



YOUTH



AND E-CIGARETTES

East Haddam Local Prevention Council

WHAT PARENTS SHOULD **KNOW**



E-Cigarette use or "vaping" is growing, especially amongst youth.

These devices are most commonly known for having nicotine in them, but can also be used for marijuana products (THC and CBD).

E-Cigarettes or "vapes" contain not only nicotine or marijuana, but an array of other ingredients such as Benzene, Nitrosamines, Lead, Acetone, and even Formaldehyde. Many of which are either carcinogens, solvents, or resins.

Youth who "vape" are more likely that their non e-cigarette using peers to engage in risky behaviors, such as using other substances.

E-Cigarette use is associated with a number of health effects such as:

EVALI (E-Cigarette or Vaping Associated Lung Injury), Lipoid Pneumonia, Cardiovascular Problems, Addiction, Cancers and Oral Health Issues.

What are the facts?



11

Years old

is the average age East Haddam youth who have "vaped" nicotine first try it.

53%

of East Haddam youth who have "vaped" nicotine report they acquired it at home from their parents without their permission.

73%

of East Haddam youth who use marijuana products report "vaping" as their method of delivery.

Top 3

Nicotine is one of the top 3 substances used amongst youth nationally, along with alcohol and marijuana.

Data Source: Fall 2023 Youth Voices Count Survey Conducted in NHRMS & NHRHS Grades 7-12. This survey is funded by EHYFS & EHLPC's **STOP Act Grant**.

What can you do?

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Join our Local Prevention Council! Meetings are virtual every 3rd Wednesday of the month. Reach out for more information!

Contact Taylor Setzler for more information and to join our LPC!



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