

VAPE: What you need to know.

Vape: an electronic e-cigarette. Contains a battery, liquid that is usually laced with nicotine and flavored or scented. While there are many types of e-cigarettes, pictured below:



One called Juul (below) is the most favored by teens. It is small, discreet, and comes in some “fun” colors and prints. You can buy a “skin” to personalize the Juul.



Nicotine based flavors range from “Cinnamon Toast Cereal, Peanut Butter Jelly Time, Swedish fish, fruit flavors, menthol flavors and of course tobacco flavors.” The e-cigarette does produce a smoke that is water based and can easily be blown out into a sweatshirt. When in use the vape smells like the cartridge loaded into it.

Biggest misconception is that they pose no health risk because they contain no tobacco or are not a traditional cigarette.

- Cartridges contain nicotine which is addictive
- Nicotine impacts teens brains, which are still under construction, differently than it does adults
- Nicotine interferes with prefrontal brain development in adolescents. (Judgement, Inhibition,...)
- Flavored e-liquid often contains diacetyl, which can cause permanent damage to the lung.
- E-liquids contain propylene glycol and glycerol which are not thought to be dangerous, but the high heat of the vape degrades them to form toxic compounds such as formaldehyde.
- Number of teens using e-cigarettes has increased dramatically over the past few years.

NH Law: It is illegal for anyone under 18 to purchase, possess or use e-cigarettes or liquid nicotine

<http://www.gencourt.state.nh.us/rsa/html/X/126-K/126-K-6.htm>

Surgeon General of the United States of America report on *e-Cigarette Use Among Youth and Young Adults*

https://e-cigarettes.surgeongeneral.gov/documents/2016_sgr_full_report_non-508.pdf