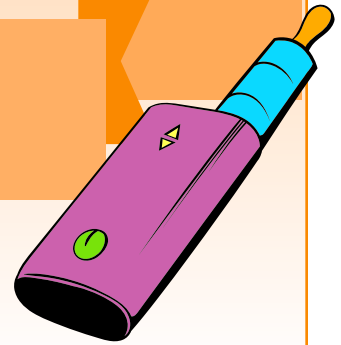
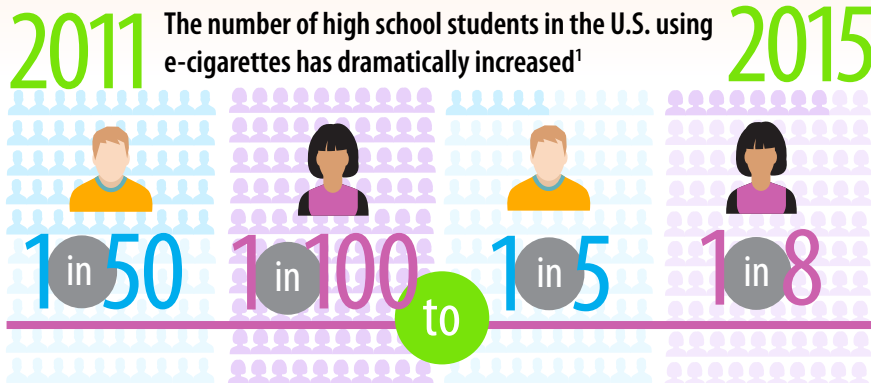


What you need to know about

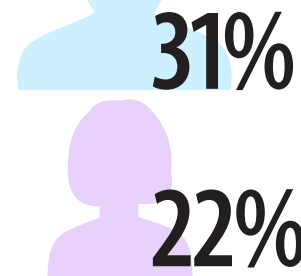
E-cigarettes and Vaping



E-cigarettes create a vapor by heating up liquid that contains nicotine and several other compounds. This process is called "vaping".¹



Students who have used e-cigarettes in Arkansas²



Arkansas students typically try e-cigarettes around the

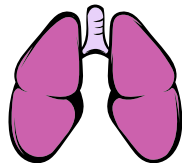
1st 2nd 3rd 4th 5th 6th 7th 8th **9th** 10th 11th 12th grade.³ Parents, talk to your children about the dangers of e-cigarettes early!

RISKS OF E-CIGARETTE USE¹



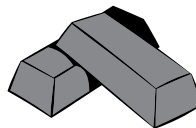
Brains aren't through developing until the age of 25, especially in the part that controls impulses and helps make decisions. Nicotine has been shown to "prime" the developing brain pathways for addiction. The use of nicotine can increase the risk of nicotine addiction, mood disorders, permanently lower impulse control, and harm areas of the brain that control attention and learning.

Scientists have found a variety of carcinogens and other dangerous chemicals in e-cig vapor:



Diacetyl for flavoring is linked to serious lung disease

Heavy metals such as **lead, tin,** and **nickel**



Benzene, a chemical in gasoline and car exhaust

Defective e-cig batteries have resulted in fires and explosions, causing serious injury



HELP IS AVAILABLE

For more information, visit preventionworksar.org, stampoutsmoking.com or smokefree.gov.

¹U.S. Department of Health and Human Services. E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General—Executive Summary. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016. See: <https://e-cigarettes.surgeongeneral.gov/default.htm>

²Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance System (YRBSS). <http://www.cdc.gov/healthyyouth/data/yrbs/index.htm>. Accessed March 2017.

³International Survey Associates, Inc. 2015 APNA: Arkansas Prevention Needs Assessment Student Survey - Arkansas State Report. <http://www.arkansas.pridesurveys.com/>. Published 2016. Accessed March 2017.