



Vaping and our Youth

According to the CDC, E-cigarettes have been the most commonly used tobacco product in our youth since 2014. Their studies thankfully show that the use of e-cigarettes decreased from 2019 to 2020, in both middle school and high school students. But, it also shows that one in every 20 middle school students report having used e-cigarettes in the last 30 days and 1 of every 5 high school students.

E-cigarettes contain humectant (a glycol or vegetable glycerin that is safe for swallowing but not breathing into your lungs), nicotine, flavors, and many unknown substances. 1 Vape pod contains anywhere from 3%-5% nicotine. That is the same amount of nicotine as 1-2 packs of cigarettes.

Many people believe that vaping is safer than smoking traditional cigarettes. But, studies show it can be just as damaging. Long term vapers frequently become users of traditional cigarettes. The human brain is still developing until the age of 25 and can have more long term effects by starting so young. Nicotine in any form affects the brain by affecting attention, mood, impulse control, learning and mood. Nicotine is still addictive causing you to crave more of it. E-cigarettes still cause problems with your lungs just as traditional cigarettes do. And, The Journal of Adolescent Health released a study in July 2020 showing that e-cigarette users were five times more likely to get Covid-19.

There are sources available to help you stop using e-cigarettes that are FREE! Please take care of your health so you can live the longest and healthiest life possible. Here are some resources available to you. They are free and can help you quit so please check them out.

[Hawaii - Home \(quitlogix.org\)](http://quitlogix.org)

[Home | Smokefree Teen](#)

[Curriculum \(truthinitiative.org\)](http://truthinitiative.org)

As your nurse practitioner at your school I am available to you. You can call the health room and talk to me. You can email me cntr.mchapman@k12.hi.us, Please feel free to reach out if you want to talk about stopping your nicotine habit and usage. Michelle Chapman, APRN-Rx, CPNP