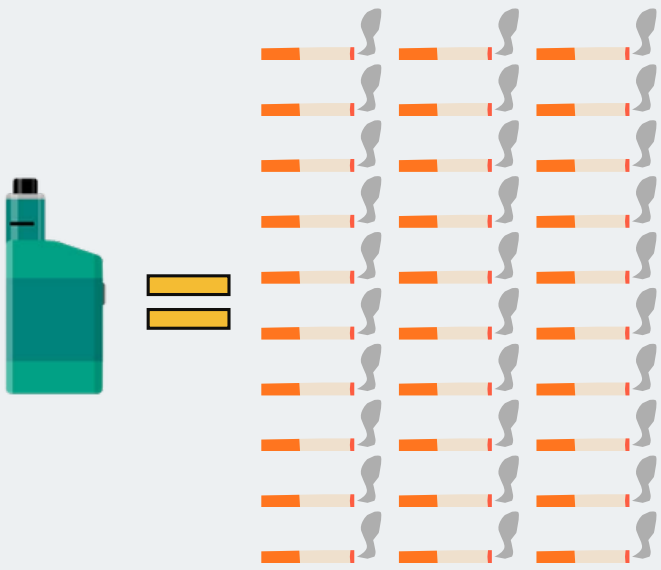
THE TRUTH ABOUT VAPING

WHAT YOU NEED TO KNOW



Vaping isn't harmless.

A single standard 5% nicotine vape can contain as much nicotine as 1–2 packs of cigarettes.

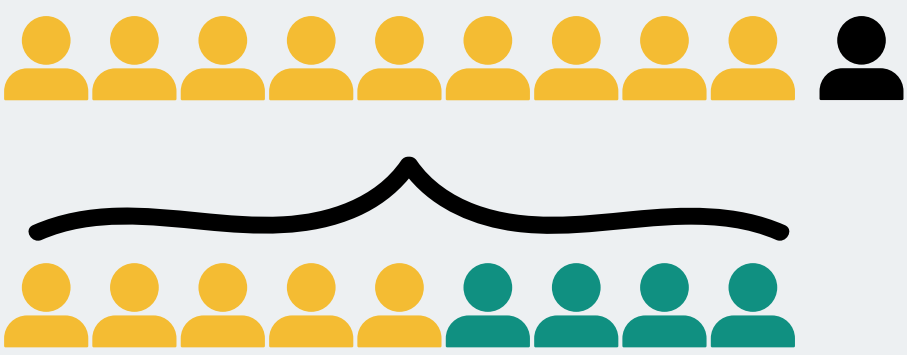
Nicotine can impact attention, learning, mood regulation, and impulse control. This can increase the risk for long-term dependence and neurodevelopmental effects.

Vape smoke is not just water vapor, it can contain **cancer-causing chemicals**.

Vape smoke can contain toxic metals, formaldehyde, volatile organic compounds, and ultrafine particles that penetrate deep into the lungs.

Inhalation of these chemicals are associated with respiratory irritation, asthma exacerbation, and reduced lung function.

Most users report they want to quit vaping, but struggle to do so.



90% of users report they intend to quit vaping.

Only 47% of quit attempts are successful.

Unsuccessful quit attempts have risen sharply in recent years, particularly among daily users. These findings highlight a growing population of young people who are nicotine-dependent but struggling to quit.

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