



LIVE SMOKE AND VAPE- FREE

Get the Facts on Vaping

OVERVIEW

- Fact vs. Fiction
- Health Impacts
- E-Cigarette Use Disparities
- Flavoring
- Cannabis
- Nicotine Pouches
- Frequently Asked Questions
- Benefits of Quitting
- Teen Cessation Resources

FACT

vs.

FICTION

**The aerosol from
e-cigarettes consists
of primarily water.**

FICTION

The aerosol from e-cigarettes consists of primarily water.

FACT: The aerosol contains nicotine, cancer-causing chemicals, heavy metals, volatile organic compounds and flavorings.



FACT

vs.

FICTION

**Vaping is healthy and
harmless.**

FICTION

Vaping is healthy and harmless.

FACT: Vaping **can harm** both your **physical and mental health**. Vaping can increase levels of anxiety and depression. Vaping **can damage your brain development** as your brain doesn't stop developing until **your mid-20s**.



FACT

vs.

FICTION

**All tobacco products
including e-cigarettes
contain nicotine.**

FACT

All tobacco products including e-cigarettes contain nicotine.



Nicotine is the addictive chemical found in all tobacco products including e-cigarettes. Nicotine can harm a teen's brain development as our brains don't stop growing until our mid-20s. Even tobacco products products that are advertised as containing 0% nicotine have been found to contain nicotine in them.

FACT

vs.

FICTION

**Flavored vapes do not
attract teens to use them.**

FICTION

Flavored vapes do not attract teens to use them.

FACT: According to the National Youth Tobacco Survey, **flavored vapes is one of the top 10 reasons teens try vaping.** The flavoring helps to hide the taste of tobacco from the vapes.



FACT

vs.

FICTION

More than 85% of teens who currently use e-cigarettes or nicotine pouches report using flavored products.

FACT

More than 85% of teens who currently use e-cigarettes or nicotine pouches report using flavored products.

Most teens who use vapes start with a flavored version. **The most popular flavors are mint, candy and fruit.**



FACT

vs.

FICTION

**I can buy cigarettes or vapes
once I turn 18 years old.**

FICTION

I can buy cigarettes or vapes once I turn 18 years old.

FACT: The legal sales age for all tobacco products, including vapes, is **21 years old, nationwide and in Nevada**. In Nevada, clerks have to ask & verify IDs for anyone under 40.



FACT

vs.

FICTION

**Teens who vape cannabis don't
have negative health effects.**

FICTION

Teens who vape cannabis don't have negative health effects.

FACT: Vaping cannabis can cause harm to a teen's physical and mental health. It can increase the risk of depression and social anxiety. It can cause difficulty maintaining attention, memory problems and problems at school or in their social life.



FACT

vs.

FICTION

**Teens who use e-cigarettes
don't get them from people
they know.**

FICTION

Teens who use e-cigarettes don't get them from people they know.

FACT: In 2021, U.S. middle and high school students e-cigarettes reported the following:

- **32.3%** got vapes from a friend.
- **28.7%** got the vapes bought for them by someone they know.
- **21.7%** had someone they know offer them a vape.



FACT

vs.

FICTION

**Nicotine addiction has a lot
of signs including
developing a tolerance for
nicotine.**

FACT

Nicotine addiction has a lot of signs including developing a tolerance for nicotine.

The signs of nicotine addiction in a person who uses any type of tobacco product include **craving nicotine, being unable to stop using tobacco and developing a tolerance (the need to use more of the tobacco product to feel the same).**



FACT

vs.

FICTION

Nicotine pouches are the second most commonly used tobacco product after e-cigarettes among middle and high school students.

FACT

Nicotine pouches are the second most commonly used tobacco product after e-cigarettes among middle and high school students.

Current nicotine pouch use among 10th & 12th graders doubled from 1.3% in 2023 to 2.6% in 2024. Nicotine pouch brands such as Zyn, On! and Rogue are the most popular brands among teens.



