

# Vaping 101

What to know about the effects of vaping on health and the environment, plus resources to help you quit and more!

## THE IMPACTS

### Environmental Health:



- 150 million vapes end up in the landfill each year in the U.S.
- Vapes are almost entirely made of single use plastic
- Vape juice can easily leak into water, affecting most wildlife

### Physical Health:

Vaping Causes:



- Respiratory Issues
- Cardiovascular Problems
- Lung Damage
- Oral Health Problems

### Mental Health:



- Vape users have double the odds of being diagnosed with depression
- Nicotine use is associated with higher levels of ADHD symptoms

**For more info visit:**

[Smokefree.gov](https://Smokefree.gov)

[Colorado QuitLine: coquitline.org](https://ColoradoQuitLine.org)

## How to help someone quit:

**In a given year 30%-50% of Americans who smoke attempt to quit. Here's how to support friends and family trying to quit:**



- Be positive, patient, and encouraging
- Help provide distractions
- Share tools and resources
- Help them set goals and celebrate their wins, both big and small
- Talk through the “why” before beginning the “how”
- Remind them of the impacts of vaping

## Tips for coping with withdrawals:



- Start an exercise routine
- Find a distraction that works for you (fidget toy, gum, straw, etc.)
- Build up a support system
- Find ways to relax and practice self-care
- Enjoy the wins (mark them on a calendar, have friends send text, etc.)

## Resources to Quit Vaping

- My Life, My Quit (12-17)
  - Text **Start** to 36072
- This is Quitting (Ages 13-24)
  - Text **DITCHVAPE** to 88709
- Truth Initiative Text Program
  - Text **QUIT** (202)-804-9884

