

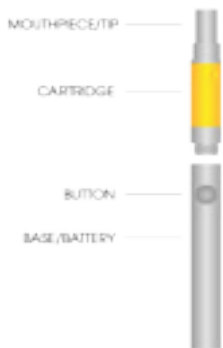
# Vaping



## What is Vaping

Vaping devices are battery-operated hardware that kids use to inhale an aerosol that contains nicotine (can be THC), flavorings and other chemicals. Three primary forms of inhalants are herbs, e-liquid (most popular) and dabs (sometimes called wax). Most devices targeting kids are small, easy to conceal, do not always emit a smoke cloud and can be odorless.

### Anatomy of a Vape Pen



**Devices:** called E-cigarettes, e-hookahs, vapes, vape pens, mods, Juul, Smok and hundreds of other brands

**Pods:** are the cartridges of liquid that contain varying concentrations of nicotine, flavoring, other un-regulated chemicals, and can be adapted for THC (marijuana)

**Dripping:** when e-liquid drops are placed directly onto the atomizer coils and heated to produce a vapor for inhaling. Reported to create a thicker vapor, improving flavors and producing a stronger throat hit.

**Dabbing (Dab/Wax Pens):** Dabs are tiny concentrates of THC. A dab pen is made up of the same components as a vape pen except the dabs are placed directly onto the coils and heated, so it melts down onto a wick which then absorbs the product.

**Cost:** Cost of the device varies widely. Juul kits start around \$50 and a replacement pod is roughly the cost of a pack of cigarettes

## A New Generation of Smokers

Since 1990 kids who experimented with smoking decreased from 70% to 25% in 2018.

That same study indicated 43% had tried an electronic vapor product in 2018.

**The link?** Both are based on the highly addictive drug – Nicotine - extracted from the tobacco plant

The difference? Today's e-liquid pods are highly concentrated forms of nicotine. In fact, 1 pod is roughly equal to an entire pack of cigarettes.



## It's Safer, right?

E-liquid is an unregulated industry and you really don't know what is in them. Known chemicals include:

**Nicotine** – causes depression, stress, anxiety and is highly addictive with adults and kids.

**Diacyetyl** – primary cause of popcorn lung, it's irreversible

**Formaldehyde** – a known carcinogen

**Propylene Glycol and Glycerol** – irritates bronchial tissue when inhaled

**Cinnamaldehyde** – can impair lung function

**Metals release** - from heating coil when activated and causes lung tissue damage

**At least there's no tar and carbon monoxide?**

## Reality of Nicotine

Smoked or aerosol, nicotine is bad

According to the U.S. Surgeon General, the developing adolescent brain is particularly vulnerable to the negative effects of exposure to nicotine, including “addiction priming for use of other addictive substances, reduced impulsive control, deficits in attention and cognition, and mood disorders. Additionally, youth are at a higher risk of becoming dependent on nicotine than adults. (CDC, 2017)

Vaping delivers higher concentrations of nicotine to the developing teen brain in 10 seconds. No research has been completed around long term hazards of the concentrated hits. Everything we know about nicotine harm is from cigarettes where less than 1mg of nicotine is absorbed. Cigarettes actually burn off much of the nicotine before being inhaled.

## Don't Be Fooled



- ◆ Big marketing budgets, brightly colored packaging and candy flavoring lead kids to believe vaping is less toxic than cigarettes, but less toxic does not mean safer
- ◆ Vapers are simply the new generation of nicotine addicts and guinea pigs until we fully understand all the real hazards
- ◆ Kids who vape are much more likely to try other tobacco products and transition into “harder” drugs
- ◆ E-juice is very accessible. In addition to gas stations, kids can order off the internet regardless of age and get it delivered next day. We’ve seen kids ordering e-juice from UberEATS and other home delivery services
- ◆ Lithium batteries in vape devices are known to have defects sometimes causing explosions and fires – severely injuring their users
- ◆ Vaping is just as expensive as smoking...and having a new generation addicted to nicotine is great for business.

More resources outside of DFi for information and help:

[TruthInitiative.org](http://TruthInitiative.org)

[SpeakNowColorado.org](http://SpeakNowColorado.org)

[TobaccoFree.org](http://TobaccoFree.org)