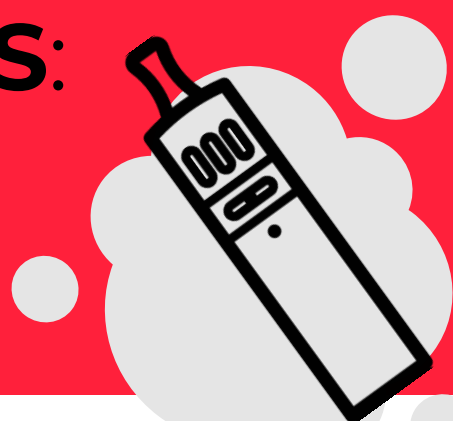


E-Cigarettes & JUULS:

The ^{UGLY} TRUTH

behind the VAPOR



While the number of kids who smoke cigarettes is declining in Kentucky, the number of them who use e-cigarette is increasing dramatically.

➔ **That's probably because e-cig companies try to sell to kids with flavors like mango, fruit punch, and candy apple. These devices also come with custom skins and cases, making them appealing to younger crowds.**



- **JUULS don't have the smell or taste of cigarettes.**
- Users quickly increase their JUUL pod usage to two, three, or more a week due to **high amounts of highly concentrated addictive nicotine.**
- After a \$30-\$50 JUUL starter kit, each 4 pod pack is \$20. **Someone using four pods a week, a common amount, would pay around \$120 a month.**

Kids may think they are safe, but they can still get addicted.

E-cigarette vapor contains

- Nicotine (addictive chemical)
- Propylene glycol and vegetable glycerin (toxic to cells)
- Acetaldehyde and formaldehyde (chemicals that cause lung disease & heart disease)
- Acrolein (AKA weed killer, it causes asthma & lung cancer, & COPD)
- Ultrafine particles
- Diacetyl (chemical that causes lung disease)
- Benzene (in car exhaust)
- Heavy metals such as nickel, tin, and lead

Youth nicotine use harms brain growth (which continues until around 25) and future physical & mental health



JUUL e-cig pods contain

200 or more puffs of nicotine each.

JUUL e-cigs are the size of a USB, making them easy to hide.



WHAT is a JUUL?

A JUUL is a type of e-cigarette with 1-time use cartridges that come in many flavors.

In 2018, **1 in 5 high school** students and **1 in 20 middle school** students said they use e-cigarettes.



What about secondhand...vapor?

Secondhand smoke (or vapor) from e-cigarettes and JUULS is harmful to the human body, just like secondhand smoke from cigarettes.



Nicotine is a highly addictive drug. Research shows nicotine is just as addictive as heroin.

Barren River

DISTRICT HEALTH DEPARTMENT

Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Simpson, and Warren Counties



Follow us on Facebook @BarrenRiverDistrict to keep up with the latest health news!



www.barrenriverhealth.org
270-781-8039
1109 State Street, Bowling Green KY 42104

Data Sources:

- <https://e-cigarettes.surgeongeneral.gov/>
- https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html
- <https://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html>
- <https://www.lung.org/stop-smoking/smoking-facts/impact-of-e-cigarettes-on-lung.html>
- <http://www.ijustdidntknow.org/?fbclid=IwAR1jRakalSwUQuYAUAAo9wClEoUFuro3g1qrx9Vp3llyQkM5LxzGFXF4pP3A>