

Electronic Nicotine Delivery Systems



Electronic cigarettes, also known as vape pens, are hand-held, battery-powered nicotine delivery devices that can also be used for marijuana.

WHAT IS AN E-CIG?



Vape Pen & E-cigarette Basics

Vape pens are devices that heat a liquid into an aerosol that the user inhales. The liquid usually has nicotine, flavoring, and other additives. They are considered tobacco products because most of them contain nicotine, which comes from tobacco.¹

Are they safe?

- The 'vapor' is not harmless. The aerosol that comes out of vape pens contain nicotine, hazardous particles, and toxicants.⁴
- There are no safety standards. No safety standards = unknown levels of nicotine & additives.²
- Vape pens/e-cigarettes are not supported for smoking cessation. In fact, many people end up continuing to smoke regular cigarettes with e-cigarettes.³

Why should I be concerned about youth vaping?

- Vape pens can be used for other substances, such as marijuana and illicit drugs.⁵
- Nicotine is **highly addictive** and can affect brain development.⁶
- The number of youth who have used e-cigarettes/vape pens has tripled in the last 3 years.⁷

What can I do?

- Talk to youth about the risks and many unknowns of vaping.
- Be a positive role model.

"E-cigarette use among U.S. youth and young adults is now a major public health concern. Most e-cigarettes contain nicotine, which can cause addiction and can harm the developing adolescent brain."

- Vivek H. Murthy, M.D., M.B.A., Former U.S. Surgeon General



Community – The Anti-Drug Coalition is a 501(c)3 nonprofit coalition working to reduce alcohol and other drug use among youth in Bannockburn, Deerfield, Highland Park, Highwood & Riverwoods. www.CommunityTheAntiDrug.org • info@CommunityTheAntiDrug.org • 224-765-CTAD (2823)

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Sources: ¹Office of the U.S Surgeon General ²Four hundred and sixty brands of e-cigarettes and counting: implications for product regulation. Tobacco Control, May 2014. ³Electronic Cigarettes and Conventional Cigarette Use Among US Adolescents: A Cross-sectional Study. JAMA Pediatrics. March 2014. ⁴E-cigarettes: A scientific review. Contemporary Reviews in Cardiovascular Medicine. Circulation, 2014. ⁵www.drugabuse.gov ⁶The health consequences of smoking—50 years of progress. US Department of Health and Human Services, CDC, 2014. ⁷National Youth Tobacco Survey, 2011-2013