



Vaping The “Safer Alternative”: But is it?

Teenagers oftentimes state that “vaping is not as dangerous as smoking,” or “it’s just water vapor.” However, that is not the case.

VAPING

- Vaping is linked to a serious lung injury (EVALI), cardiovascular issues, and brain development risks in teens
- E-cigarette vapor contains diacetyl, volatile compounds and heavy metals such as tin, nickel and lead
- Nonusers breathe in these toxic chemicals with the risk of secondhand smoke
- Thirdhand smoke leaves chemical residue on surfaces, which can induce poor lung effects
- Nicotine content in e-cigarettes varies from 0mg-50mg/mL
- Vaping is done via vaporization which heats the liquid and turns it into a gas
- Long-term effects of vaping are still unknown, while harmful short-term effects have already been observed

CIGARETTES

- Cigarettes allow for a fixed hit of nicotine
- Long term data for cigarettes has been known
- Cigarettes have over 600 ingredients, and release over 7,000 toxins when burned

BOTTOM LINE

- Smoking and vaping both exposure individuals to harmful chemicals that can negatively impact overall health
- Preventing the use of cigarettes and c-cigarettes is important for protecting brain health and supporting healthy development
- Since the long-term effects of vaping is still not fully understood, avoiding these products is the safest choice for long-term wellbeing

ITAC’s mission is to *prevent* youth substance use by *empowering* our community with conversations, education, and access to *support*.