

# VAPING, JUULING & USING E-CIGS



Grundy County Health Department

*Preserve, Protect and Promote Public Health*



**Public Health**  
Prevent. Promote. Protect.

**GRUNDY COUNTY HEALTH DEPARTMENT**

# • What is VAPING?

*The act of inhaling vapor produced by any kind of e-cigarette or personal vaporizer. Users load a liquid solution containing their drug of choice into the device. When they draw on the device, the battery heats the liquid, which is then atomized into an inhalable vapor.*



# YOUTH & YOUNG ADULTS ARE BEING TARGETED.

## Youth Exposure to Advertising and E-Cigarette Use

Greater exposure to e-cigarette ads is associated with higher odds of youth e-cigarette use. Most e-cigarettes contain NICOTINE, which can cause ADDICTION, may harm brain development, and could lead to continued tobacco product use among youth.

*Efforts to reduce youth exposure to tobacco advertising are crucial to prevent all forms of tobacco use among youth.*

SOURCE: Pediatrics, April 2014



## Sources of E-Cigarette Advertising



**14.4 million**

youth are exposed  
at retail stores



**10.5 million**

youth are exposed  
through the internet



**9.6 million**

youth are exposed  
through TV/movies



**8 million**

youth are exposed  
through magazines  
and newspapers

SOURCE: CDC Vital Signs, January 2014

[bit.ly/YouthTobaccoUse](http://bit.ly/YouthTobaccoUse)



# THERE ARE OVER 7,700 FLAVORS OF TOBACCO/E-CIG LIQUID



Over **70%** of students age **11-18** who use tobacco use a flavored product

That is 3.26 million students.

menthol

fruit

alcohol

chocolate

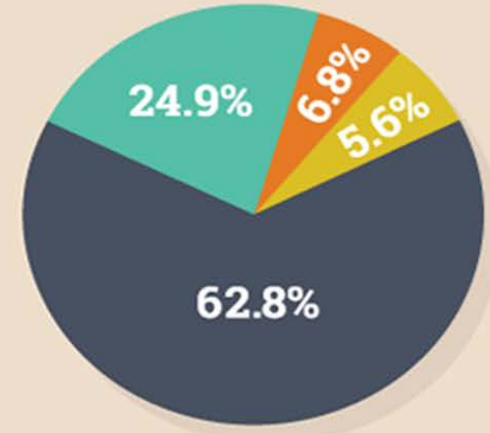
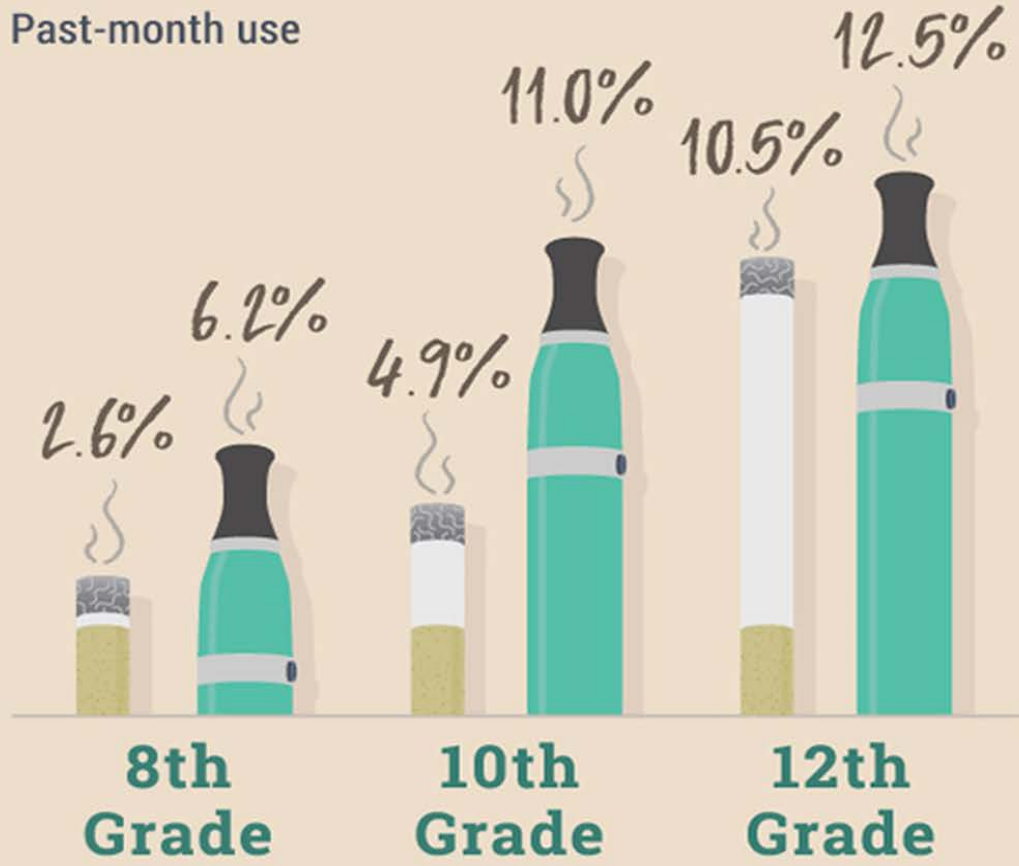
candy

