

Vaping 101

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

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:

- 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
cdc.gov/quit

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
- EX Program
 - Text **EXPROGRAM** to 88709
- The Colorado Quitline
 - Visit **coquitline.org**



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