

# VAPING MYTHS VS FACTS

## FACT SHEET #4

According to the 2020 National Youth Tobacco Survey of high school students in the United States, teens are vaping at epidemic levels, with 1 in 5 (19.6%) or 3.02 million teens vaping in the past 30 days. \*



### Myth #1: Vaping is cool.

**FACT:** When asked, "How frequently have you used an electronic vapor product such as e-cigarettes, e-cigars, e-pipes, vape pens, e-hookahs, or hookah pens during the past 30 days?" **82 percent of Adams County youth** (grades 6th, 8th, 10th & 12th surveyed) had not vaped in the last 30 days. The majority of kids **are NOT vaping** in Adams County.\*\*



### Myth #2: Vaping tobacco is safe.

**FACT:** Most vaping products contain nicotine and **nicotine is highly addictive**. This alone is a health risk, but nicotine can also cause problems with brain development, particularly in adolescent children. E-Cigarettes also contain aerosol. This aerosol can contain flavorings such as diacetyl which can cause serious **lung disease**.\*\*\*

### Myth #3: Vaping helps me relax.

**FACT:** Vaping any substance is **not a healthy option** to help one with stress. There are many healthy and drug free options available like meditation, exercise and eating healthy. Furthermore, nicotine and nicotine addiction from vape products **can ultimately cause you MORE stress**.



### Myth #4: Vape with just flavoring is ok.

The chemicals used to create the "flavoring" in e-cigarettes could potentially harm the respiratory system. These same flavors that have been deemed safe to ingest in food, have also been shown to cause acute-onset **bronchiolitis obliterans**, a severe and **irreversible** obstructive lung disease. Bronchiolitis obliterans was originally recognized as "**popcorn lung**" in an outbreak among flavor manufacturing workers.\*\*\*\*\*

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Scientists are still learning about the **long-term health effects** of e-cigarettes. Some of the ingredients in e-cigarette aerosol could also be harmful to the lungs in the long-term. For example, some e-cigarette flavorings may be safe to eat but not to inhale because the gut can process more substances than the lungs.\*\*\*

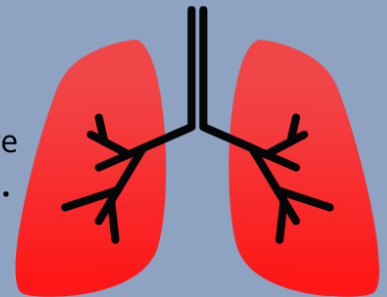


## Myth #5: Vaping is a safe way to stop smoking.

**FACT:** There is much information that leads one to believe that vaping is a safe alternative to smoking and will help you quit, however e-cigarettes have not received **Food and Drug Administration** approval as smoking cessation devices. More importantly, it has been found that people who try to quit smoking by vaping end up smoking both e-cigarettes AND use vape.\*\*\*\*

## Myth #6: Vaping is better for my lungs.

**FACT:** People may believe that vaping will be safer for their lungs because they aren't inhaling burning tobacco, however studies have suggested that there is a link to **chronic lung disease** and **asthma**. It still isn't completely understood what types of chemicals you are exposing yourself to when you use e-cigarettes.\*\*\*\*



## Myth #7: Vaping is safer for my family.

**FACT:** Children and adults have been **poisoned** by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes. 50% of calls to poison control centers for e-cigarettes are for kids 5 years of age or younger. Furthermore, defective e-cigarette batteries have caused some **fires** and **explosions**, a few of which have resulted in **serious injuries**.\*\*\*\*

## \*Sources

\*Centers for Disease Control and Prevention. (2020, September 17). E-cigarette use among middle and high school students - United States, 2020. Centers for Disease Control and Prevention. Retrieved September 21, 2021, from [https://www.cdc.gov/mmwr/volumes/69/wr/mm6937e1.htm?s\\_cid=mm6937e1\\_w](https://www.cdc.gov/mmwr/volumes/69/wr/mm6937e1.htm?s_cid=mm6937e1_w).

\*\*Pennsylvania Commission on Crime and Delinquency. 2019. "2019 Pennsylvania Youth Survey"

\*\*\*Centers for Disease Control and Prevention. (2021, August 25). Quick facts on the risks of e-cigarettes for kids, teens, and young adults. Centers for Disease Control and Prevention. Retrieved September 21, 2021, from [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html?s\\_cid=OSH\\_emg\\_GL0004#why-is-nicotine-unsafe](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html?s_cid=OSH_emg_GL0004#why-is-nicotine-unsafe).

\*\*\*\*Blaha, M. J. (n.d.). 5 vaping facts you need to know. Johns Hopkins Medicine. Retrieved September 22, 2021, from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-truths-you-need-to-know-about-vaping>.

\*\*\*\*\*Barrington-Trimis, J. L., Samet, J. M., & McConnell, R. (2014, December 17). Flavorings in electronic cigarettes: An unrecognized respiratory health hazard? JAMA. Retrieved September 27, 2021, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4361011/>.

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