

Vaping/E-Cigs Facts

~~~~~DARE TO RESIST~~~~~

- E-Cigarettes, Vaping, E Hookahs, E pipes, vape pens take on many forms. **It is illegal for anyone under 18 years old!** They are sadly the most commonly used tobacco product among youth, a huge cause for concern since **nicotine** is known to have **harmful effects** on adolescent brains.
- They can be used to simulate smoking and produce an aerosol of **nicotine** and/or **other substances**.
- They produce MORE than “just water vapor” Secondhand aerosol **can contain nicotine, heavy metals, and cancer-causing chemicals such as Formaldehyde and Diacetyl** which are harmful to the human body.
- The **E-juices are not regulated** in the making or sale of the 450+brands out there, so the contents inside the E-juice vary widely and don’t always match the ingredients or amounts listed on the labels. In fact, there is no requirement to list ingredients!
- The **contents in the E-juice** in e-cigarettes **can affect your health, along with others who may breathe in the secondhand aerosol.** E-Cigarettes contain **nicotine**-a powerfully **addictive** substance.
- They are not approved to help smokers quit and studies have shown that e-cigarette users often continue to smoke regular cigarettes as well as vaping.
- **SMOKING** in general, IS the leading **PREVENTABLE** cause of death in the USA. Smoking puts the health of your friends and family at risk because approximately 3,000 non smokers die of lung cancer each year from breathing other people’s smoke (second hand smoke). That is about half the population size of Elm Grove!



The use of E-Cigs has tripled in the last few years. 88% of youth think they wouldn't try it if it didn't have any candy flavor

**In WI- increase from 8% in 2015 to 13% in 2017 of high school students who currently use E cigs**

**For more info-  
Tobwis.org &  
Dare.org**