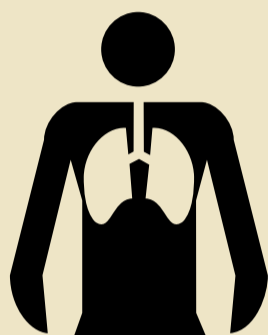


# Vapes

*Small device, big risk.*

## MYTHS:

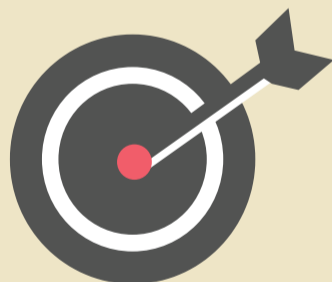
"It's just water and flavoring!"



"I won't become addicted!"



"Nicotine isn't bad for you."



## FACTS:

Vaping devices get their flavors from chemicals. Diacetyl, a buttery flavor, has been linked to serious lung disease. Some flavoring may be safe to eat in food, but inhaling chemicals can harm your lungs. Other chemicals in vapes include formaldehyde, lead, and benzene.

The majority of vapes contain nicotine, even those that advertise as nicotine free. Some popular vaping devices contain as much nicotine as 20 cigarettes. Young people are more susceptible to nicotine addiction because their brains are not fully developed.

Nicotine exposure during the teen years can disrupt normal brain development. It can have long lasting effects, like increased impulsivity and mood disorders.

## Did You Know?



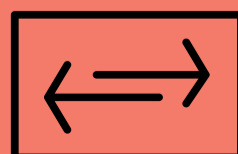
Teens who vape are more likely to use traditional cigarettes.



According to the 2018 Illinois Youth Survey, Lake County youth use of vaping devices increased by 66% since 2016.



Secondhand vapor has been found to have some of the same chemicals as traditional secondhand smoke, and may be harmful to those exposed.



Vaping devices can also be used to ingest other substances, including marijuana.

# Marijuana and Teens

## What Parents Need to Know

### MARIJUANA & THE TEEN BRAIN:

The teen brain is actively developing, and will not be fully developed until the mid 20s. Marijuana use during this time may harm the developing brain. Concerns Include:



Problems with memory and learning.



Impaired coordination



Difficulty thinking and problem solving



Difficulty maintaining attention.

### NEGATIVE CONSEQUENCES OF MARIJUANA USE

#### Impaired Driving

Driving while impaired by substances, including marijuana is dangerous. Marijuana negatively affects a number of skills required for safe driving, such as reaction time, coordination, and concentration.

#### Increased Risk of Mental Health Issues.

Marijuana use has been linked to a range of mental health problems in teens such as depression or anxiety. Psychosis has also been seen in teens at higher risk like those with a family history.

#### Potential for Addiction

Research suggests that about one in six teens who repeatedly use marijuana become addicted. Addiction may result in unsuccessful efforts to quit or giving up important activities with friends and family in favor of using marijuana.

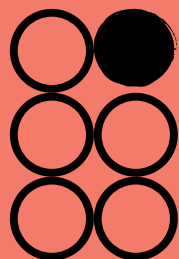
### FAST FACTS



Marijuana is 2-3 times more potent today, than in the 1970s.



According the 2018 Illinois Youth Survey, 26% of High School Seniors reported using marijuana in the past 30 days.



One in six teens who repeatedly use marijuana can become addicted.



Frequent or long term marijuana use is linked with school drop out and lower educational achievement.

#### References Include:

1. <https://e-cigarettes.surgeongeneral.gov/> 2. <https://www.fda.gov/tobacco-products/products-ingredients-components/vaporizers-e-cigarettes-and-other-electronic-nicotine-delivery-systems-ends> 3. Fergusson, D.M. and J.M. Boden, Cannabis use and later life outcomes. *Addiction*, 2008. 103(6): p.969-76;discussion 977-8. 4. <https://www.cdc.gov/marijuana/factsheets/teens.htm> 5. Arseneault, L., et al., Cannabis use in adolescence and risk for adult psychosis: longitudinal prospective study. *BMJ*, 2002. 325(7374): P.1212-3. 6. Bondallas, P. et al., Cannabis and its effects on driving skills. *Forensi Sci Int*, 2016. 268:p.92-102.



**LakeCounty**  
Health Department and  
Community Health Center