



Health Literacy

With the emergence of vapes and e-cigarettes, there has been a lot of conversations centered around whether these “alternatives” are better than traditional cigarettes. There is still a lot of research that needs to be done on the long-term effects of vaping, but it is still important to understand what we currently know and to make informed decisions.

What is vaping and how is it different than smoking cigarettes?¹

Vaping is when you use a small, handheld device (e-cigarettes, vape pens, mods) to inhale a mist of nicotine and flavoring (e liquid). It is like smoking a cigarette as it involves inhaling nicotine and other substances into your lungs, but vaping heats tiny particles out of a liquid rather than burning tobacco.

How does vaping work?¹

It works by heating liquid in a small device so you can breathe it into your lungs. Vaping devices heats the liquid in the device to create an aerosol which is not water vapor as some may think. Mist from e-cigs contains particles of nicotine, flavoring and other substances suspended in air. You breathe these particles into your mouth from the mouthpiece where it then goes into your lungs.

What are e-cigarettes (vape pens)?¹

An e-cigarette is a device that heats up the liquid nicotine and flavoring for you to breathe in. There are different e-cigarettes such as vapes, vape pens, e-hookahs, hookah sticks, mods, and personal vaporizers. Collectively these are called electronic nicotine delivery systems (ENDS).

Is vaping worse than cigarettes?²

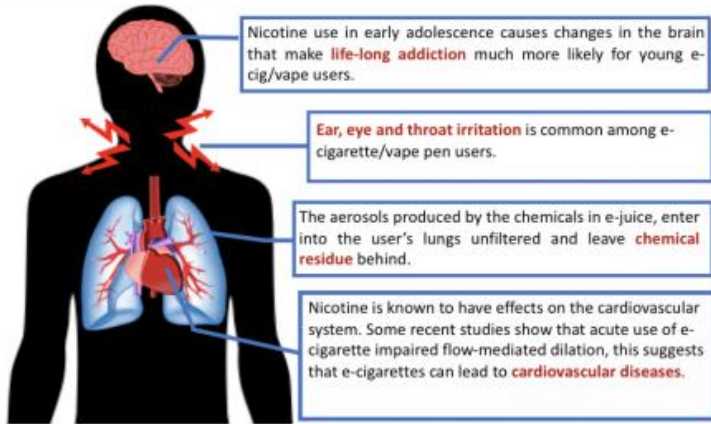
There is still a lot of research that needs to be done on the long-term effects of vaping. It is often thought as safer than cigarette smoking, but that is not to say that vaping does not have its own health problems. Both vaping and smoking are addictive and bring potentially dangerous chemicals into your body.¹ E-cigs expose the lung to a variety of chemicals including those that are added to e-liquid and other chemicals produced during the heating/vaporizing process.²

1. Cleveland Clinic. (2022). Vaping (E-Cigarettes). Cleveland Clinic. Retrieved from Vaping (E-Cigarettes): What It Is, Side Effects & Dangers (clevelandclinic.org)
2. NIDA. (2020). Vaping Devices (Electronic Cigarettes). DrugFacts. Retrieved from Vaping Devices (Electronic Cigarettes) DrugFacts | National Institute on Drug Abuse (NIDA) (nih.gov)



Risks of E-Cigarette and Vape Pen Use

Although the overwhelming majority of young people do not use e-cigarettes, the recent increase in use among adolescents is concerning to health professionals.



- [Factsheets |](#)
- [Tobacco](#)
- [Prevention](#)
- [Toolkit |](#)
- [Stanford](#)
- [Medicine](#)

Recent studies show that e-cigarette/vape pen use is associated with the use of other tobacco products that are known to cause further health issues, including **cancer and heart disease**.

Many people incorrectly believe that these devices produce a water vapor when in fact they create aerosols that contain **harmful chemicals**, and **ultra-fine particles** that are inhaled into the lungs and out into the environment, making them harmful to the user and others nearby.

These devices are still very new so many of the long-term health consequences of their use is still not known. Even still, the mounting evidence shows that these devices are **not harmless**.



Tobacco Prevention Toolkit
Division of Adolescent Medicine, Stanford University
For more information go to: www.tobaccopreventiontoolkit.stanford.edu



Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Send your questions to usaf.jbsa.afmsa.mbx.afmra-hpo@mail.mil. For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



@AF_HealthPromotion_HQ



@AirForce_HP



Air Force Health Promotion HQ

Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday