



Vaping: A National Epidemic

“Vaping” is the act of inhaling and exhaling an aerosol, often referred to as vapor, produced by an electronic cigarette. The aerosol consists of fine particles containing toxic chemicals that have been linked to heart and respiratory diseases.

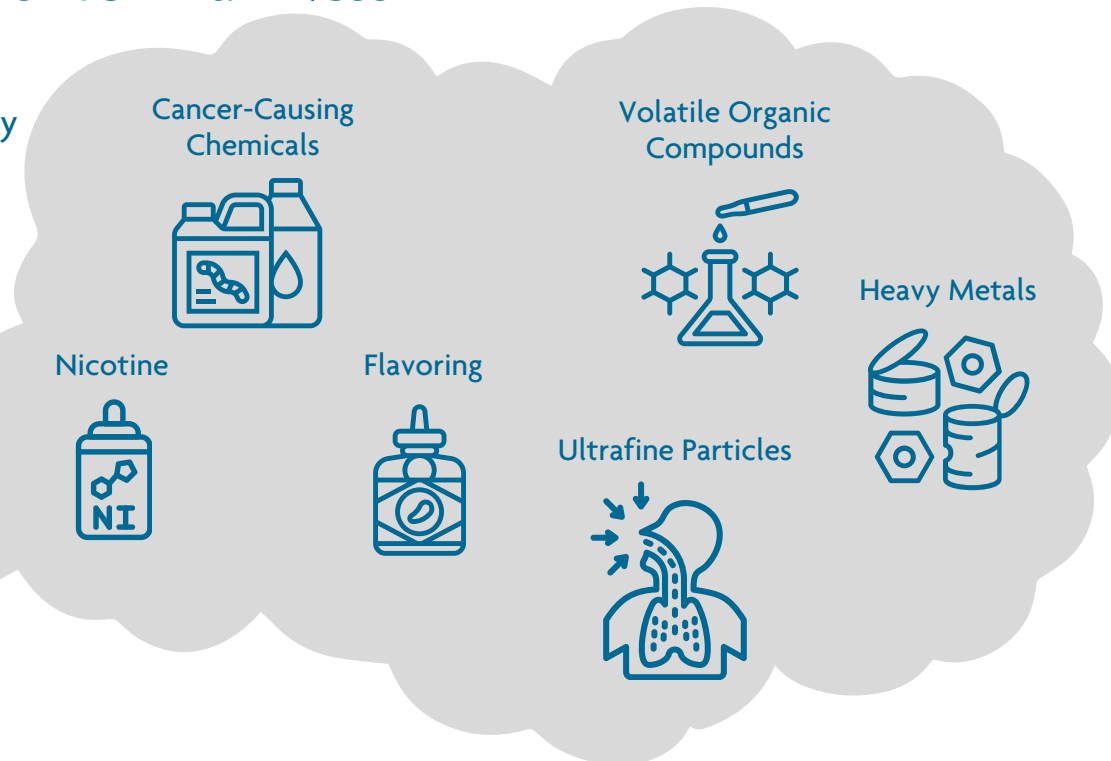
What is an e-cigarette, or vape?

- Vapes come in many sizes, shapes, colors and models
- Every vape has the same four components:
 - Mouthpiece for users to inhale from
 - Tank, pod or reservoir for the e-liquid
 - Heating element that use metal coils to heat up the liquid
 - Battery (single-use or rechargeable)



E-cigarette use is NOT harmless

The aerosol produced by vapes contains many harmful ingredients:



Nicotine is highly addictive and can harm brain development. Products on the market are increasing in potency.

5% nicotine is the most common nicotine level in disposable vapes. It is the equivalent of 50 mg nicotine per mL of liquid. 50mg of nicotine is roughly 50 cigarettes.



Between January 2017–March 2022, the unit share of products containing $\geq 5\%$ nicotine strength increased by 1486.3%.



Between January 2017–March 2022, monthly average nicotine strength of e-cigarette products increased from 2.5% to 4.4%.



Risks of e-cigarettes for kids, teens, and young adults

Nicotine Use and Brain Development

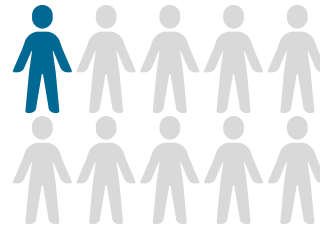
- The brain is in development until mid- 20s. Using nicotine can disrupt normal brain development.
- Young people who vape are more likely to smoke cigarettes in the future.
- Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.
- Using nicotine in adolescence may also increase risk for future addiction to other drugs.
- Youth e-cigarette and cigarette use have been associated with mental health symptoms such as depression.

Youth Vaping in Yellowstone County

47.8% of Yellowstone County high school youth reported to having tried an e-cigarette at least once (2023 YRBS)



10.4% of Yellowstone County high school youth reported using an e-cigarette daily for the past 30 days (2023 YRBS)



Vaping Myths vs. Facts

Myth #1 Vaping is a healthy alternative to cigarettes.

Fact #1 E-cigarettes expose users to fewer harmful chemicals than burned cigarettes, but vape juice contains a combination of chemicals that cause short and long-term health impacts. Most vape products contain nicotine, which is highly addictive.

Myth #2 It's hard for youth to get vape products.

Fact #2 Despite sales laws, youth can still buy vape products from peers, friends and relatives. Age restrictions at retail stores are not always enforced.

Myth #3 Flavored vapes are just harmless water vapor.

Fact #3 The chemicals used to create vape flavorings can damage the lungs, heart and immune system, whether or not nicotine is present. Vape liquid is oil-based and does not contain water.

For information on prevention strategies, treatment options, and Montana's Quit Line resources, contact:

✉ PublicHealth@RiverStoneHealth.org

☎ 406.247.3305

Help prevent and reduce the use of e-cigarettes by young people

Parents can:

- Learn about the different shapes, types, and risks of e-cigarettes.
- Talk to their children about the risks of e-cigarette use among young people. Express firm expectations that their children remain tobacco-free.
- Set a positive example by being tobacco-free.

Pediatric Healthcare Providers can:

- Ask about e-cigarettes, including devices shaped like USB flash drives, when screening patients for the use of any tobacco products.
- Warn patients about the risks of all forms of tobacco product use, including e-cigarettes, for young people.

Educators can:

- Learn about the different shapes, types, and risks of e-cigarettes.
- Develop, implement, and enforce tobacco-free school policies.
- Reject youth tobacco prevention programs sponsored by the tobacco industry.