

Vaping Factsheet

What are vapes?

"Vapes" or "e-cigs" are electronic devices that heat liquid "e-juice" & produce an aerosol that is inhaled into the lungs.

What do they look like?

The appearance of vapes varies widely between brands & models. Some commonly used brands include:

- Elf Bar
- Breeze
- Mr. Fog
- Vuse
- Juul
- Flum



Quick statistics

1 in 4

current U.S. youth e-cigarette users
use e-cigarettes daily (26.3%)

FDA. (2024). NYTS Results.



1 in 5

VT students who report e-cigarette use
in the past 30 days **use them because**
their family or friends also use them

VT Department of Health. (2023). YRBS Results.

294%

increase in average nicotine strength
of e-cigarettes in the span of 5 years

CDC. (2024). Monitoring E-Cigarette Trends in the U.S.

What is inside?



Nicotine

Addictive substance w/
cardiovascular harm



Chemicals

Ex.: benzene (gasoline),
toluene (paint thinner),
formaldehyde (dead
tissue preservative)



Flavorings

Flavors are not tested
for inhalation safety

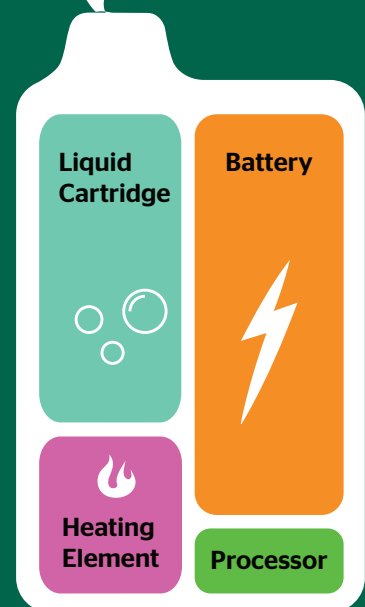


Heavy Metals

Ex.: Lead, cadmium,
nickel, & tin



Carcinogens & Ultrafine Particles



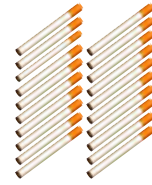
Nicotine equivalence



1 pack of
cigarettes

= ~22mg of nicotine

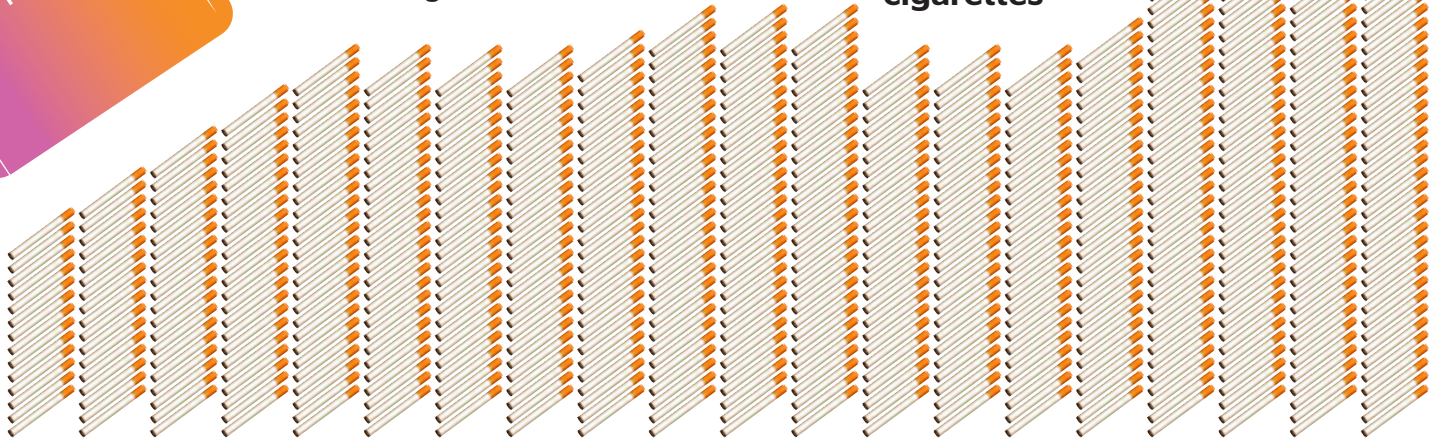
= ~ 20
cigarettes



1 Elf bar

= ~650mg of nicotine

= ~ 590
cigarettes



Stanford Medicine. (2024). *Tobacco Prevention Toolkit*.

Impacts on the brain

The brain is still growing until about age 25. The part responsible for **decision making & impulse control is not fully developed** during adolescence.

Long-term effects of exposing a developing brain to nicotine:

- Nicotine addiction
- Mood disorders
- Permanent reduction of impulse control
- Primes the brain for addiction to other drugs

CDC. (2024). *E-Cigarette Use Among Youth*.

Resources for cessation & quitting



DH Vaping Toolkit

Free education & resources toolkit

My Life, My Quit

Free & confidential quitting support

<https://mylifemyquit.com>