

VAPING FACTS AND RESOURCES

WHAT IS A VAPE?



Vapes emerged as a smoking alternative for adult users of cigarettes. Today, young adults start vaping unaware of the nicotine in these products.



Popular vape brands include Juul and Flair and resemble USB drives. Today, most vapes are single-use and disposable.



99% of e-juices contain nicotine and are often sweetly flavored, an allure for young people. Users may also vaporize marijuana concentrates.

YOUTH HEALTH IMPACT



Use of vapes by youth may cause a decrease in attention, concentration and impulse control.



Youth are more vulnerable than adults to addiction because their brains are still developing.



Many of the particles in vape aerosols contain toxic chemicals, linked to cancer, heart and lung diseases.

USAGE IS ON THE RISE



While regulations are evolving, companies are still marketing these products to young people, especially on social media.

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High school students are five times more likely to vape than smoke cigarettes.



Use has continued to rise due to ease, access and concealment.

YOU SHOULD KNOW



According to New Jersey state law, you can't use a vape anywhere you can't smoke cigarettes.



Talk with your children and lay clear ground rules about vaping. You can help prevent a nicotine addiction.



For help with quitting at any age, contact the Tobacco & Nicotine Treatment Program at quitcenter@rwjbh.org

RESOURCES

PARTNERSHIP TO END ADDICTION:



[https://drugfree.org/
?s=vaping&action=coa_search](https://drugfree.org/?s=vaping&action=coa_search)

THE SURGEON GENERAL:



<https://ecigarettes.surgeongeneral.gov/>

TRUTH INITIATIVE:



[https://truthinitiative.org/
research-resources](https://truthinitiative.org/research-resources)

NIH NATIONAL INSTITUTE ON DRUG ABUSE:



[https://nida.nih.gov/drug-
topics/tobacconicotine-vaping](https://nida.nih.gov/drug-topics/tobacconicotine-vaping)



**Contact Us for a Confidential Assessment
Open to All Ages
quitcenter@rwjbh.org**

