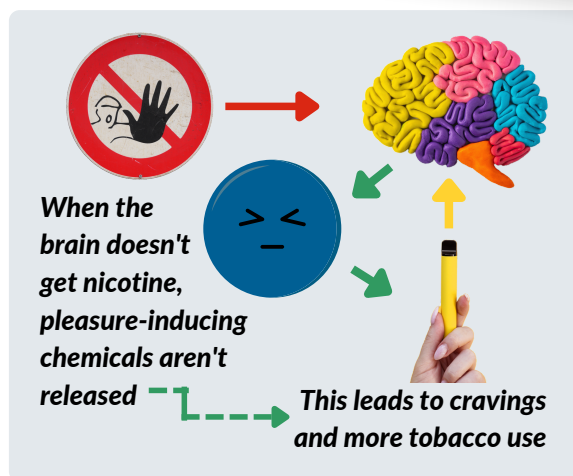
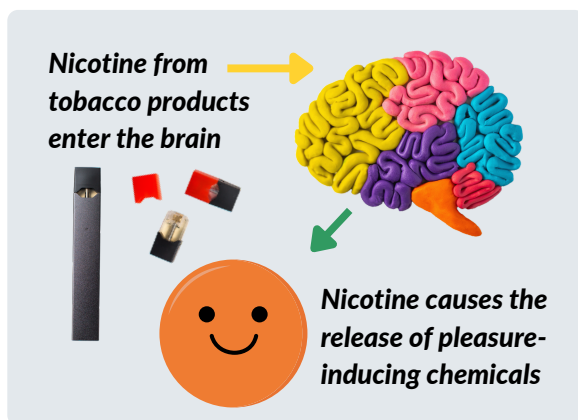


BORN TO BREATHE TOBACCO FACT SHEETS



Nicotine harms developing brains, including making young people more susceptible to addiction, research also shows worrying connections between nicotine and mental health.¹



THE BRAIN ON NICOTINE¹

Nicotine use can increase anxiety symptoms and stress levels. However, many tobacco users **falsely** believe tobacco products can relieve stress and anxiety.¹

3 Ways Vaping Affects Mental Health²

1. Current e-cigarette users have double the odds of having a diagnosis of depression compared to those who have never vaped. According to a 2019 JAMA study of nearly 30,000 current e-cigarette users above age 18, frequent vaping is tied to even higher odds - 2.4X - of having a diagnosis of depression compared to never users.

The study also showed current e-cigarette users had 1.67X higher odds and former e-cigarette users had 1.52X higher odds of reporting at least one day of poor mental health in the past month compared to never users who reported no days of poor mental health. Researchers also believe that trace metals in vape liquid may play a role in the potential link between vaping and depression.

2. Vaping can worsen symptoms of depression. Based on the results of a 2017 study of nearly 2,500 ninth graders who had never previously used e-cigarettes or combustible tobacco in Los Angeles, those who used e-cigarettes at a higher frequency were associated with higher depressive symptoms. This also included feeling sad or having crying spells - a year later.

