

# Cheltenham Communities That Care (CTC)

## WHAT IS VAPING?

**Vaping** is a popular trend among youth and those looking to quit traditional cigarettes. 29.8% of 12th graders in Montgomery County report they have used a vaping device in the last 30 days. E-cigarettes are the tobacco-free alternatives to regular cigarettes. They are known collectively as **Electronic Nicotine Delivery Systems (ENDS)** and have a variety of other names. They come in many forms and even look like USB drives.

E-cigarettes or **ENDS** are designed to heat a flavored nicotine liquid that is then inhaled by the user. The liquid inside is often referred to as "e-juice" or "vape juice." The heated mixture creates an aerosol (a mixture of liquid particles that can contain many chemicals). This aerosol can be mistaken for regular smoke.

### The Evolution of E-Cigarette, or Vaping, Products

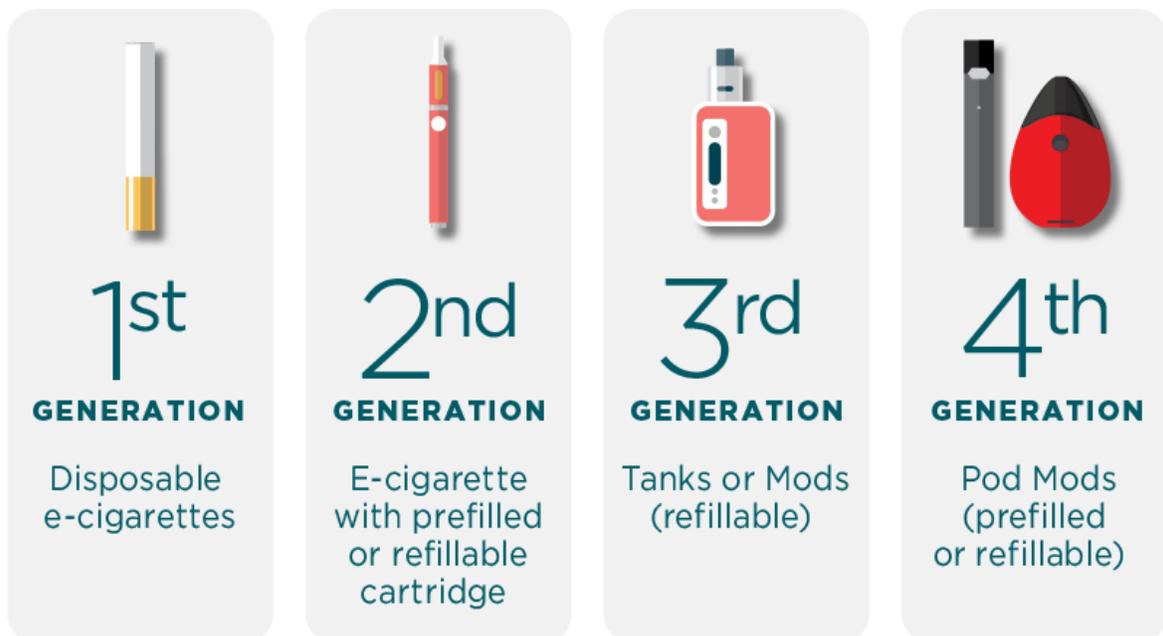
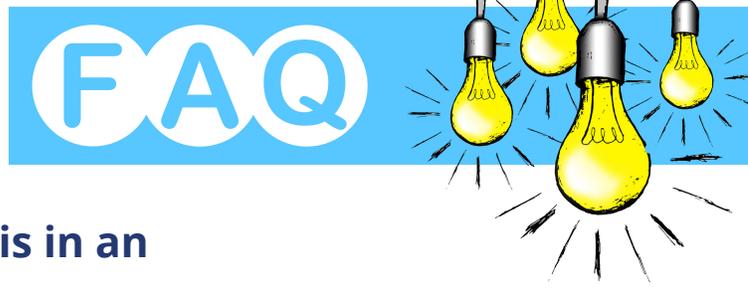


Image from Centers for Disease Control and Prevention



## How much nicotine is in an e-cigarette?

Popular e-cigarettes can contain the same amount of nicotine as 1-to-1.5 packs of cigarettes. Since these products are not FDA regulated, each product can vary and carry different amounts of nicotine. This means they can contain more nicotine than they are telling you.

