

Why are Teens Getting Sick from Vaping?

Recent reporting shows that an increasing number of teens are going to the hospital with serious vaping illness. For many years, teens have been steadily moving away from nicotine use. In fact, for the first time ever, recent rates of teen cannabis use exceeded those of cigarettes.

However, over the past few years teens have also been quickly moving toward toward vaping devices and e-cigarettes like the JUUL. Many parents and teachers are unaware of what how these devices work and what they look like. Many vaping devices are so discreet that non-users frequently confuse them for USB devices.

What are Vapes?

Vapes are battery powered nicotine and/or flavor delivery systems. They vaporize a liquid that teens generally call "juice." Cannabis is also sometimes used in vapes. The device turns this liquid into vapor which is often flavored to appeal to a younger audience. Flavors include mint, fruit, bubble gun, and cereal flavors.

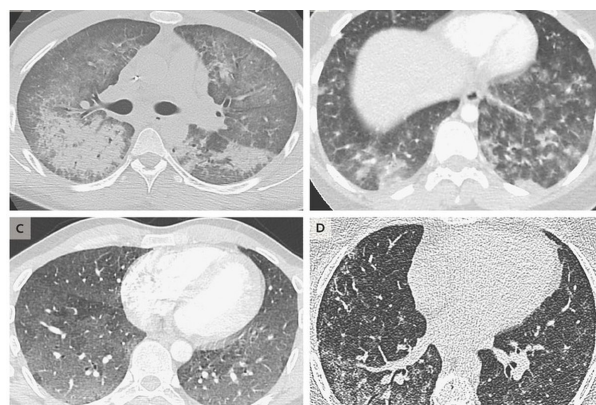


Teen Beliefs vs Reality

Teens generally believe there is little risk to vaping, as it seems less risky than other nicotine products like dip or cigarettes. While there may be fewer health consequences from vaping as compared to traditional tobacco, often the amount of nicotine in vape juice is considerably higher. Recent findings indicate vaping is actually a more addictive nicotine delivery system. In general, this means that vapes hook a person even more quickly than cigarette smoking. Additionally, data also suggests approximately 25% of teens who begin vaping will eventually transition to combustible tobacco.

Risks of Vaping and New Vaping Illness

The substantial risks associated with smoking tobacco are well known and documented. The risks of vaping are not. These devices only came to market in the United States about 10 years ago (and their wide proliferation is a recent phenomenon). Research has yet to establish the short and long-term risks they pose. That said, many recent news stories have been alarming to community stakeholders.



This article shows that over a one month period, hospitals diagnosed more than [805 people nationwide](#) with a mysterious lung vaping illness. More than a dozen teens have died as a result of this medical condition. Although the origin of this issue is not clear, it is suspected that counterfeit “pods” are the likely culprit. Many of the vaping materials teens use are not produced under sterile conditions. They may contain materials that have not been rigorously testing by a governing body, or other illegal substances, like cannabis. The cartridges some teens use to consume nicotine and cannabis appear to use an oil-based emulsifying agent. This agent can become trapped in the lungs when vaporized. Although the cause remains unclear at this time, teens and parents must remain extremely cautious with these devices.

CLOUDSTOP Program

In response to the exploding problem of teen vaping and traditional tobacco use, ASAP has developed **CLOUDSTOP** — a nicotine-specific education program that serves to help teens (ages 12-19) eliminate nicotine use before the addiction takes a greater hold. **CLOUDSTOP** is an early intervention education program that consists of an intake appointment with parents followed by 6

weekly 1-hour sessions in a group format. The program utilizes psychoeducation and evidence-based interventions that have demonstrated effectiveness in promoting abstinence and treating a wide range of substance use disorders.

If you or someone you would know who would benefit from **CLOUDSTOP** or any of ASAP's other [programs](#), please give us a call at 513.792.1272.

Additionally, follow us on [facebook](#) or [twitter](#) to stay current with information about vaping risks.