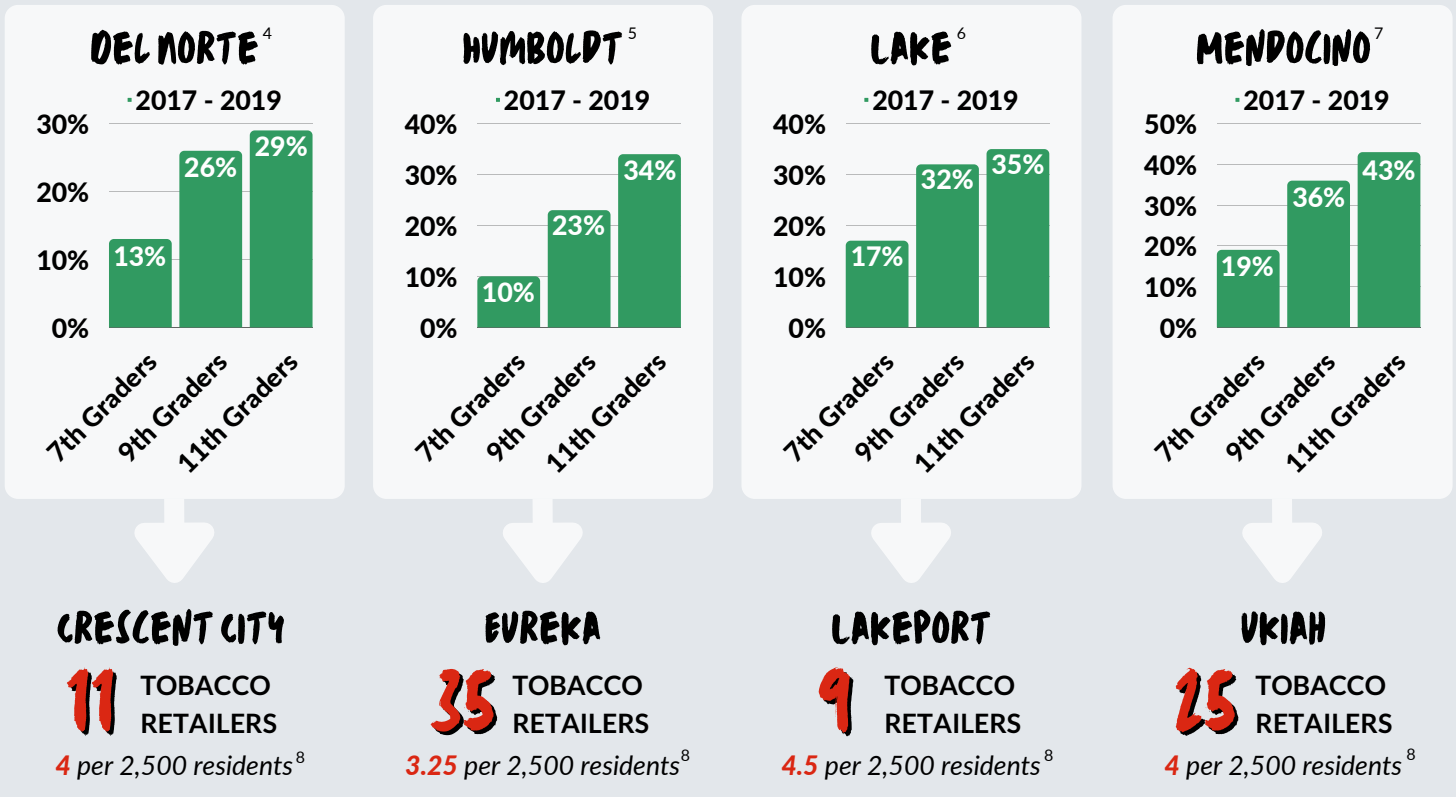
3. Nicotine use is significantly associated with higher levels of conditions like ADHD. A 2019 study of U.S. college students found that vaping is significantly associated with higher levels of ADHD symptoms, and nicotine dependence was correlated with greater anxiety symptoms.

It is critical to both prevent teens and young adults from vaping or smoking and to help those who are addicted to quit as soon as possible. Not only does quitting break the addiction to nicotine and reduce health-related risks associated with tobacco use, it can also improve mental health. A 2014 meta-analysis showed quitting smoking is linked with lower levels of anxiety, depression and stress as well as improved positive mood and quality of life compared with continuing to smoke.

Local Statistics

Exposure to tobacco marketing in stores increases tobacco experimentation and use by youth and is more powerful than peer pressure. Middle school youth exposed to tobacco products in a retail setting multiple times per week are twice as likely to start smoking.³

YOUTH THAT HAVE EVER TRIED E-CIGARETTES.



Call To Action

- Smart tobacco policies can help create an environment where community leaders and families feel empowered to reject the culture of tobacco use and choose healthier, tobacco-free futures.
- Local retail licensing policies can reduce youth access to tobacco by banning the sale of all flavored tobacco products, address retail density, tobacco displays and advertising proximity to youth friendly areas, and tobacco free pharmacies.
- Ask communities to pass smoke free policies to protect community spaces such as fairs, rodeos, and shared living spaces such as apartment complexes.
- Smokefree outdoor air laws can protect rural Californians from the secondhand smoke they want to avoid.



1. <https://truthinitiative.org/research-resources/emerging-tobacco-products/nicotine-use-and-stress>
2. <https://truthinitiative.org/research-resources/targeted-communities/3-ways-vaping-affects-mental-health>
3. <https://www.tobaccofreekids.org/assets/factsheets/0072.pdf>
4. <https://data.calschls.org/resources/Del Norte County 1719 Sec CHKS.pdf>
5. <https://data.calschls.org/resources/Humboldt County 1719 Sec CHKS.pdf>
6. <https://data.calschls.org/resources/Lake County 1719 Sec CHKS.pdf>
7. <https://data.calschls.org/resources/Mendocino County 1719 Sec CHKS.pdf>
8. <https://cthat.org/>

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