What is "vaping"?
Vaping refers to inhaling aerosolized substances and other substances (commonly called an e-liquid) which contains harmful chemicals like:
- Nicotine
- Propylene glycol
- Vegetable glycol
- Water
- Fumaric acid
- Acrolein
- Acrylamide
- Acrylonitrile
- Benzoquinone
- Ethanol
- Flavonoids
- Triclosan
- Tobacco alkaloids
- Tobacco-specific nitrosamine
- Various other chemicals associated with lung disease

Popular names in large
- Ecig: Originally used to describe a device using nicotine e-liquid, now also used to describe vaping in general
- Vape: Vaping is a new product called
- Nicotine: A cursive ligature product that will create fluxes

How many youth? How much harm?

Iowa Youth
- Ecigarette use or vaping has increased significantly since 2016

Approximately...
10-30th graders 0-11th graders self-reported being current E-Cigarette users in 2018

Impact on Young Bodies
- Nicotine can damage brain development of the teen and adult brain
- E-cigarettes have extremely high levels of nicotine than traditional cigarette smoke
- E-cigarettes have been found to cause lung inflammation and death in mice, with some evidence in humans
- E-cigarettes are used in high school and college
- Adolescents are developing as habits in the use

Are E-cigarettes regulated?

School regulations
- The Iowa Tobacco Free Act (2016) prohibits the use of tobacco and tobacco products in school districts. However, it is not clear if this law applies to youth who use e-cigarettes, and if it does apply, how it is enforced.

Federal regulations
- Federal law now prohibits the sale of cigarettes to anyone younger than 21 years of age, but there are no regulations for e-cigarettes
- The U.S. Food and Drug Administration (FDA) has proposed regulations for e-cigarettes
- Restrictions on advertising that appeal to children and youth are being proposed for e-cigarettes

What can I do?

Talk
- Have conversations with your child about the risks of smoking
- Set strict rules about when and where smoking is allowed
- Enforce rules and be ready to deal with problems

Create Healthy Environment
- Teach the behaviors
- Encourage people to stay off, and if the use of your young people, who you provide social support

Learn
- Care about your lungs (adult and youth)
- Learn about the benefits of E-cigarette action
- Visit the Iowa

What are youth vaping?
- The "e-liquid" is made by people and made in
- Adolescents, nicotine, and youth in

Vaping Resources
Programs for youth quitting
- My Life My Quit (888) 899-9999, or call 888-899-9999
- Visit the Iowa

Brush Initiative: (515) 377-2626 to
- Use your phone to scan to use the QR code below for more information about prevention and quitting