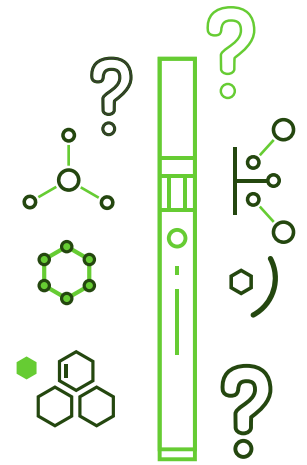
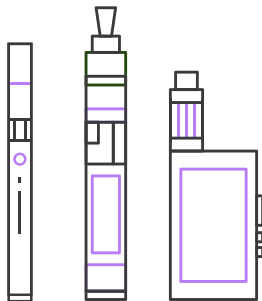


GET THE FACTS ON VAPING



VAPING: WHAT IS IT?

Vaping is the act of inhaling and exhaling an aerosol (aka “e-juice”) - which usually contains nicotine, flavoring and other additives - from any kind of electronic cigarette or device. When people exhale the aerosol, it is in the form of a big, puffy cloud.¹



VAPING, E-CIGS – WHAT’S THE DIFFERENCE?

The devices used to vape go by many different names such as e-cigarettes, e-cigs, smokeless cigarettes, vaporizers, vape pens, mods, tanks, cigalikes, e-hookah and hookah pens.²



WHAT WE KNOW: VAPE USE ON THE RISE

The number of adults who have vaped has more than tripled in recent years.

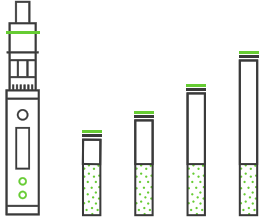
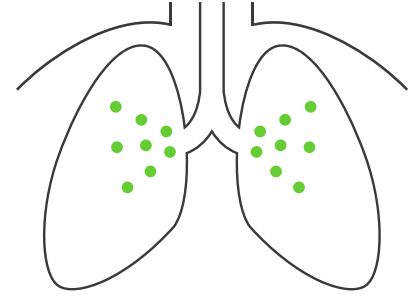
In Colorado, the **use of vaping devices has increased sharply**, particularly among young adults (18-24) and low-socioeconomic adults, Hispanic adults and LGBT adults. And 1 in 4 Colorado youth currently vape.³



WHAT WE KNOW: HEALTH RISKS

Vape can have nicotine and because nicotine is addictive⁴ it's very difficult to stop vaping once you've started.

In addition to nicotine, vaping aerosols can contain heavy metals, ultrafine particulate and cancer-causing agents.⁵ One chemical commonly found in vapor aerosol, diacetyl, can cause a fatal lung disease commonly known as "popcorn lung."⁶



4x More Likely
to Smoke

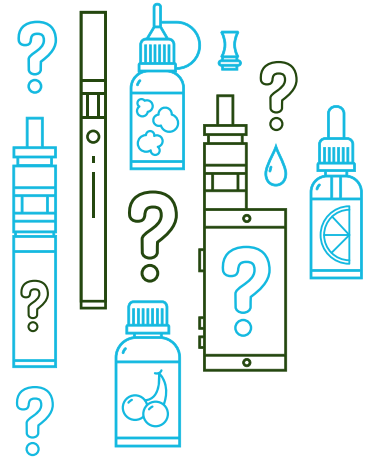
Research also shows that teens that vape are 4.78 times more likely to smoke traditional cigarettes a year later. **These researchers called vaping a "one-way bridge to cigarette smoking."**⁷



WHAT WE DON'T KNOW: LIMITED REGULATION

The regulation of vape products is moving...slowly. Although there are nearly 450 distinct types of vapes, there are currently no universal standards related to product design, ingredients and safety features.⁸

The regulation of vaping devices and their ingredients will eventually be fully implemented. Until then, only the manufacturers know what's in them or how much nicotine they contain. Health officials haven't yet determined that vaping is safe.⁹



THE BOTTOM LINE

Vaping is on the rise, both in Colorado and across the nation. Doctors and health officials aren't yet certain about the long-term risks of vaping, since there is little research on or regulation of the devices or the substances in them. But there is information that suggests they could be dangerous, and **vaping is not recommended until we know more.**

1 E-cigarette Use Among Youth and Young Adults: A Report of the Surgeon General, U.S. Department of Health and Human Services, Office of the Surgeon General, 2016. Retrieved from: https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Full_Report_non-508.pdf

2 E-cigarette Use Among Youth and Young Adults: A Report of the Surgeon General, U.S. Department of Health and Human Services, Office of the Surgeon General, 2016. Retrieved from: https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Full_Report_non-508.pdf

3 James, K., Burns, E., Li, Y., and Levinson, A. (2017). Adult Tobacco Use and Exposure, Colorado 2015.

4 Smokefree.gov. What We Know About E-Cigarettes. Retrieved from: <https://www.smokefree.gov/understanding-smoking/e-cigs-menthol-dip-more/what-we-know-about-e-cigarettes>

5 Electronic Nicotine Delivery Systems Key Facts; U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. Retrieved from: <https://chronicdata.cdc.gov/Policy/Electronic-Nicotine-Delivery-Systems-Key-Facts-Inf/nwhw-m4ki/data>

6 Farsalinos KE, Kistler KA, Gillman G, Voudris V., Evaluation of Electronic Cigarette Liquids and Aerosol for the Presence of Selected Inhalation Toxins. Nicotine Tob Res. 2014; 17:168-74.

7 E-cigarette use as a predictor of cigarette smoking: results from a 1-year follow-up of a national sample of 12th grade students. Retrieved from: <http://tobaccocontrol.bmj.com/content/early/2017/01/04/tobaccocontrol-2016-053291?paperoc>

8 E-cigarettes: An Emerging Public Health Challenge, CDC Public Health Grand Rounds, 2015. Retrieved from <https://www.cdc.gov/cdcgrandrounds/pdf/archives/2015/october2015.pdf>

9 Dual Use of Tobacco Products, Centers for Disease Control and Prevention. Retrieved from <https://www.cdc.gov/tobacco/campaign/tips/diseases/dual-tobacco-use.html>