

WHAT IS VAPING AND JUULING?

“Vaping” is a term introduced by the electronic nicotine delivery system (ENDS) industry to refer to any electronic vaporizer, such as E-cigs, Vapes, vape pens, vaporizers, and E-hookahs. “Juuling” is use of the popular Juul brand of nicotine vaporizer.
(<https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>)



Vaping has been on the rise among middle and high school students across the nation. The devices are often mistaken for a flash drive and can plug in to a computer. Additionally, there are accessories such as lanyards and even hoodies in which the device may affix to the drawstring and be concealed in a small pocket.

IS IT DANGEROUS?

The term vaping can incorrectly lead people to believe that these devices produce a harmless water vapor. In reality, they produce potentially harmful aerosols that are inhaled into the lungs and exhaled into the environment. The added flavorings (e-juice), such as cherry or popcorn, are made of glycerol and propylene glycol which, generally regarded as safe for ingestion, when heated break down into toxic compounds. The e-juice is often a medium for inhaled nicotine and/or cannabis. One Juul cartridge contains the same amount of nicotine as a pack of cigarettes.
(<http://niehs.etox.ucdavis.edu/files/6615/3798/4517/UC-Davis-ebook-Aug-18-WEB.pdf>)

<p>It's just water vapor.</p>	<p>FACT: E-cig aerosols are heated propylene glycol and glycerin.</p>
<p>Vaping is safe.</p>	<p>FACT: Many e-cig aerosols contain detectable levels of metals, acrolein, and formaldehyde, and have similar PM_{2.5} levels as conventional cigarettes.</p>
<p>Vaping doesn't produce secondhand effects.</p>	<p>FACT: Exhaled e-cig aerosols contain fractions of the original vapor as well as metabolites that can be inhaled by others and stick to surfaces. This includes nicotine and its carcinogenic derivatives.</p>

Until about age 25, the brain is still growing. Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Child and adolescent brains build synapses faster than adult brains. Because addiction is a form of learning, they can get addicted more easily than adults. This process also primes the brain for other forms of addiction. Nicotine use is also linked to mood disorders, attention/learning issues, and permanent lowering of impulse control. (<https://e-cigarettes.surgeongeneral.gov/knowtherisks.html>)

<p>For more information:</p>	<p>News video regarding student use of vape pens: https://www.youtube.com/watch?v=OfkT6EZVGOs&t=2s New Yorker Article on the history and development of the electronic vaporizer and current impact on teens: https://www.newyorker.com/magazine/2018/05/14/the-promise-of-vaping-and-the-rise-of-juul CDC Information regarding E-Cigarettes: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/ Website that sells vaping accessories: https://vapwear.com/ Local resources to quit tobacco and vaping: https://www.yolocounty.org/health-human-services/adults/tobacco-cessation#Resources_Other</p>
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