

GET THE **FACTS** ABOUT **VAPING & E-CIGARETTES**



WHAT IS AN E-CIGARETTE?

E-cigarettes are battery-operated devices used to inhale an aerosol, which typically contains nicotine (though not always), flavorings and other chemicals.



Nicknames for e-cigarettes include:

- e-cigs
- e-hookahs
- vapes or vape pens
- mods (customizable, more powerful vaporizers)
- ENDS (Electronic Nicotine Delivery Systems)

VAPING IN ARKANSAS

While e-cigarette use is an epidemic among youth, **less than 6% of adults in Arkansas use these products.**

As of October 2019, there have been more than **1,000 reported cases** of confirmed or potential lung injuries related to the use of e-cigarettes, **nine of those in Arkansas.**

Children in intermediate grades are getting their hands on e-cigarettes: **6.8% of sixth graders reported that they have used an e-cigarette** at least once during their lifetime.

In 2018, **nearly half (44.3%) of 12th graders reported using an e-cigarette** at least once during their lifetime, **up from 39.3%** in 2017.

THE VAPOR FROM E-CIGARETTES HAS BEEN FOUND TO CONTAIN CARCINOGENS AND TOXIC CHEMICALS, AS WELL AS POTENTIALLY TOXIC METAL NANOPARTICLES FROM THE DEVICE ITSELF.

THE CENTERS FOR DISEASE CONTROL AND PREVENTION ESTIMATES THE COST OF TOBACCO-RELATED ILLNESS IN THE U.S. TO BE MORE THAN \$300 BILLION EACH YEAR.

Clean indoor air laws and restrictions on advertising of vaping and tobacco products are steps in the right direction to curtail e-cigarette usage.

There is no conclusive scientific evidence on the effectiveness of e-cigarettes for long-term smoking cessation.

NONE of the devices currently on the market have FDA approval.



For those using tobacco or e-cigarettes, proven and safe methods are available to help people quit. Call (501) 944-5934 for information about the UAMS Freedom From Smoking program.

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