

## E-Cigarettes and Vaping

Electronic cigarettes also called e-cigarettes and vapes are tobacco industry products. They come in many shapes and sizes – ranging from long cylindrical units to small boxes with a mouthpiece, to flat sticks similar in look to USB memory sticks. Depending on the model, a user can fill their own cartridge with e-juice or buy pre-filled sealed cartridges. The fill-your-own or customizable cartridges can be used to vape everything from e-juices to cannabis.

The tobacco industry is spending significant amounts of money to market and promote vapour products and they are making vapes attractive to students. They are readily available at local convenience stores, online and in speciality vape shops for everyone 19 years of age or older. Many students under 19 are using vapes.

### **New – Effective October 17, 2018**

e-cigarette vaping and cannabis smoking or vaping is banned in all places where smoking cigarettes is prohibited including school grounds and within 20 metres of the perimeter of school property. See [Fact Sheet](#).

***Vaping among students is outpacing cigarette smoking*** (OSDUHS 2017). In Ontario in 2017, past year e-cigarette use among Grade 7 -12 students was 10.7% compared to 7% who smoked cigarettes. The use of e-cigs increases by grade with 9.2% of Grade 9 students and 18.9% of Grade 12 students reporting using e-cigarettes in the past year. Forty percent of past-year e-cig users said they didn't use nicotine, 28% did, 19% used both, 13% didn't know. Many e-juices contain nicotine and students using them are at risk of becoming addicted. For example, one cartridge of e-juice may contain the same amount of nicotine as a pack of cigarettes.

### **When speaking to staff, students, and parents some key points to include:**

- Vaping is not harmless – short and long-term health effects are still being studied.
- Many e-juices contain nicotine and students using them are at risk of becoming addicted.
- Nicotine can alter teen brain development and can affect memory and concentration.
- There is growing evidence that youth who vape go on to smoke cigarettes.
- Vaping, like tobacco and cannabis smoking, is banned on school property at all times and within 20 meters of the perimeter of the property.

**If You Don't Smoke, Don't Vape**

## Newest Vaping Products in Ontario



### Juul

- New to Canada, wildly popular among youth in the U.S.
- Refills are sealed pods, all pods contain nicotine. One pod is the equivalent of a pack of cigarettes and is cheaper to buy.
- Devices are small and easy to hide and disguise.
- Produce very little vapour making their use hard to detect.
- Has its own verb for use, “juuling.”
- Resembles a USB stick.



### VYPE ePEN3

- Also newer to Canada, Imperial Tobacco’s answer to Juul.
- Stores are being given incentives to stock Vype across Ontario.
- 0, 6, 12, 18mg/mL of nicotine in cartridges.
- Sleek device with flavours such as dark cherry, fresh apple and infused vanilla.

For more information visit **Peterborough Public Health** website at [www.peterboroughpublichealth.ca/vaping](http://www.peterboroughpublichealth.ca/vaping), or call **705-743-1000**.

If you, or someone you know would like free, confidential support making a quit attempt, please contact 705-743-1000 to speak with a Public Health Nurse about your options. *(Many services include free nicotine replacement therapy like the patch, lozenge, or gum).*

More information

[www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html#a3](http://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html#a3)