## Are e-cigarettes dangerous?

Short answer, YES! The liquid found in e-cigarettes and vapes contains a multitude of toxic chemicals that can also be found in regular cigarettes. Additionally, when the e-liquid heats up, more toxic chemicals are formed.

The flavoring in an e-cigarette may seem harmless, but look what other chemicals are in there.

## Are e-cigarettes healthier than regular cigarettes?

No! Just because they do not contain tobacco like traditional cigarettes that does not make them any safer. The contents of cigarettes and e-cigarettes differ, but both contain toxic and deadly chemicals. These products contain nicotine which is a highly addictive substance.

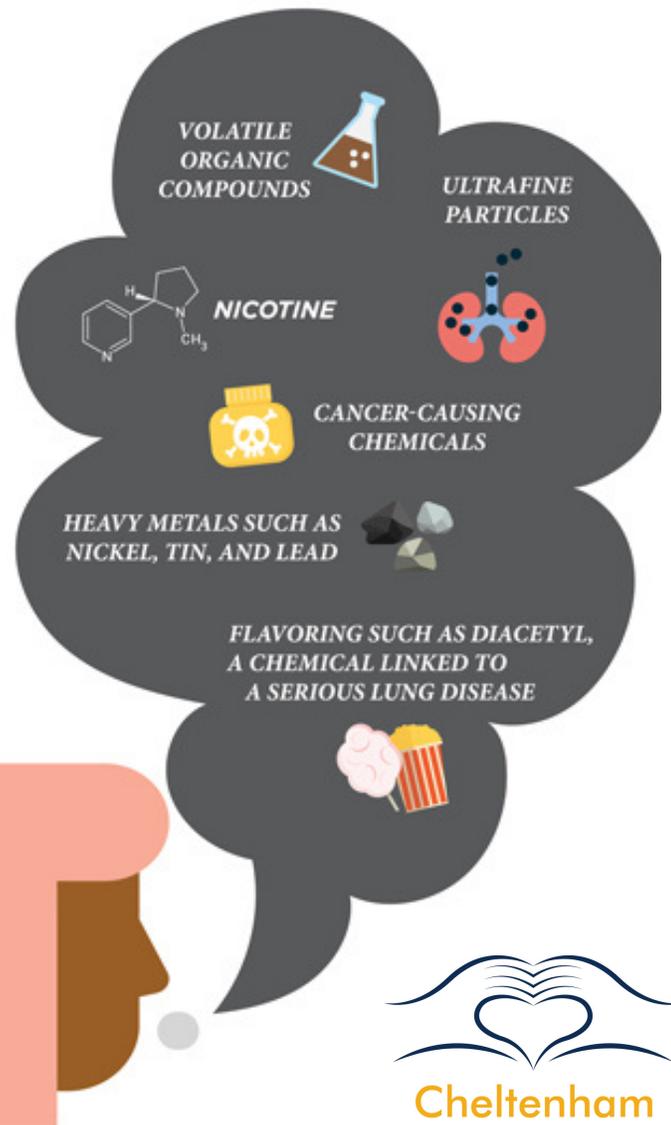


Image from Centers for Disease Control and Prevention

## RESOURCES

<https://truthinitiative.org/>

<https://www.montcopa.org/3271/Youth-Vaping-Prevention-Resources>

<https://www.lung.org/quit-smoking/helping-teens-quit/talk-about-vaping/vaping-facts>

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/severe-lung-disease.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html)



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Communities That Care