

# THE WELLNESS WATCH

**Coordinated School Health Team**  
*Whole Health, Whole School, Whole Community*

May 2019



## Smoking Cigarettes and Vaping

### Dangerous Effects of Smoking and Vaping

- 1.** Can cause an addiction
- 2.** Can harm parts of your brain that influence attention, learning, mood, and impulse
- 3.** Can impact your memory
- 4.** Can damage your teeth and cause decay
- 5.** Can cause dry mouth and dehydration

### Unhealthy facts about vaping and smoking

- According to the CDC, estimates show that smoking increases the risk of coronary disease by 2 to 4 times as much, increases the chance of getting a stroke 2 to 4 times, and increases the chances of getting lung cancer by about 25 times as much.
- According to DrugAbuse.gov, “past-month use of cigarettes was 3.6 percent among 8th graders, 6.3 percent among 10th graders, and 11.4 percent among 12th graders. Past-month use of e-cigarettes was 9.5 percent among 8th graders, 14.0 percent among 10th graders, and 16.2 percent among 12 graders.”
- According to DrugAbuse.gov, “7 in 10 teens are exposed to e-cig ads.” This means that the majority of students in a school have seen ads for e-cigarettes, increasing the likelihood of usage.

**6.** Increased risk of cancer, stroke, and lung disease

**7.** Potential loss of sense of smell and damage in loss of sight

**8.** Could cause nausea and seizures

**9.** Can cause increased moodiness

**10.** Can increase blood pressure

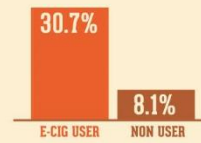


For more information, check out this fantastic *The Truth Initiative* about how unknowingly dangerous vaping can be.

Scan me

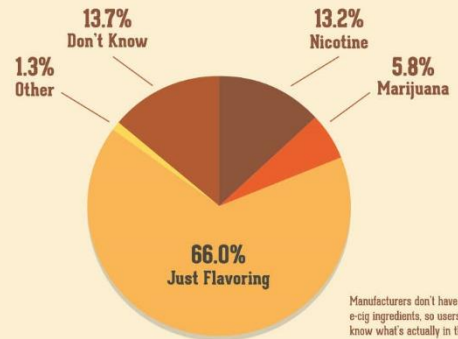
### TEEN E-CIG USERS ARE MORE LIKELY TO START SMOKING.\*<sup>2</sup>

Start Smoking Within 6 Months



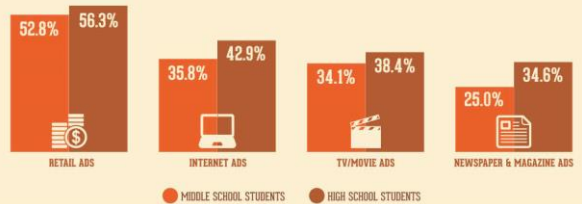
\*Includes combustible tobacco products (cigarettes, cigars, and hookahs)

### WHAT DO TEENS SAY IS IN THEIR E-CIG?<sup>3</sup>



Manufacturers don't have to report e-cig ingredients, so users don't know what's actually in them.

### HIGH TEEN EXPOSURE TO E-CIG ADVERTISING<sup>1</sup>



1. MTF, 2015; 2. Leventhal, 2015; 3. Singh, 2016

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