

## TOP TEN FACTS ABOUT VAPING

1. Nearly all Vape devices, including Juuls, contain nicotine, which is highly addictive and toxic to the human body.
2. 1 Juul pod contains the same amount of nicotine as 1 pack of cigarettes.
3. Nicotine is a potential gateway drug that primes the brain for other addictions, affects impulse control and learning, causes mood disorders and changes the adolescent brain.<sup>1,2</sup>
4. Teens who vape are three and half times more likely to smoke cigarettes<sup>3</sup> and almost three times (2.7) more likely to use marijuana<sup>4</sup>.
5. The original messaging about ENDS indicated that it was 'harmless water vapor', however it is really an aerosol, and many of the products tested contain toxic chemicals, including formaldehyde and heavy metals.
6. There are currently over 15,000 flavors of vapes on the market, many developed and marketed in a way that attracts youth users. The flavors themselves can be toxic.
7. The e-cigarette/vape industry has strong ties to Big Tobacco, and is manipulating youth, often through social media, into thinking their products are harmless and not addictive.
8. Vape devices can be used for marijuana and other harder drugs. More than 50% of CT high school students who ever tried vaping have used the device for substances other than tobacco that included marijuana, THC or hash oil, or THC wax.<sup>5</sup>
9. The long-term health risks of vaping are still unclear because they are still fairly new, but we do know vaping is associated with inflammation of the lungs and airways, respiratory problems.
10. It is against Connecticut law for anyone under the age of 21 to purchase vaping products. The fine for selling or distributing vape products to persons under the age of 21 starts at \$300<sup>6</sup>.

1. US Department of Health and Human Services. [E-cigarette Use Among Youth and Young Adults: A Report of the Surgeon General](#). Atlanta, GA: US Department of Health and Human Services, CDC; 2016. Accessed July 27, 2018.
2. National Academies of Sciences, Engineering, and Medicine. 2018. Public Health Consequences of E-Cigarettes. Washington, DC: The National Academies Press. doi: 10.17226/24952 ; also Bold KW, Kong G, Camenga DR, et al. Trajectories of E-Cigarette and Conventional Cigarette Use Among Youth. *Pediatrics*. 2018;141(1):e20171832.
3. Berry KM, Fetterman JL, Benjamin EJ, et al. Association of Electronic Cigarette Use With Subsequent Initiation of Tobacco Cigarettes in US Youths. *JAMA Netw Open*. 2019;2(2):e187794. doi:10.1001/jamanetworkopen.2018.7794.
4. Hongying Dai, Delwyn Catley, Kimber P. Richter, Kathy Goggin, Edward F. Ellerbeck. Electronic Cigarettes and Future Marijuana Use: A Longitudinal Study. *Pediatrics*, May 2018, VOLUME 141 / ISSUE 5
5. Sorosiak, D., Metcalf Walsh, B., Peng, J. (2018). Connecticut Youth Tobacco Survey Results; 2017 Surveillance Report. Hartford, CT: Connecticut Department of Public Health.
6. CT Public Act 19-13: An Act Prohibiting The Sale Of Cigarettes, Tobacco Products, Electronic Nicotine Delivery Systems And Vapor Products To Persons Under The Age Of 21.