VAPING

OUR TEENS ARE AT RISK
Health officials are reporting an outbreak of serious vaping-related lung disease. The number of deaths is rising.

Experts recommend no vaping or e-cigarette use while these illnesses are being investigated.

Source: www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html
Vape, Juul, Suorin, e-cig, pen, mod, pod, e-hookah, tank...
TEEN VAPING

Many teens are using pocket-size vape devices or e-cigarettes at home or school. Vaping produces an aerosol, often mistaken for water vapor. The vapes are often odorless and quickly heat to dispense nicotine, flavored liquids or high-potency THC (cannabis or marijuana).
TEENS ARE THE TARGET

A Stanford study found that vaping ads have been widely promoted on the social media platforms teens use, and spread via #hashtags and paid social media influencers.

Source: “JUUL Advertising Over its First Three Years on the Market,” Stanford University School of Medicine
3 out of 5 of 9th grade students said they feel obtaining vapes is easy.
VAPING IN OUR SCHOOLS

- 7th graders: 1 in 10 say they have vaped
- 9th graders: 1 in 5
- 11th graders: Nearly 1 in 3

Source: Ventura County California Healthy Kids Survey, 2017-18
Did you know? Nicotine is as addictive as heroin.
NOT SAFER THAN SMOKING

Nicotine is **highly addictive** and can **harm brain development**. It contributes to problems with concentration, learning, and impulse control.

Vaping products are largely unregulated. In a recent study, vape juices advertised as having zero nicotine were tested, and **over 90%** of them contained up to 24% nicotine.

THE CLOUD IS AEROSOL, NOT WATER VAPOR

Aerosol, like hairspray, leaves a residue on surfaces including people’s lungs. Some of the chemicals found in vape aerosols include those used for:

- antifreeze (propylene glycol)
- nail polish remover (acetone)
- paints, pesticides (ethylbenzene)
- embalming (formaldehyde)
- fireworks (rubidium)

Source: med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html
Heavy marijuana use by teens may permanently lower IQ up to 8 points.
VAPING MARIJUANA

THC is the main mood-altering ingredient in marijuana (cannabis). The extracts or concentrates used in vaping marijuana, are extremely potent – between 50% and 90% THC.

Cannabis use can have long-lasting or permanent effects on the developing adolescent brain. It contributes to decreased problem-solving skills, reduced attention span, and poor memory. This can lead to a decline in school performance.

FOR HELP TO STOP VAPING, CALL:
805-201-STOP (7867)

FOR HELP WITH MARIJUANA, CALL:
1-844-385-9200 Ventura County Access Line

LEARN MORE:
www.MJFactcheck.org/vaping