

E-Cigarettes, Vaping and Hookah

**Coordinated School Health
2016 - 2017**



What Is It?

E-Cigarettes: A battery-powered device that heats liquid into a vapor form for inhaling.¹

Vaping: Inhaling water vapor through a vaporizing device like e-cigarettes or hookah pens.¹

Hookah: A water pipe used to smoke flavored tobacco.²



Isn't Vaping Less Harmful?

- **Although some people use e-cigarettes to quit smoking, they may be just as addictive and harmful.**
- **E-cigarette manufacturers claim to reduce the amount of nicotine a smoker absorbs so he/she can quit gradually.¹**
- **Prolonged use of e-cigarettes that contain diacetyl can cause **Popcorn Lung**. Popcorn lung is an irreversible lung disease that can cause scarring in the lungs and can lead to shortness of breath and a severe cough.¹**



Hookah

- **Hookah is often thought to be less harmful than smoking tobacco cigarettes.¹**
- **Smoking 1 hour of hookah is the same as smoking 100 cigarettes.²**
- **Hookah is just as addictive and as detrimental to health as smoking cigarettes.³**



“The Dirty Truth About E-cigs”



“Anyone can buy it, so it can’t be as bad.”

- **The FDA now regulates e-cigarettes like other tobacco products.¹**
- **The FDA has banned the sale of e-cigarettes to minors under the age of 18.¹**



One More Time!

- **Some users think smoking e-cigarettes or hookah are safer than smoking cigarettes, but the vapor from these devices still contain chemicals that are **addictive** and cause **harmful** health consequences.¹**
- **E-cigarettes are relatively new; researchers are in the process of investigating the health effects and consequences of their use.¹**
- **Many teens and young adults find themselves smoking e-cigarettes or hookah in social situations, so **be mindful of your surroundings** and the events that are occurring around you.²**



Thank You!

Contact us with any questions, concerns, or comments:

Pima County Health Department-

Tobacco & Chronic Disease Prevention Program

(520) 724-7904 or www.pima.gov/health

If you or someone you know wants to quit smoking or using tobacco, please contact:

Arizona Smokers' Helpline (ASHLine)-

1-800-55-66-222 or ASHLine.org