sweets



# TEENS MORE LIKELY TO USE E-CIGARETTES THAN CIGARETTES

Past-month use



What did 12th graders think was in the mist they inhaled from an e-cigarette? Despite the belief that the liquid used in e-cigs contains only flavoring, it also might contain nicotine.

- Flavoring
- Nicotine
- Marijuana or hash oil
- Don't know





# WHERE IS THE MOST COMMON PLACE FOR YOU/YOUR PEERS TO VAPE?

- 208 students- Out with friends
  - 149 students- Friend's house
  - 142 students- Home
  - 35 students-We don't vape
  - 34 students- I don't know
- 34 students-In class
- 30 students-In bathrooms

**ALL TOBACCO  
PRODUCTS  
CONTAIN  
DANGEROUS  
CHEMICALS.  
NOT JUST  
CIGARETTES.**



# JUST HARMLESS WATER VAPER?

16% of  
Students  
Responded  
with this  
answer



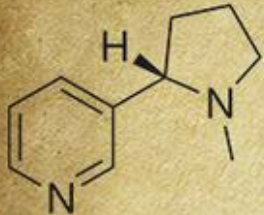
# WHAT'S THE HARM IN VAPING?

- There are hundreds of harmful chemicals in the vapor of Mainstream Smoke ( inhaled by the person) or Side Stream Smoke (exposed secondhand)
- A few of the most dangerous chemicals are listed here.
  - \* Benzene                      \* Formaldehyde                      \* Acetalehyde
  - \* Lead
  - \* Isoprene                      \*Toluene                      \* Cadmium
  - \* Nickel



# FACTS...

## IT'S NOT JUST HARMLESS WATER VAPOR



### NICOTINE CONTENT

Nicotine is **addictive and can elevate blood pressure**. Withdrawal symptoms include irritability, depression and anxiety. The nicotine strength in e-cigarettes varies widely between brands.



### TOXIC CHEMICALS

A 2009 FDA analysis found some **e-cigarettes contain carcinogens and glycol, an ingredient found in antifreeze**.



### MAY SERVE AS A GATEWAY

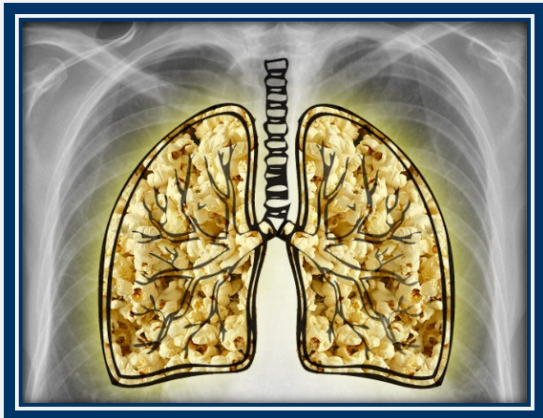
**You don't have to be 18 to buy e-cigarettes** and experts worry this combined with things like fruit and candy flavors make teens more likely to try tobacco products.

# HEALTH EFFECTS OF E-CIGS & NICOTINE

## POOR MEMORY & ATTENTION

Cause: **NICOTINE**

↓ Brain development in children



## POPCORN LUNG

Cause: **E-CIG LIQUID**

↑ Risk of lung disease by inhaling buttery tasting chemical **diacetyl**

## HEART DISEASE & STROKE

Cause: **NICOTINE**

↑ blood pressure

↑ heart rate.



# NEED HELP QUITTING?



1-866-QUIT-YES  
Se habla español.

**ILLINOIS TOBACCO  
QUITLINE**  
ILLINOIS DEPARTMENT OF PUBLIC HEALTH  
AMERICAN LUNG ASSOCIATION IN ILLINOIS

Scan to  
listen to a  
success story.



[quityes.org](https://www.quityes.org)

TALK WITH YOUR  
PARENTS/FAMILY

HAVE OPEN DISCUSSIONS WITH  
TEACHERS/COUNSELORS

# SURVEY RESPONSES

- Name 5 Positive non-drug/alcohol related activities to do instead

- Sports-398 responses
- Play Fortnite-245 responses
- Video games/x-box-104 responses

Name 3 positive non-drug/alcohol related items you could purchased instead of juuling or vaping?

Food/Drinks/Candy Gum-354

Fortnite-116

Clothes-89