



volume **1**



Let's talk about **Vaping**

**18%** of Massapequa youth (grades 7-12) reported using an electronic vaping device in the past 30 days.\*

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- Vapes, also known as e-cigarettes, are battery powered electronic **nicotine** delivery systems (ENDS). The battery heats an e-liquid/e-juice which turns into an aerosol [Center on Addiction (CoA)].
- JUUL, the most popular ENDS amongst youth resembles a USB flash drive, making it easy to hide (CoA). One pod is equivalent to 20 cigarettes (one pack).
- E-cigarettes are not a proven method to quit smoking. Evidence suggests that use increases the likelihood of future cigarette smoking (US Food & Drug Administration; CoA).
- Nicotine use during adolescence interferes with brain development and increases the risk for future addiction to other drugs (National Cancer Institute's (NCI) smokefree.gov Initiative).
- As of October 8, 2019, 1,299 lung injury cases associated with vaping products have been reported to the Centers for Disease Control and Prevention (CDC). Twenty-six deaths have been confirmed in 21 states. The CDC recommends refraining from using vaping products, particularly those containing THC (CDC).



For prevention tips, go to [mtacoalition.com](https://www.mtacoalition.com)



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\*Massapequa youth statistics are cited from the New York State Office on Alcoholism and Substance Abuse Services Partnership for Success Student Survey administered in September 2018 in Massapequa Public Schools grades 7-12.