



E-CIGARETTES: THE VAPE SAGA CONTINUES

Thousands of flavors, millions hooked

- In 2018, the U.S. Surgeon General declared youth e-cigarette use (vaping) an "epidemic."¹
- As of 2023, more than 2.1 million youth in the U.S. vape.²
- Among teens, the most popular vape devices are single-use "disposable vapes," which come in various flavors, shapes, and colors. These products are designed to be used until the battery is depleted and often contain significantly higher nicotine levels compared to reusable options.²



Photo credit: ANSR-MN

Examples of popular single use "disposable vapes" like these can contain as much nicotine as 25+ packs of cigarettes.³



Photo credit: ANSR-MN

This "strawberry blowpop" flavored vape contains 20,000 puffs of nicotine and doubles as a gaming console with built-in classics like Pac-Man, Jet Fighter, and Tetris.

YOUTH ARE DRAWN TO:

the big hit (or buzz) of nicotine

discreet, easy-to-hide devices

more than 15,000 flavors



Photo credit: ANSR-MN

High Light marker vape for discrete use.

SO, WHAT'S A VAPE? E-CIGARETTES AND VAPES ARE JUST DIFFERENT NAMES FOR THE SAME DANGEROUS PRODUCT!

Vapes and e-cigarettes are the same thing - battery-operated devices that heat e-juice—a mix of flavoring, liquid nicotine, and chemicals—to create an inhalable nicotine aerosol. Whether it's a pod mod, disposable vape, or tank mod, all nicotine vapes are regulated as tobacco products, regardless of whether they contain tobacco-derived nicotine or lab-made synthetic nicotine. **Almost all flavored vapes are not legally on the market, yet they are still widely available at stores and online across the United States.**⁴

E-cigarettes are not approved as a quit smoking tool.

FDA-approved quit aids such as gum, patches and lozenges are available for adults at www.QuitPartnerMN.com.

Teens can go to www.MyLifeMyQuit.com for free quit help.



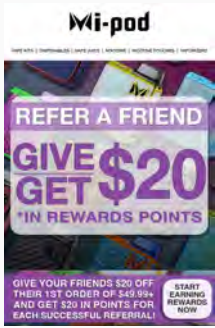


Photo credit: ANSR-MN
Mi-pod vaping promotional.

Vapes are marketed to youth.

The tobacco industry historically targets kids with flavored commercial tobacco products. It continues this practice with candy-, dessert- and fruit-flavored vapes with names like "Unicorn Poop" and "Strawberry Blowpop." With more than 15,000 available flavors, it's not surprising that over 93% of Minnesota youth who vape choose a flavored product.⁵



Photo credit: ANSR-MN
Fruit flavored disposable vape.

Signs of dependence have increased among MN youth.

- Almost 80% of current Minnesota youth who vape reported signs of dependence like reaching for their vape without thinking about it or feeling like they really need to use it.⁵
- Almost 50% of current Minnesota youth who vape are frequent users (used 20+ in past 30 days), a 47% increase from 2020 and an astonishing 165% increase from 2017.⁵

Nicotine is highly addictive and can harm brain development.



- Nicotine dependence can worsen mental health by increasing symptoms of anxiety, stress, and depression.⁷
- The e-liquid flavors in vapes can cause health harms regardless of the nicotine content and can damage lungs when inhaled.⁸

! VAPE WASTE IS TOXIC TO THE ENVIRONMENT

✗ DON'T toss vapes in the trash or recycling.

✓ DO bring used vapes to your county's hazardous waste facility.




Deconstructed vape device⁹

There is nothing disposable about these products. Vape waste is the harmful byproducts from vapes such as batteries, casings, nicotine, heavy metals and packaging. It:



Increases single-use plastics:
Devices often use disposable plastics that add to the growing plastic pollution crisis.



Introduces toxic chemicals:
Improperly disposed vape waste releases toxins like nicotine and heavy metals, contaminating soil and water.



Increases "e-waste:"
Vape devices contain lithium-ion batteries, which are toxic, flammable, and leak harmful chemicals into the environment.

Addressing vape waste is crucial to protecting our planet from these toxic threats.