

Iowa Youth and Vaping: Facts & Support for Mentors and Caregivers

What is "vaping"?

"Vaping" describes inhaling aerosolized nicotine and other ingredients (incorrectly called to as "vapor") which are produced by electronic cigarette (E-cigarette) devices. [Learn more](#)

E-cigarette devices work by heating liquids, often called "juices" which contain harmful substances like:

- Nicotine
- Volatile organic compounds
- Cancer-causing chemicals
- Ultra fine particles
- Heavy metals
- Flavoring chemicals associated with lung disease [Learn more](#)

Popular names to know

- **JUULing**: Originally used to describe using a product called JUUL, now often used to describe vaping in general
- **Vuse-ing**: Using a new product called Vuse
- **Ball Jar**: A new disposable product that still contains flavors

How many youth? How much harm?

Iowa Youth

↑ E-cigarette use, or vaping, has increased significantly since 2016 [Learn more](#)

Approximately...

1/10 8th graders & 1/5 11th graders self-reported being current E-cigarettes users in 2018

Impact on Young Bodies

- Nicotine can damage brain development all the way until age 25 [Learn more](#)
- E-cigarettes have especially high levels of nicotine, higher than traditional cigarettes [Learn more](#)
- E-cigarettes have been found to cause short-term outcomes such as issues with memory, learning and mood [Learn more](#)
- E-cigarette use leads to traditional cigarette and other substance use [Learn more](#)
- Addiction is developed much faster [Learn more](#)
- Long-term impacts on health is not yet known [Learn more](#)

Are E-cigarettes regulated?

School regulations

- The Iowa Smoke Free Air Act (2008) prohibits the use of tobacco and nicotine products on school grounds, however E-cigarettes are not currently included in this law [Learn more](#)
- It is up to school districts to make E-cigarette and vaping policies, including enforcement policies
- Evidence shows that E-cigarette policies which help young people learn and grow after violations are more effective than punitive measures like suspensions—learn more by using the QR and follow, "Schools." Also check out Tobacco Free School Toolkit! [Learn more](#)

Federal regulations

- Federal law now prohibits the sale of tobacco products to people younger than 21 years of age, this includes E-cigarettes [Learn more](#)
- All "covered" tobacco products must be labeled with nicotine addictiveness statement [Learn more](#)
- Restriction of flavors that appeal to children—loopholes exist around new disposable products [Learn more](#)

Why are youth vaping?



The "cool factor" encouraged by product and media marketing [Learn more](#)



Adolescent curiosity and desire to challenge norms [Learn more](#)



Seeing friends and family vaping [Learn more](#)



Misinformation about the hazards associated with vaping [Learn more](#)



Perceived relief from stress, anxiety, and other mental/emotional challenges [Learn more](#)



Nicotine dependency and adolescent brain chemistry [Learn more](#)

What can I do?

Talk

- Have conversations [Learn more](#) about vaping early and often, use QR code below for resources on how to talk with youth
- Support, don't judge
- Help young people learn the risks



Create healthy environments

- Tobacco free homes [Learn more](#)
- Identify people in your life, and the life of your young person, who can provide social support



Learn

- Learn about new vaping products and slang language [Learn more](#)
- Understand basics about E-cigarette policies
- Visit the Vaping Resources below to learn more



DEMAND

That legislatures ensure policies around E-cigarettes are enacted and enforced with strict fines for organizations that do not comply

Vaping RESOURCES

Programs for youth quitting

My Life My Quit TEXT 855.891.9989, or visit mylifemyquit.com

Truth Initiative text DITCHJUUL to 88709

Use your phone camera to scan the QR code below for more information about prevention and quitting.



Questions? Contact us at staff@canceriowa.org