

## INFORMATION FOR PARENTS, CAREGIVERS and EDUCATORS



# VAPOUR PRODUCTS

(e-cigarettes, vapes, mods, pens, sticks, etc.)

A range of battery-operated devices of many shapes, sizes and styles. Devices can be disposable or reusable. Some have a refillable tank and customizable settings or parts. Others require brand-specific, encapsulated pods.

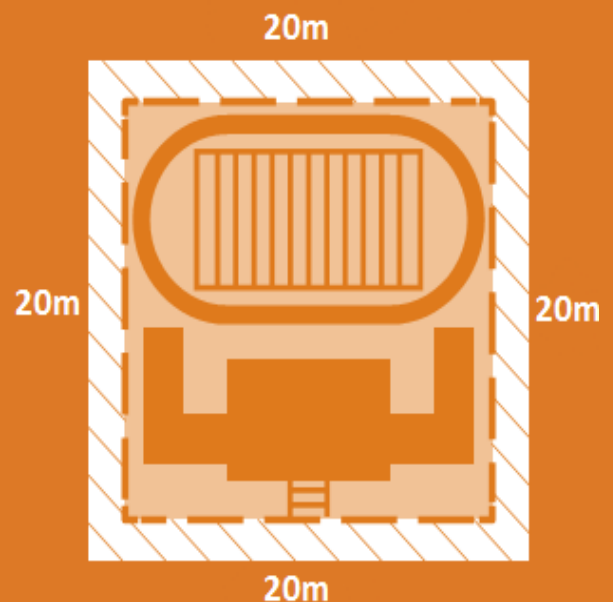
## E-LIQUIDS

(e-juice, e-substances, etc.)

Nicotine and/or flavouring compounds are dissolved in a liquid mixture, typically propylene glycol and/or vegetable glycerin (glycerol). The liquid is heated into an aerosol ("vapour"), which is then inhaled by the user.

**This is called "vaping" or "juuling", depending on the device.**

**Smoking or vaping within 20 metres of school grounds is not permitted.** This 20m zone is in addition to a school's indoor space and outdoor grounds.





## USE AMONG YOUNG PEOPLE

Use of vapour products is highest among young people.

**18.9%**

Grade 12 students  
in Ontario that  
report using vapour  
products<sup>1</sup>

**29%**

Young adults aged  
20 to 24 in Canada  
that report using  
vapour products<sup>2</sup>

The brain structure of developing adolescents makes them more vulnerable to long-lasting changes and addiction. This developmental stage also makes them more susceptible to industry marketing and advertising as they seek and adopt cues that help them form an identity.<sup>3</sup>



## KEY TALKING POINTS

- » **Vaping is NOT harmless. Short and long-term health effects are still being studied.**
- » Many e-substances contain nicotine. Some contain as much nicotine as 1 pack of cigarettes in a single cartridge.
- » **Nicotine can alter youth brain development and can affect memory and concentration.**
- » There is growing evidence that vaping leads to nicotine dependence and cigarette smoking.
- » **Vaping, like smoking, is banned on and within 20 metres of school property, at all times.**
- » Vaping, if completely replacing cigarette smoking, can reduce exposure to harmful chemicals.





## HEALTH IMPACT

- » According to Health Canada, completely replacing cigarette smoking with a vaping product will reduce exposure to harmful chemicals. However, less harmful does NOT mean safe. If you don't smoke, don't vape.



**Renfrew County and District Health Unit recommends that those interested in quitting should discuss their quit goals with their healthcare provider.**

In addition, people in search of nicotine replacement therapy (NRT) should use products that have been proven safe and effective. These products include the nicotine patch, gum, lozenge inhaler and mouth spray.

- » **Vapour products are addictive and increase the risk of initiating tobacco cigarettes.**<sup>4</sup>
- » Vapour product use can cause light-headedness, throat irritation, coughing, increases in heart rate and blood pressure, and can negatively affect lung function.<sup>5</sup> Long-term health impacts are not yet fully known.
- » **Propylene glycol and flavouring agents are generally safe for oral consumption; however, inhaling them into the lungs has been linked to serious lung disease.**<sup>6,7,8</sup>
- » During the heating process, the e-liquid interacts with the device resulting in other chemicals being produced and inhaled, including: carbonyls (formaldehyde, acetaldehyde), volatile organic compounds, metals (tin, silver, nickel, aluminum, chromium, lead) and particulate matter (fine, ultrafine particles).<sup>5</sup>
- » **The high-dose of nicotine provided by vapour products has possible harmful effects on cardiovascular health.**<sup>9</sup>
- » There have been reports of accidental injury and death from vapour product device malfunction (i.e. explosion).<sup>10</sup> Product labelling and accuracy have also been called into question.<sup>11</sup>





## Vapour Product Market

Vapour products are widely available in convenience stores, vape shops and online. Several tobacco companies have invested in the vapour product market. Since it has existed, the tobacco industry has been bending the truth, faking their science, endorsing other people to lie for them, and carrying out countless other questionable practices for the purpose of profiting from a highly addictive product.

### » » » Examples of Vapour Products in Ontario

#### Juul

- » Resembles a USB stick and can be charged via a USB port
- » Refills are sealed pods available in various nicotine strengths
- » One 5% strength pod has the equivalent nicotine content of a pack of cigarettes and is cheaper to buy than regular cigarettes
- » Juul pods contain nicotine salts that produce a less harsh taste, while still delivering high levels of nicotine similar to regular cigarettes.
- » Devices are small, easy to hide and produce very little “vapour”, making their use hard to detect
- » Has its own verb for use: “juuling”
- » Comes in various flavours that are appealing to youth, such as mint, mango and vanilla



#### Vype

##### Vype ePEN3

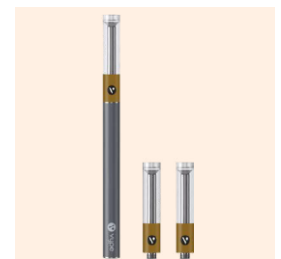
- » Stores are being given incentives to stock Vype across Ontario
- » Vype ePEN3 pods are made of e-juice that contains various levels of nicotine
- » Sleek device that comes in various flavours that are appealing to youth, such as dark cherry and infused vanilla

##### Vype ePOD

- » Designed to compete with Juul
- » Vype ePod vPro cartridges are available in different nicotine strengths. They contain nicotine salts that produce an intense hit similar to regular cigarettes
- » Comes in various flavours that are appealing to youth, such as mango wonder and polar mint

##### Vype eStick

- » Cartridges deliver approximately 200 puffs
- » Comes in various flavours that are appealing to youth, such as toasted tobacco and cool spearmint



# REFERENCES

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Renfrew County and District Health Unit  
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