

# VAPING 101

## WHAT IS VAPING?

Vaping is the act of inhaling and exhaling the aerosol (vapor) produced by a vaping device/vaporizer such as, an e-cig, vape pen or JUUL.

Vapor develops when the vaporizer heats the vaping liquid (called vape juice, nicotine juice, or e-liquid). Most vaping liquids contains nicotine, a tobacco byproduct, which is very addictive and has health consequences.

## JUST HOW DANGEROUS IS IT?

Users control the amount vape juice being used, affecting the amount of nicotine received.

- Nicotine increases heart rate, blood pressure and restricts blood flow.
- Nicotine vapor contain toxic chemicals, linked to heart and respiratory diseases.
- Nicotine can negatively affect the brain development of young adults.



Second-hand vaping exposes bystanders to unhealthy air quality.

The FDA does not recognize vaping as an approved quit-smoking method. If you want to quit, visit [QuitWithUsLa.org](https://www.QuitWithUsLa.org) or call **1-800-QuitNow**.

**The vaping industry is always changing.  
Stay educated at [CDC.gov/tobacco](https://www.CDC.gov/tobacco).**



1.800.QUIT.NOW  
[QuitWithUsLa.org](https://www.QuitWithUsLa.org)



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

## DID YOU KNOW????

One JUUL pod can contain as much nicotine as 1 pack of cigarettes.

The liquid comes in flavors, such as mint, bubble gum and even Crème Brule, which are proven to attract young users and lead to tobacco use.



Between 2017 and 2019, vaping increased among Louisiana high school students almost tripled and nearly doubled among Louisiana middle school students.

Vaping devices can be used for recreational marijuana and THC oils.

Defective vaping device batteries have caused fires and explosions, mostly while being charged, but also when in use.

The nicotine from vaping and other tobacco products can prime young brains for addiction to other drugs, such as cocaine, marijuana and meth.

Some studies show that non-smoking youth who vape are more likely to try traditional cigarettes in the future than non-smoking youth who do not vape.

## RECOGNIZE A VAPING DEVICE

Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB sticks, and other everyday items.



- Louisiana Youth Tobacco Survey, 2013, 2015, 2017, 2019. Unpublished. Retrieved from Louisiana Tobacco Control Program.
- U.S. Department of Health and Human Services. (2016). E-Cigarette Use Among Youth and Young Adults. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.
- U.S. Department of Health and Human Services. (2018). Surgeon General's Advisory on E-cigarette Use Among Youth. Atlanta (GA): U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.