HEALTH IMPACTS

- E-cigarettes often **contain harmful substances**, including:
 - Nicotine
 - Flavoring such as diacetyl, a chemical linked to serious lung disease
 - Cancer-causing chemicals
 - Heavy metals such as nickel, tin, and lead
- **Nicotine, a highly addictive chemical, can harm** adolescent brain development, which continues into the early to mid-20s. It can affect the areas of attention, learning, mood and impulse control.
- Teens who use tobacco products are **more likely** to become chronic smokers, leading to nicotine addiction.
- Smoking at a young age **increases the risk** of heart disease, stroke, cancers, and early death.

E-CIGARETTE USE DISPARITIES

- In Nevada, tobacco use rates are higher among LGBTQ+ youth:
 - **40.6% of high school students who identify as LGBTQ+** reported ever using electronic vapor products (vs. Heterosexual students (31.4%)).
 - **38.7% of high school students who identify as TQ (Transgender)** reported ever using electronic vapor products (vs. Cisgender students (32.9%)).
- In Nevada, electronic vapor product current use rates are **highest among American Indian/Alaska Native high school students (27.3%)**.
- In Clark County, electronic vapor product current use rates are **highest among Hispanic/Latino middle school students (10.3%)**.
- In Clark County, **Hispanic/Latino middle school students** had the highest reporting rate of ever using electronic vapor products: **20.3%**

FLAVORING

- **Masks the harshness of tobacco**, making smoking more tolerable to new users.
- **Entices youth and is one of the top reasons** why youth report every trying an e-cigarette.
- Bright colorful packaging, sweetened flavors, and fun names **attract youth**.
- **More than 85% of youth** who currently use e-cigarettes or nicotine pouches **report using flavored products**.
- **Most Popular Flavors:**
 - Fruit
 - Candy, Desserts or Other Sweets
 - Mint





CANNABIS

- Vaping cannabis is **not safer** than smoking it.
- Vaping cannabis **can cause** bloodshot eyes, dry mouth and thirst, increased appetite, and shifts in behavior or mood.
- Products like vaporized concentrated waxes and oils **may contain more** THC.
- Vaping cannabis or nicotine can expose users to **EVALI (E-Cigarette or Vaping Product-Use Associated Lung Injury)**, harmful cancer-causing chemicals, and marijuana poisoning.

NICOTINE POUCHES

A pouch filled with a powder made of nicotine, flavorings and other ingredients. The powder dissolves in the mouth and nicotine is absorbed through a person's gums or mouth lining.

- **460,000 (1.7%) of students** nationwide reported current use of nicotine pouches
- More than **1 in 6 (17.6%)** youth nicotine pouch users report using them daily
- More than **9 in 10 (90.8%)** of current youth nicotine pouch users used flavored nicotine pouches
- **Most popular flavors: Mint, Fruit**



FREQUENTLY ASKED QUESTIONS

Do all electronic vapor products contain nicotine?

- Nearly all do – and those that don't have nicotine still have harmful chemicals in them.
- Many marketed as nicotine-free still contain nicotine.

Is vaping healthier than smoking cigarettes?

- The long-term health effects of electronic vapor products are still unknown.
- The FDA has not found any electronic vapor products to be safe and effective to help people quit smoking.



BENEFITS OF QUITTING

- **Lowers** levels of anxiety, depression, and stress.
- **Improves** health and enhances quality of life.
- **Reduces** risk of adverse health effects, such as lung illness and brain damage.
- **Reduces** the financial burden for smokers.

Protects family members, friends, coworkers and others from the health risks associated with secondhand smoke!



MY LIFE MY QUIT™

A voluntary, **free and confidential** program for teens in Nevada who want to quit smoking or vaping. The program offers teens 1-on-1 coaching sessions, self-help and educational materials and support via phone or online chat.

- Website: nv.mylifemyquit.org/en-us/

Text **START MY QUIT** to **36072**



TEEN CESSATION RESOURCES



American Lung Association's NOT Program

A voluntary program for teens who want to quit smoking or vaping. Approximately 90% of teens who participate quit tobacco.

- **Website: notforme.org**



Truth Initiative's EX Program

A voluntary program for teens who want to quit smoking or vaping. It has been proven to increase the odds of quitting by up to 40%.

- **Website: join.exprogram.com**

Text **EXPROGRAM** to **88709**

Thank you!

For more information on how to live
smoke-and-vape-free, visit:

gethealthyclarkcounty.org



[www.get**healthy**clarkcounty.org](http://www.gethealthyclarkcounty.org)
GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.