

Background

What is a "vape" or vaping device?

A vape is a battery-operated device that recreates the sensation of smoking by using an inhalation and heating process that vaporizes fluid. The fluid contains varying amounts of nicotine, propylene glycol, vegetable glycerin, water and flavouring agents.



What is the difference between vaping and smoking a traditional cigarette?

- Vaping is less dangerous than smoking, but it is still harmful
- Traditional cigarettes burn tobacco and produce by-products like tar and carbon monoxide, while vaping devices heat a liquid containing nicotine, flavour agents and other chemicals into an aerosol
- Smoking and vaping both affect the cardiovascular system poorly
- Vaping is not an approved quitting method for smoking as there is not enough data

Resources

If you're struggling with addiction, speak to your healthcare provider today.

Useful resources for youth:

Centre for Addiction and Mental Health (CAMH) – Ontario

- Provides a free clinical program for youth (12-21) who are struggling with a vaping or nicotine addiction

Health Canada

- Provides information about the risks of vaping
- The website contains lots of free videos, posters and handouts with factual and credible information



For more information, visit heartandstroke.ca/vaping

Contact:

By phone

General queries: 1-888-473-4636

By email

memorial@heartandstroke.ca



Vaping – a public health nightmare

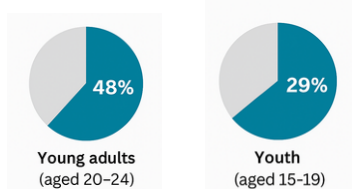
**It's more dangerous than
you may think**

How “big” is the problem?

- Canada has one of the highest teen vaping rates in the world.
- The proportion of vapers in Canada who vape daily significantly increased, from 44 per cent in 2019 to 55 per cent in 2021

In 2021,

- **48 per cent of young adults (aged 20–24) reported trying e-cigarettes**
- **29 per cent of youth (aged 15–19) reported trying e-cigarettes**



Government policy is necessary to address the issue

The Heart and Stroke Foundation is advocating for a **flavour ban**, a **plain packaging requirement** and an increase in the minimum purchasing age to 21.



What are the dangers?

It's going to be 20 or 30 years before we fully understand the dangers of vaping.

- The majority of vapes contain nicotine - a highly addictive substance
- Vaping nicotine can also cause short-term increases in blood pressure and heart rate in the minutes and hours after use. Repeated use can strain the heart and blood vessels.

Nicotine harms brain development and the parts of the brain responsible for attention, learning, mood and impulse control.



- vape fluid contains cancer-causing agents
- flavouring such as diacetyl is linked to serious lung disease

Why should youth care?

- **Vaping affects health and brain development. The brain continues to grow and undergo important changes until 25, making youth vulnerable**
- Vaping can poorly affect academic performance as vaping affects the brain's ability to focus and learn
- Many teens begin vaping out of peer pressure or indirect peer influence
- Most treatments for nicotine addiction are not recommended for youth as they have lots of side effects
- Vaping hurts your bank account. Once you get addicted, the cost adds up. Escaping is really difficult.
- **The vaping industry targets vulnerable youth through appealing packaging and flavours.**



The choices you make today affect your future