

Do You Know?

From 2017-2022, sales of disposable e-cigarettes with over 5% nicotine skyrocketed from 0% to 90% of the market, while those containing less than 1% nicotine accounted for a meager fraction of sales. Surprisingly, the cost of high-nicotine e-cigarettes has either dropped or remained stable, incentivizing younger users who are price-sensitive to opt for more potent products.

E-cigarettes inflict insidious harm on developing brains and lungs, with enticing flavors masking sky-high nicotine levels alongside toxic chemicals, underscoring the urgency of heightened awareness and regulation.

Teens Also Vape Marijuana

Vaping marijuana has serious health consequences to youth. Non-medical use of marijuana is only legal for those 21 or older. To learn more about marijuana visit fairfieldcaresct.org/marijuana



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Unveiling the Truth About
E-Cigarettes/Vapes



What's in an E-Cigarette?

E-cigarettes, also known as vapes, mods, and vape pens, come in various shapes, sizes, and colors, with some resembling traditional cigarettes, pipes, or cigars, while others mimic everyday items like pens or USB sticks. They are particularly popular among youth and come in a range of enticing flavors including fruit, candy and dessert flavors. These appealing flavors often attract young users and contribute to the widespread use of e-cigarettes among adolescents. However they appear, vape solutions typically contain nicotine, flavoring, and a humectant such as propylene glycol, all of which pose significant risks to both brain and body development, especially in youth.



Photo by: med.stanford.edu

Nicotine is a primary component of most e-cigarettes; nicotine is highly addictive and commonly found in traditional tobacco products. Other harmful ingredients include: volatile organic compounds, ultrafine particles, carcinogens, heavy metals (nickel, tin, lead), and flavorings like diacetyl, linked to severe lung disease. The e-cigarettes that are most popular among youth contain the **same amount of nicotine as 50 or more cigarettes**. The graphic above from Stanford Medicine illustrates the nicotine levels.

The Impact Of E-Cigarettes On The Brain And Body

- **Brain Development:** Nicotine exposure during adolescence can harm the developing brain, affecting cognition, attention, and impulse control.
- **Increased Heart Rate and Blood Pressure:** Nicotine in e-cigarettes can elevate heart rate and blood pressure, increasing the risk of cardiovascular problems.
- **Respiratory Issues:** Inhalation of e-cigarette aerosols can irritate the respiratory system, leading to coughing, wheezing, and exacerbating asthma symptoms.
- **Impact on Lung Function:** E-cigarette use is associated with decreased lung function, compromising respiratory health and potentially leading to chronic lung diseases.

The Legal Age For Using E-Cigarettes Is 21.

E-cigarettes are a serious public health problem. Kids aren't merely experimenting with e-cigarettes; many are using these products habitually, indicating addiction. Shockingly, in 2023, nearly 40% of high school e-cigarette users vaped on at least 20 days a month, with almost 30% reporting daily use.



Parents Can Make A Difference - Here's How

- **Stay informed:** Educate yourself about the dangers of e-cigarettes and the risks they pose to young people's health.
- **Have open conversations:** Talk to your children about the risks associated with e-cigarette use, including addiction, lung damage, and negative impacts on brain development.
- **Set a good example:** If you smoke or use e-cigarettes, consider quitting. Being a positive role model can influence your child's behavior.
- **Create a supportive environment:** Foster an open and supportive atmosphere where your child feels comfortable discussing their concerns or experiences with e-cigarettes.
- **Encourage healthy alternatives:** Encourage your child to engage in healthy activities and hobbies that promote physical and mental well-being, such as sports, arts, or outdoor activities.

Source: Campaign for Tobacco Free Kids