

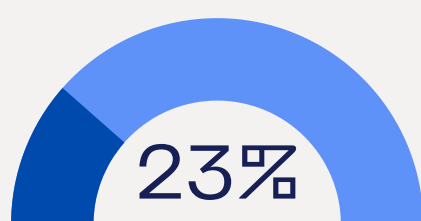
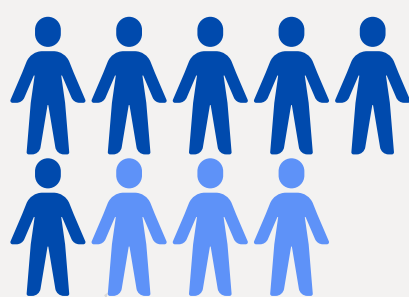
# WHAT'S THE PROBLEM WITH VAPING?

Vaping has seen exponential growth in popularity within the last decade. Between 2011 and 2019, there was an 1800% rise in usage amongst youth. (1)

## OVERALL HEALTH & WELLNESS

VAPING CAN AFFECT YOUR YOUTH'S OVERALL HEALTH BY:

- CONTRIBUTING TO RESPIRATORY DISEASE AND IMPAIRING RESPIRATORY FUNCTION. (2)
- CREATING A NICOTINE DEPENDENCY THAT CAN EFFECT COGNITIVE THINKING AND PERFORMING EVERYDAY TASKS. (2)
- INCREASING THE RISK OF DEVELOPING PSYCHIATRIC DISORDERS AND COGNITIVE IMPAIRMENT LATER IN LIFE. (2)

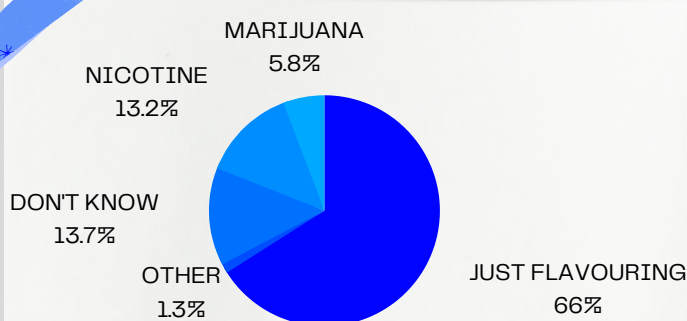


23%  
of high school students in Canada have tried vaping. (3)

## ORAL HEALTH

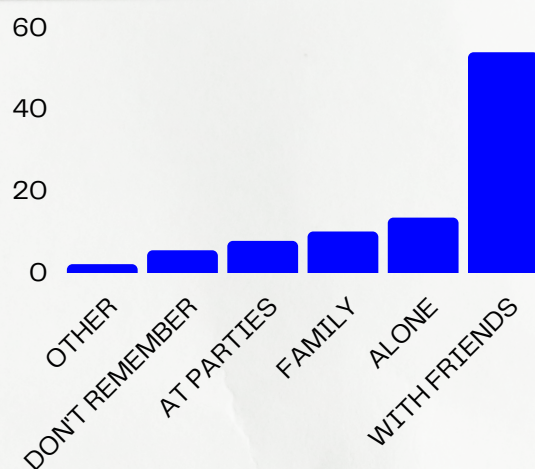
VAPING EFFECTS ORAL HEALTH BY:

- FACILITATING ORAL INFECTIONS SUCH AS DENTAL CAVITIES AND GUM DISEASE. (4)
- INCREASING INCIDENCE OF GINGIVAL PAIN + BLEEDING, AND CRACKED OR BROKEN TEETH. (4)
- FACILITATING ORAL CONDITIONS SUCH AS DRY MOUTH, MOUTH SORES, AND SALIVA THICKENING. (4)



### WHAT DO TEENS THINK IS IN THEIR E-CIG? (5)

The majority of teenage users are unaware as to what compounds they are really consuming in their e-cigarette products. **66% of teenage users** believe they are inhaling flavour alone.



### WHO DO YOUTH TRY THEIR FIRST E-CIG WITH? (6)

Peer pressure remains one of the most common reasons for youth starting to vape.

TEENAGERS AGED 15-17 ARE 16 TIMES MORE LIKELY TO VAPE THAN ADULTS AGED 25-34. (1)

## SOCIAL MEDIA, PEER PRESSURE & MARKETING. (7)

**SOCIAL MEDIA:**

Over half of e-cig users saw an ad for vaping, with majority seeing the ad on social media.

**PEER PRESSURE:**

More than half of e-cig users admit to their first time being with friends or family.

**MARKETING:**

Manufacturers have geared marketing towards youth, advertising "cool flavours" such as Fruit Loops, and creating content that promotes vaping as a social activity.

## HOW CAN I PREVENT THE YOUTH IN MY LIFE FROM VAPING?

**STAY INFORMED:**

As new understanding of the effects of vaping on the human body is revealed, it is important to keep up to date in order to spread awareness to those at risk. Talk to your dental hygienist if you are interested in seeking more information on vaping and its effect on your youth. Ask your dental hygienist to provide the same resources to youth in your life.

**PLAY AN ACTIVE ROLE:**

Maintain a dialogue. Start the conversation around vaping early and ask if they have ever tried it. Keep the conversation going as they grow up.

**SET A GOOD EXAMPLE:**

Establish a smoke-free home.

## RESOURCES FOR MORE INFORMATION

Government of Canada: [Preventing kids and teens from vaping](#)

Dental Hygiene Canada: [vaping and its effect on oral health](#)

Canadian Paediatric Society: [How to protect the youth in your life from the risks of vaping](#)

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