regulating the manufacture, import, packaging, labeling, advertising, promotion, sale, and distribution of ENDS.
- In 2015, the [Putnam County](#) Legislature extended the County's Clean Indoor Air Act legislation to include all vapor-producing devices. This means where smoking is prohibited (a Putnam restaurant, bar, or school), using electronic cigarettes is also against the law.
- All Mahopac Central School District buildings and grounds are smoke and vape-free.

WHAT PARENTS CAN DO:

- Talk to your children about not smoking and not vaping. Make your expectations clear. Take advantage of teachable moments.
- Research online and read about vaping. Learn both sides of the story. Make sure the articles you read are science-based and include facts, not opinions.
- Check out the links embedded and in the section below. They will direct you to the articles used to create this fact sheet.

**No Smoking
No Vaping**



*Thank you for your
cooperation.*
 PUTNAM COUNTY DEPARTMENT OF HEALTH

FOR MORE INFORMATION:

[2016 Surgeon General's Report: E-Cigarette Use Among Youth and Young Adults](#)

[The American Lung Association](#)

nysmokefree.com

[NIDA](#)

Video: [NIDA's Dr. Nora Volkow discusses study](#)

For additional information or consultation, please contact Davia Bugge, Student Assistance Counselor at Mahopac High School (room 220C) at bugged@mahopac.k12.ny.us or (845)628-3256 x11424.