

FLiP Newsletter

Family Lifestyle Support | Volume 17 | March 2024



What to know about vaping

Vaping is the use of e-cigarettes, or electronic devices that heat a liquid (usually containing nicotine, flavorings, and other chemicals) and produce a mix of small particles in the air. They were created as an alternative to smoking cigarettes for adults, but have quickly become popular among teens and young adults. Most e-cigarettes contain nicotine--the addictive drug in regular cigarettes, cigars, and other tobacco products. E-cigarette devices can also be used to deliver marijuana and other drugs.



Nicotine is Addictive

When a person is addicted to nicotine and stops using it, their body and brain have to get used to not having nicotine. This can result in temporary symptoms of nicotine withdrawal: irritability, restlessness, feeling anxious or depressed, trouble sleeping, problems concentrating, and craving nicotine.

NOT harmless "water vapor"

The e-cigarette aerosol that users breathe from the device and exhale can contain harmful substances including nicotine, ultra fine particles that can be inhaled deep into the lungs, flavorings such as diacetyl (a chemical linked to a serious lung disease), volatile compounds, cancer-causing chemicals, and heavy metals.

Why vape at all?

The most common reason U.S. middle and high school students give for trying an e-cig is "a friend used them." The most common reason youth give for continuing to use e-cigarettes is "I am feeling anxious, stressed, or depressed."

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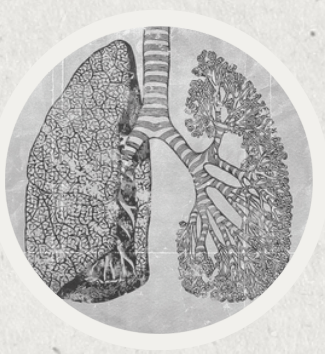
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Loaded Sweet Potatoes with
Chipotle Lime Crema

Vaping Facts

10.0% of high school students and **4.6%** of middle school students reported current e-cigarette use.



Most high school students start vaping because their friends do it, but e-cigarette use among high school students actually **declined** during 2022-2023 (14.1% to 10.0%).

Teenagers that use e-cigarettes are **twice** as likely to smoke tobacco cigarettes sometime in the future, which is *the exact opposite* original intention for e-cigarettes! But burned cigarettes are very dangerous, killing half of all people who smoke long-term and causing cancer, heart disease, stroke, lung disease, diabetes, and COPD.



For more information on vaping and its effects click these links: CDC, Johns Hopkins, Surgeon General, American Lung Association