

# inspired

[to make healthy choices]

Volume 4 Issue 2 [www.guideinc.org](http://www.guideinc.org)

## E-cigarettes & Vaping

The **US Surgeon General** defines electronic cigarettes (e-cigarettes) as "battery-powered devices that heat a liquid into an aerosol that the user inhales. The liquid usually has **nicotine**, an **addictive product**, as well as flavoring and other additives."

*Vaping means using an e-cigarette or other device. It is referred to as vaping because tiny puffs or clouds of vapor are produced when using the devices.*

More than  
**3.6 million**  
US middle & high school  
students used  
e-cigarettes recently.  
(CDC)

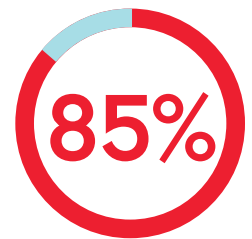


**E-cigarettes are considered tobacco products because most of them contain nicotine.**

(Surgeon General)

Although flavored cigarettes were banned in the US in 2009 because of their popularity with youth, **e-cigarettes have fewer regulations** and come in flavors that are very attractive to kids like cotton candy, mint, fruit and cinnamon.

(CA DEPT OF PUBLIC HEALTH)



**of teens who vape use flavored e-cigarettes.**

(Surgeon General)

**1 Juul pod**  
=  
**20 cigarettes**  
worth of nicotine

(Juul)

**JUUL is the best selling e-cigarette brand on the market. It is popular with youth because it is:**

- similar in shape to a flash drive with vapor that has little smell, making it easier to use undetected.
- conveniently charged by plugging into a USB port of a laptop or computer.
- able to be personalized with various sweet flavors and decorative "skins."

American Academy of Family Physicians (AAFP)

Studies have shown that kids who vape are **4 times more likely** to **use cigarettes** or other **tobacco products** later in life.

(AMERICAN JOURNAL OF MEDICINE)

**Vaping: addictive, dangerous and not safe.**

"Inspired to Make Healthy Choices" Created by



GUIDE, Inc.