

# Be Aware: E-cigarettes

## What are E-cigarettes?

Generally, e-cigarettes contain a battery, a heating element, and a place to hold the liquid or "juice". The device heats the liquid to produce an aerosol which is inhaled into the lungs by the user.

These types of products are also referred to as e-hookahs, mods, vape pens, vapes, tank systems, and ENDS (electronic nicotine delivery system).

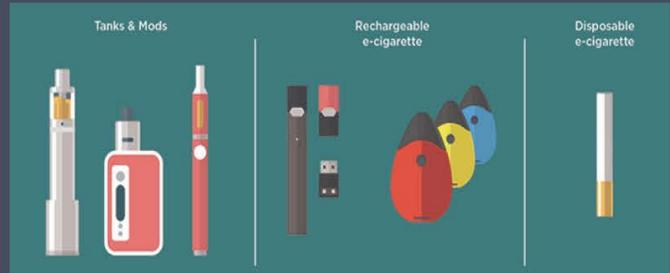


Image: CDC

E-cigarettes can have harmful effects on many parts of the body, including:



Lungs  
(asthma)



Brain



Heart

## Why are E-Cigarettes a problem?

E-cigarettes are now the most commonly used tobacco product among youth in the U.S.

These products deliver higher levels of nicotine, which cause:

- harm to developing brain
- problems with attention
- memory loss
- decreased impulse control
- mood disorders
- likelihood of addiction to other tobacco products

## A Public Health Emergency

78%  
Increase

E-cigarette use among high schoolers increased by 78% from 2017 to 2018.

The United States Surgeon General declared that the rise in youth e-cigarette use is a public health emergency.

## What can athletic staff do?



- Talk to your athletes about the negative effects that e-cigarette use can have on their athletic performance.
- Ensure that your stance on e-cigarette use is clear and students are aware that it is not allowed.
- Encourage older athletes to educate younger athletes against e-cigarette use.

For more information, please contact the Michigan Department of Health and Human Services Tobacco Section at (517) 335-8376

powered by

 **PIKTOCHART**