

E-cigarette Facts

Don't believe the lies. E-cigarettes contain nicotine and can be as addictive as traditional cigarettes.

It is not just harmless water vapor. E-cigarette aerosol contains at least 10 chemicals on California's prop 65 list of chemicals known to cause birth defects, cancer or other reproductive harm. Second hand vapor reduces breathing function.

E-cigarette use by high school students tripled in 2 years and surpasses teen traditional smoking rates.

89 percent of e-cigarette users are still using them one year later.

73 percent of teens are exposed to e-cigarette advertising.

In 3 years the amount of money spent on e-cigarette advertising has increased by 1200 percent.

State Health Officer's Report on E-cigarettes: A community Health Threat, State Health Department, Sacramento, 2014

The long-term impact of nicotine on young people's brain development suggests that smoking and vaping affects brain function:

UCLA researchers found a disturbing correlation: The greater a teen's addiction to nicotine, the less active the prefrontal cortex was, suggesting that smoking can affect brain function. This is the area of the brain that guides "executive functions" like decision-making and that is still developing structurally and functionally in adolescents.

Sept. 2015 online edition of the Neuropsychopharmacology Journal.

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