

Keeping Kids Safe

E-Cigarettes

A.K.A.: Vapes, Juuls, Vape Pens, Vape Sticks, Mods, E-hookah

Introduced as a safe alternative to smoking, among youth e-cigs are proving to be a very risky, and increasingly popular, means of nicotine *and* THC consumption.



The Risks:

- E-cigarette use rose 900% among high school students between 2011 and 2015. In contrast, rates of regular smoking among youth dropped dramatically. The Food and Drug Administration (FDA) has referred to the dramatic increase in e-cigarette use among youth as an “epidemic”.
- 2018 Parkway area surveys indicate that 40% of 10th graders have tried an e-cigarette and even more perceive vaping as “cool”. The 2017 CDC National Youth Tobacco Survey reveals that 46.7 % of youth who had tried an e-cig had never tried a traditional cigarette.
- Young teens are more likely to vape than smoke. The flavored “juices” are attractive to teens and foster the misperception that vaping is safe. Fruit flavored juices are associated with more toxins.
- E-cigarette vapors are NOT harmless- even as “second hand” smoke. Heating the solutions, or “juice”, to produce the inhalable aerosol produces aldehyde, acetaldehyde, formaldehyde and acrolein, which are known carcinogens. The hotter the vapor, the greater the release of chemical toxins.
- “Dripping” is a technique for making vapor hotter, providing “blasts” of vapor with significantly increased exposure to chemical toxins.
- E-cigarettes typically deliver nicotine, and sometimes THC (the psychoactive ingredient in marijuana), along with various flavorings, through a liquid typically consisting of glycerin and/or propylene glycol. While these two chemicals are considered safe for use in food consumption, the effects of aerosolizing and inhaling them into the lungs are unknown.
- E-cigs often deliver much higher doses of nicotine and formaldehyde than conventional cigarettes, raising the likelihood of nicotine addiction in teen “vapers”. Importantly, *nicotine is much more harmful to the developing teen brain* than to the mature adult brain.



When a Juul is no jewel!

Juul Labs produces Juul e-cigarettes and pods, for which one “juice” pod can contain the nicotine equivalent of a pack of 20 traditional cigarettes. Looking very much like a USB flash drive, and rechargeable in the USB port of computers, Juuls are easily concealed, making them popular among area teens. Juul dominates the e-cig market with over 74% share.

How to Protect Your Child

- Be an active role model of healthy choices- your example matters.
- Know the facts about e-cigarettes. Do not be misled into believing that using e-cigarettes is harmless.
- Talk openly and candidly with your children about the risks of smoking in any form. Be certain your children understand that e-cigarettes ARE NOT safer than traditional forms of smoking; e-cigs are dangerous in different ways.
- For the health of your family, and especially your children, maintain a zero tolerance stance about smoking.
- Support those around you in knowing the facts about e-cigarettes and the risks involved in their use.



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