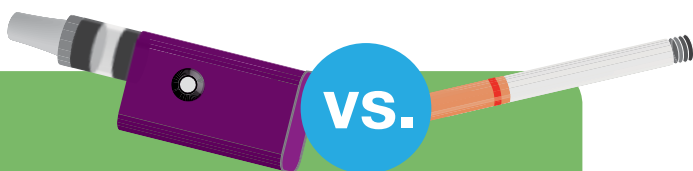


What is the evidence on vaping?

“**Vaping**” is the term for using a device where liquids, often flavoured, are turned into vapour and inhaled. A vaping device consists of a mouthpiece, tank to hold the liquid, a heating element and a battery to power the element. The liquid is heated to become a mist, inhaled through the mouth into the lungs where the nicotine or cannabis enters the bloodstream. Vaping devices are referred to as e-cigarettes, vape pens, vapes, mods, tanks, or e-hookahs. Vaping liquid (e-liquid, e-juice) consists of a solvent, usually propylene glycol or glycerol, flavour, and nicotine or cannabis, though it may not contain any of these. In British Columbia you must be 19 years old to buy vaping products.



- **Vapour from e-cigarettes contains only a fraction of the toxins (18 of 79) found in tobacco cigarettes and in lower levels. E-cigs also do not deliver tar.**
- **In addition, vapour is airborne for only 30 seconds, compared to 18-20 minutes for cigarette smoke, thereby greatly reducing second-hand exposure.**

The number of young people who smoke cigarettes has declined over the past few years, while vaping has increased. E-cigarettes were developed as an alternative to smoking. Nicotine vapour contains significantly fewer toxins and

The amount of nicotine and chemical additives can vary a lot between brands. Long-term health risks from vaping are still unknown.

other particles than smoke from cigarettes. Vaping is a less harmful alternative to cigarettes and evidence suggests, it may help some

people quit smoking. Evidence suggests vaping is likely not a gateway to smoking tobacco.

Though less harmful than smoking cigarettes, vaping still carries potential harms. There is a small exposure to nicotine and possible carcinogens in the vapour. (A carcinogen is a substance that has the potential to cause cancer). E-cigarettes are not controlled and their nicotine varies significantly among brands. Other chemicals, flavourings, and heavy metals present in vaping liquids, have not as yet been well studied. Long-term health risks from vaping are thus undetermined. More research is needed in these areas.

Marketing strategies for vaping products, often on social media, are designed to appeal to young people. The range of flavours available, especially those that are fruity and sweet, and the look and feel of vaping devices attract youth. Young people can see vaping as fun and a way to socialize with friends and 'smoke' in a less harmful way.

E-cigarettes can be an effective aid to quit smoking

Making the time and space for discussion and exploring the issues around vaping is one important way we can support young people and indeed, each other, in making good decisions about if, when, or how much to vape. We offer, "not too much, not too often, and in a safe context" as one way to think about using any substance. What this means to you may be a place for talking to start!