

# Important Information Parents Should Know About E-cigarettes & Vaping

An electronic cigarette or e-cigarette is a handheld electronic device that tries to create the feeling of tobacco smoking. It works by heating a liquid to generate an aerosol, called a vapor, that the user inhales, which is commonly called “vaping.” The liquid in the e-cigarette is usually made of nicotine, propylene glycol, glycerin, other chemicals and flavorings. There is no regulation or quality control on these devices.

## 1. Vaping is illegal under the age of 18.

- A. Vaping among US youth is a major public health concern. As an example, incidents office referrals for vaping at Arrowhead HS have increased by over 50% during the last year. E-cigarette use among US high school students has increased by 900% from 2011 to 2015.
- B. Vaping is not permitted on school grounds and also constitutes an athletic code violation. The citation from the Waukesha County Sheriff’s Department for the offense is over \$100.
- C. When asked, most Arrowhead students caught vaping report they started using e-cigarettes in middle school. Many youngsters purchase e-cigarettes online by simply clicking on the order form “I am 18-years old or older.”
- D. Companies promote these products through television, radio, and social media advertisements that use celebrities, sexual content, and claims of independence to glamorize these addictive products. Flavors including rainbow candy, peanut butter & jelly, strawberry milkshake, etc. make e-cigarettes particularly appealing to youth.

## 2. Vaping is not safe.

- A. The long-term effects of chronic inhalation of e-cigarettes are not known and the levels of toxic and carcinogenic compounds may vary. The child and young adult brain have increased vulnerability to the negative consequences of nicotine exposure including addiction, gateway drug for other addictive substances, reduced impulse control, deficits in attention and cognition, and mood disorders.
- B. Ingestion of the e-cigarette liquids containing nicotine could cause acute toxicity and possibly death if the contents are consumed.
- C. Harvard researchers found common flavoring substances found in vape liquid caused permanent, and sometimes fatal scar buildup in the lungs. These flavoring chemicals, 2,3-pentanedione and diacetyl, systematically destroys the lungs’ smallest airways, resulting in a lung condition known as bronchiolitis obliterans, or “popcorn lung.”

To prevent and reduce the use of e-cigarettes by children and young adults, we need to work together as parents, teachers, administrators, law enforcement, and health care providers to advise our youth against the dangers of nicotine and discourage smoking or vaping, in any form. Thank you for your concern and cooperation.

Sincerely,

Liesl Ackley, North Lake Superintendent  
Lynn Davies, Stone Bank Superintendent  
Mark Lichte, Lake Country Superintendent  
Laura Myrah, Arrowhead Superintendent

Ron Russ, Merton Superintendent  
Glenn Schilling, Hartland-Lakeside Superintendent  
Melissa Thompson, Swallow Superintendent  
Jeff Weiss, Richmond Superintendent

Kathleen Phelan, MD, AHS Medical Advisor

Kristi Kirk, AHS District Nurse

**Sources and additional information:**

<https://e-cigarettes.surgeongeneral.gov/> Look under the resources section for details on how to talk to your child about e-cigarettes.

<https://www.sciencenewsforstudents.org/article/concerns-explode-over-new-health-risks-vaping>

<https://www.wddty.com/magazine/2017/february/the-new-dangers-of-vaping.html>

<http://www.foxnews.com/health/2017/07/20/popcorn-lung-are-people-who-vape-at-risk.html>

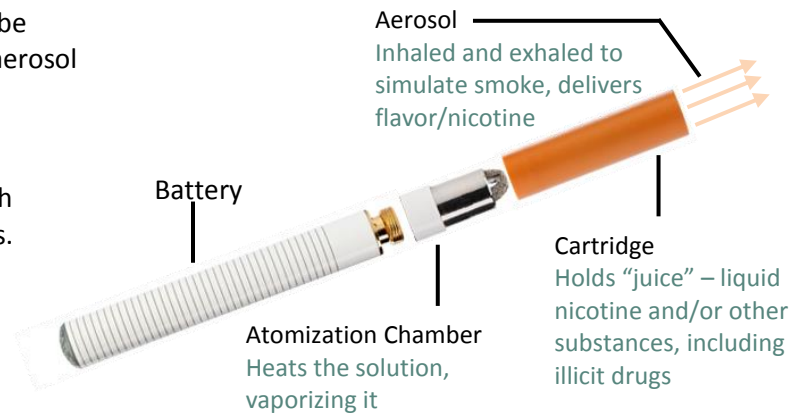
# E-CIGARETTES A GROWING CONCERN

## WHAT ARE E-CIGARETTES?

An electronic cigarette is an oral device that can be used to simulate smoking and that produces an aerosol of nicotine and/or other substances.

## THEY TAKE MANY FORMS

E-cigarettes are also known as e-hookahs, hookah pens, vape pens, vaporizers, e-cigars, and e-pipes.



## 4 REASONS TO BE CONCERNED ABOUT E-CIGARETTES

### They produce more than just water vapor

- Secondhand aerosol can contain nicotine, ultrafine particles, heavy metals, and cancer-causing chemicals.<sup>1</sup>
- Communities have come to expect clean indoor air; e-cigarette use threatens this standard and makes enforcement confusing.

### They aren't regulated and haven't been proven safe

- Studies have found some e-cigarettes contain high levels of formaldehyde and diacetyl, chemicals harmful to the human body.<sup>2</sup>
- Contents vary widely and don't always match the ingredients or amounts listed on labels.<sup>3</sup>

### They aren't approved to help smokers quit

- No e-cigarette has been approved by the FDA as a cessation device.
- E-cigarette users often continue to smoke regular cigarettes as well as use e-cigarettes.<sup>4</sup>

### They appeal to youth

- Nationally, the use of e-cigarettes among youth has more than tripled in the last year,<sup>5</sup> a cause for concern since nicotine is known to have harmful effects on adolescent brains.<sup>6</sup>
- In Wisconsin 8% of high school students currently use e-cigarettes.<sup>7</sup>
- Alarming, e-cigarette use is associated with increased intentions to smoke conventional cigarettes.<sup>8</sup>



1 E-cigarettes: A scientific review. Contemporary Reviews in Cardiovascular Medicine. Circulation, 2014

2 Evaluation of Electronic Cigarette Liquids and Aerosol for the Presence of Selected Inhalation Toxins. Nicotine & Tobacco Research, September 2014.

3 Chemical Evaluation of Electronic Cigarettes. Tobacco Control. February 2014.

4 Electronic Cigarettes and Conventional Cigarette Use Among US Adolescents: A Cross-sectional Study. JAMA Pediatr. March 2014.

5 2013-2014 National Youth Tobacco Survey

6 The health consequences of smoking—50 years of progress. US Department of Health and Human Services, CDC, 2014

7 2014 Wisconsin Youth Tobacco Survey

8 Intentions to smoke cigarettes among never-smoking US middle and high school electronic cigarette users: National Youth Tobacco Survey,

2011-2013. Nicotine & Tobacco Research, February 2014.