



The Dangers of Vaping: Slay your Anxiety and Not Your Lungs

By: Conscious Living

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Objective: The purpose of this learning exercise is to illuminate the youth about the dangers of using vaping products like e-cigarettes that contain nicotine. Although these products can provide a short-term solution to the onslaught of youth anxiety, the dangers of these products can pose long-term health threats and immense economic disadvantage. This exercise will explore holistic solutions to anxiety so youth are equipped with long-term solutions to empower their mental and physical health.

Analyzing the Trend of Vaping

According to the Center on Addiction, vaping is defined as, “act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device.”¹ Vaping has been around for centuries but has recently become popular with the youth through the product JUUL.

Use of JUUL by youth in schools, including in classrooms and bathrooms, has been widely reported. Most e-cigarettes contain nicotine, and JUUL contains among the highest nicotine content of any e-cigarette on the U.S. market. Nicotine is highly addictive and can harm a child’s brain development, which continues into the mid-20s.

“The popularity of JUUL among kids threatens our progress in reducing youth e-cigarette use,” said Robert Redfield, M.D., director of CDC. “We are alarmed that these new high nicotine content e-cigarettes, marketed and sold in kid-friendly flavors, are so appealing to our nation’s young people.”²

The onslaught of JUUL in the vaping market has created an unprecedented increase in youth nicotine use. No single e-cigarette manufacturer dominated the U.S. market through 2013. However, sales of British American Tobacco e-cigarette devices surged 146 percent during 2014 and led the market well into 2017. Between 2016 and 2017, JUUL Labs’ sales increased 641 percent — from 2.2 million devices sold in 2016 to 16.2 million devices sold in 2017. By December of 2017, JUUL Labs’ sales comprised nearly 1 in 3 e-cigarette sales nationally, giving it the largest market share in the United States. According to a recent Business Insider article published in October 2017,³ Juul Labs has generated \$224 million in retail sales, according to Nielsen data provided by Juul Labs.

“There are no redeeming benefits of e-cigarettes for young people,” said Corinne Graffunder, DrPH, director of CDC’s Office on Smoking and Health. “The use of certain USB-shaped e-cigarettes is especially dangerous among youth because these products contain extremely high levels of nicotine, which can harm the developing adolescent brain.”

1. <https://depressionhealth.net/articles/vaping-for-anxiety-can-it-really-help.html>

2. <https://www.cdc.gov/media/releases/2018/p1002-e-Cigarettes-sales-danger-youth.html>

3. <https://www.businessinsider.com/juul-e-cigarette-one-million-units-sold-2017-11>