

# Wisconsin Crime Prevention Practitioners Association

## EMERGING DRUG TRENDS

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## Electronic Cigarettes—Vaping

### WHAT IS IT

An electronic cigarette or e-cigarette is a handheld electronic device that tries to create the feeling of tobacco smoking. It works by heating a liquid to generate an aerosol, commonly called a "vapor", that the user inhales. Using e-cigarettes is sometimes called vaping. The liquid in the e-cigarette, called e-liquid, is usually made of nicotine, propylene glycol, glycerine, and flavorings. Not all e-liquids contain nicotine.

### WHAT IS THE CONCERN

The concerns go beyond nicotine alone. Some brands of vaping liquid include formaldehyde, often used in building materials, other common ingredients are antifreeze — linked to cancer. Some flavors use diacetyl to achieve a buttery taste which is an artificial compound derived from petrol — when inhaled can be extremely dangerous.

The Centers for Disease Control and Prevention reported that in the United States - 11.3 percent of high school students used electronic cigarettes in 2016, a sharp decline from previous years. Wisconsin went the other direction, seeing a rise to 13.3 percent.

Another concern is the ability for someone to smoke illegal substances through the device. Marijuana, hash oil, synthetic cannabinoids, essentially anything that can be transformed into a liquid is capable of being smoked in the device.

### WHAT CAN PARENTS DO

There is still a perception among many that the use of electronic cigarettes are less harmful than regular cigarettes and so for some kids who never would have tried smoking cigarettes they get the idea this might be a safer alternative.

Parents can do three things: **Start Talking**—do some research on the products and have a chat; **Set Up a Plan**—if your child is using, work together to set up a plan of action to quit; and **Set a Good Example**—if you are smoking or vaping, maybe it's time to quit as well.



