

## What about the Flavors?

- Many vapes come in youth friendly flavors, including mango, mint, cotton candy, blue slushy, and gummy bear. These flavors attract youth to the product and young people cite flavors as a common reason for e-cigarette use.
- There are more than 450 e-cigarette device types and thousands of e-juice/ e-liquid flavors.
- The ingredients in e-juice/e-liquid vary drastically. While they commonly contain propylene glycol (PG), vegetable glycerin (VG), and nicotine (which is highly addictive), e-liquid usually contains food flavorings. And each flavoring itself can contain many chemicals. There is little published research on inhaling food flavorings, since the concept began with e-cigarettes just a few years ago.

## Are They Legal?

- New Hampshire was one of the first states to prohibit the sale of e-cigarettes to minors under 18.
- It is illegal for any minor to possess an e-cigarette or vape device.
- E-cigarettes have not been classified by the FDA as an approved product for quitting smoking.

## ADDITIONAL RESOURCES

**New Hampshire Tobacco Prevention & Cessation Program:** The Program's primary goals are to prevent NH youth from beginning to use tobacco; eliminate exposure to secondhand smoke; promote quitting tobacco among users; and prioritize efforts to reach those most affected by tobacco.

[QuitNowNH.org](http://QuitNowNH.org) 1-800-QUIT-NOW (784-8669)

**Media Power Youth:** Media Power Youth provides evidence-based media literacy education for children, parents, educators and all those working with and caring for children. Children need to know about media so they can make healthy and successful choices.

[MediaPowerYouth.org](http://MediaPowerYouth.org)

### Northern New England Poison Center

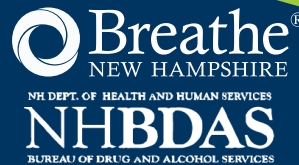
The NNEPC is available 24/7 to provide free, fast, expert advice to the public regarding possible poisonings and to answer questions about poisons

[NNEPC.org](http://NNEPC.org) 1-800-222-1222

**Breathe NH:** Breathe New Hampshire is a lung health resource for all matters relating to lung disease including asthma, tobacco use prevention, COPD and clean air.

[BreatheNH.org](http://BreatheNH.org)

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# VAPING AND E-CIGARETTES



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## What Is a Vape Device?

Vape devices are also called e-cigarettes, mods, vapes, JUULs, e-cigs, or ENDS (electronic nicotine delivery systems).

- Vapes are battery-powered devices that heat up liquid mixtures of nicotine and other ingredients to produce an aerosol, not just water vapor, which is inhaled by the user.
- Most e-cigarettes contain nicotine, which is highly addictive. There is often a “buzz” associated with nicotine.
- People inhale the vapor produced by e-cigarettes, so instead of smoking they “vape.”
- Newer to the market is JUUL. One JUUL pod contains the equivalent of 200 puffs on a cigarette or an entire pack.



## Are They Safe?

There are many unknowns surrounding vapes and vape safety. Recent research suggests that there may be serious health consequences for people who vape.

The aerosol/vapor inhaled by users from vapes and e-cigarettes is not harmless. It contains chemicals that are not regulated by the Food and Drug Administration.

Most e-cigarettes and vapes contain nicotine, a highly addictive drug. Use of products containing nicotine in any form among youth, including e-cigarettes, is unsafe. Nicotine affects the developing brain.

## Why Are Kids Using?

- Vaping is becoming increasingly common in high school and college campuses. Educators report that youth are vaping in classrooms, hallways, and are sharing devices with their peers.
- This social influence encourages non-users to try vaping and enables students who are too young to purchase these products. It also means that kids who could not otherwise afford vaping devices often access them through their peers.

## What Do Vapes and E-Cigarettes Look Like?

- Very few of these products look like regular cigarettes. Many of them look like everyday items such as pens and USB memory sticks.
- Vapes can also be used as a delivery system for marijuana and other illicit drugs.

