

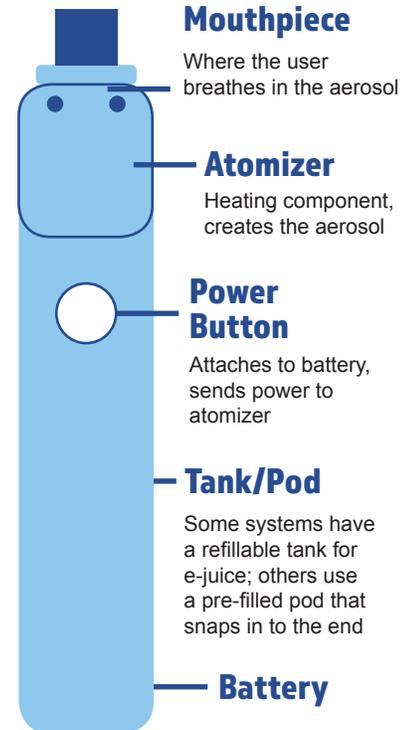
# Vaping-101:



## What School Health Care Providers Should Know

### What is vaping?

- Vapes, e-cigarettes, vape or hookah pens, e-pipes, and other vaping products are battery-powered devices that allow users to inhale an aerosolized liquid (e-juice).
- E-juices often contain nicotine, flavorings, propylene glycol and vegetable glycerin.
- Users inhale the aerosolized e-juice into their lungs, which can also be inhaled by bystanders.
- E-cigarettes can also be used to deliver [marijuana and other drugs](#).
- From 2017 to 2018, the prevalence of e-cigarette use among U.S. high school students [increased](#) from 11.7% to 20.8%—a 78% increase.
- E-cigarettes have been the [most commonly used tobacco product](#) among youth since 2014.
- [Five million youth](#) reported current use of e-cigarettes in 2019, and nationally half of all e-cigarette users are youth.



### What does an e-cigarette look like?



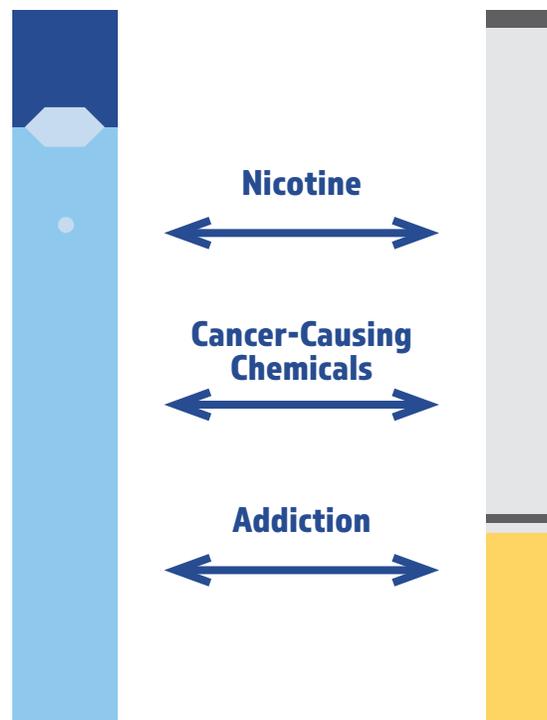
### Is vaping safe?

- **NO.** E-cigarettes [are not safe for kids, teens, or young adults](#).
- Mislabeling is common with e-juices, so products that claim to be nicotine-free may still contain nicotine. Even truly nicotine-free products [are still unsafe](#) due to the presence of other lung-irritating chemicals.
- Vaping [hurts users' lungs](#) by [shutting down](#) their natural defense systems, leaving them [more vulnerable to illnesses](#) like [bronchitis and pneumonia](#). Vaping also [worsens asthma symptoms](#).
- The Centers for Disease Control and Prevention (CDC) has had over 1,000 cases of lung injury and several deaths reported to them that can be linked to vaping. The majority of reported cases are among people under the age of 34.

# What's in e-cigarettes?

## E-cigarettes often contain:

- Many of the same [cancer-causing chemicals](#) that are in cigarettes, like formaldehyde, as well as volatile organic compounds like benzene.
- Nicotine, which is a highly addictive substance and may prime the brain for addiction to cigarettes and other substances. [The brain is still developing](#) until about age 25, and youth and young adult exposure to nicotine can also disrupt attention and learning.
- One Juul pod contains as much nicotine as an entire pack of cigarettes.
- Nicotine salts, which allow users to [inhale high levels of nicotine](#) more easily and with less irritation than other forms of nicotine. These characteristics make it easier for young people to start using e-cigarettes, and also make it easier for young people to progress to regular e-cigarette use and eventually, nicotine dependence.



## What can we do to help?

- [Educate students](#) and [encourage other school staff](#) to learn about the harms of vaping.
- Talk to your school administration about implementing a [comprehensive tobacco policy](#).
- Start a local [Resist chapter](#) in your school.
- The Kansas Department of Health and Environment's [Brief Tobacco Intervention](#) training is a tool designed to help healthcare providers talk to their patients about tobacco use. The strategies outlined in this training can also be applied to helping young people quit vaping.
- The American Lung Association's [INDEPTH](#) program is an alternative to suspension or citation that helps schools and communities address student tobacco violations and nicotine addiction in a more supportive way.
- Motivational Interviewing is a collaborative, person-centered form of guiding to elicit and strengthen motivation for change. Motivational interviewing techniques and approaches can help counselors help people quit tobacco use.

## Resources to help youth quit:

- **[This is Quitting](#)**: Youth users can text "QUIT" to 202-804-9884.
- **[Kansas Tobacco Quitline](#)**: Free to all Kansas residents 13 and older. Call 1-800-QUIT-NOW or visit [www.ksquit.org](http://www.ksquit.org).